

# HEALTH & KINESIOLOGY (HEKI)

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## Health & Kinesiology Undergraduate Courses

### **HEKI 2000 MEDICAL TERMINOLOGY (1 credit)**

This course provides students the foundation for understanding medical language and terminology used in health-related careers. Students will gain an understanding of the basic elements used to build and analyze medical terms used to describe the human body. Utilizing the body systems approach, students will learn correct pronunciation, definitions, and spelling used to describe the human body, pathological processes, procedures, as well as conditions and diseases that affect it.

### **HEKI 2100 STATISTICS IN HEALTH AND KINESIOLOGY (3 credits)**

This class is designed to present an introduction to statistical evaluation of testing and measurement techniques commonly used in health and kinesiology. Appropriate test selection, administration, and the interpretation of results with fundamental statistical methods will be emphasized.

**Prerequisite(s):** MATH 1220, or ACT Math sub score of at least 23, or Accuplacer score of at least 4, or Math SAT score of at least 540

### **HEKI 2400 HEALTH ED. & PHYSICAL ED. FOR THE ELEMENTARY SCHOOL TEACHER (3 credits)**

This course is designed to aid the classroom teacher in developing and implementing health education and physical education programs in the elementary school curriculum.

**Prerequisite(s):** TED 2300

### **HEKI 3090 APPLIED NUTRITION (3 credits)**

This foundational nutrition course uses nutritional concepts and scientific inquiry to explore the impact of nutrition on individuals and society as a whole. Students will explore the role of nutrients in food as they relate to human performance and disease. Additionally, they will gain knowledge and skills to evaluate food choices, dietary guidelines, and current diet trends and the implications for both long and short-term health.

**Distribution:** Natural/Physical Science General Education course

### **HEKI 4100 ADVANCED MUSCULOSKELETAL ANATOMY (3 credits)**

This course is designed for students interested in healthcare careers, specifically in the rehabilitation sciences, wanting to improve their knowledge of the musculoskeletal system. Emphasis will be placed on palpations, range of motion assessment, and strength testing of various muscles and joints throughout the body. This course will consist of largely hands-on activities working in small groups. (Cross-listed with HEKI 8106).

**Prerequisite(s):** Prerequisites - BMCH 2400 or BIOL 2740, or instructor permission.