

CEP 514 ***The Study of*** ***Human Movement***

Applied Anatomy & Kinesiology will be discussed in reference to three major topics: anatomic and physiologic fundamentals of human motion, fundamentals of bio-mechanics, and principles and applications of motor skills. The major topics to be covered in reference to exercise physiology are the following: neuron-muscular concepts, physical training concepts and applications, body compositions, nutrition and development of sports specific training.

*You must wear **proper attire** (sneakers, workout clothes, etc...) as we will be doing exercises throughout the course.*

This is a required course toward coaching certification

Graduate/Inservice

<i>Instructor:</i>	<i>Matt DiStefano</i>
<i>Dates:</i>	<i>October 31, November 1, 7 & 8, 2009</i>
<i>Days:</i>	<i>Saturdays & Sundays</i>
<i>Time: Graduate</i>	<i>8:00 a.m.- 5:30 p.m.</i>
<i>Inservice</i>	<i>8:00 a.m.- 3:30 p.m.</i>
<i>Location:</i>	<i>Sachem North - Room #F112</i>
<i>Credits:</i>	<i>3 Graduate/Inservice</i>
<i>Grade Level:</i>	<i>K-12</i>
<i>Course #:</i>	<i>F09-011</i>