

Kinesiology (Level 1)

Topics :

- **Objective assessment of human posture.**
 - Definition
 - Types of posture
 - Factors affecting posture based on kinesiology
 - Benefits of posture assessment
 - Methods of objective assessment (define method , procedure , underlying mechanics , advantage , disadvantage , validity and reliability , calibration)
- **Good posture in physical therapy practice (for therapist and patient) .**
 - Definition
 - Types of posture
 - Benefits of good posture
 - Complication of bad posture
 - Common mistakes in therapist posture among medical providers and how to correct .
 - Common mistakes in patient postures and how to correct .
 - Innovative devices used in posture evaluation and correction .
- **Stability and equilibrium in physical therapy field .**
 - Definition
 - Related terms
 - Types of equilibrium
 - Differences between balance and equilibrium
 - Clinical scenario of stability and equilibrium from kinesiology point of view .
- **Studying kinesiology can improve performance**
 - Definitions of kinesiology
 - Related terms
 - Apply for patient
 - Apply for athlete
 - Apply for ergonomics.
 - Use examples of patient education

- **Studying movement include integration of different fields**
 - Definition of kinesiology
 - Related fields
 - identify these fields
 - discuss their relation with kinesiology
 - varieties of application)
- **Kinesiology course design for distant learning**
 - Objectives
 - Contents
 - Relation with physical therapy
 - Media
 - Grading
 - Syllabus
 - Modifications for human with special needs
- **Good body mechanics in patient education and ergonomics**
 - Bases for good body mechanics
 - Importance
 - Examples in daily life
 - How to implement
 - Effects of poor body mechanics
 - Design brochure to use to demonstrate
- **Motion analysis from kinesiology point of view**
 - Choose activity to demonstrate your answer
 - Joints involved and their types close and loose packed position
 - Factors affecting stability
 - Role of muscles
 - Type of muscle contraction
 - Class of lever for the working muscle

(all topics should be illustrated with pictures and diagrams)

General instructions:

Text include (cover page , objectives of the research , list of contents ,list of diagrams and pictures , titles in bold times new roman 18 , each paragraph not more than 6 lines times new roman 16 , references,

numbering of pages). each one participation should be determined and illustrated.

Goodluck

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