

Southwest Baptist University
HPE 4003 Kinesiology
Competencies/Proficiencies – 4th Edition

Diagnosis

- DI-C4 Explain directional terms and cardinal planes used to describe the body and the relationship of its parts.
- DI-C5 Describe the principles and concepts of body movement including functional classification of joints, arthrokinematics, normal ranges of joint motion, joint action terminology, and muscle groups responsible for joint actions (prime movers, synergists), skeletal muscle contraction, and kinesthesia/proprioception.