



## Kinesiology II

PEIMS Code:

Abbreviation: KINES2

Grade Level(s): 11-12

Award of Credit: 1.0

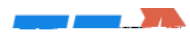
### Approved Innovative Course

- Districts must have local board approval to implement innovative courses.
- In accordance with Texas Administrative Code (TAC) §74.27, school districts must provide instruction in all essential knowledge and skills identified in this innovative course.
- Innovative courses may only satisfy elective credit toward graduation requirements.
- Please refer to [TAC §74.13](#) for guidance on endorsements.

### Course Description:

The Kinesiology II course is designed to provide students an advanced level of knowledge, skills, and



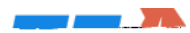


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- (A) demonstrate and evaluate components of effective and non-effective communication;
  - (B) demonstrate effective communication skills for responding to the needs of individuals in a diverse society;
  - (C) evaluate the effectiveness of conflict-resolution techniques in various situations; and
  - (D) accurately interpret, transcribe, and communicate medical vocabulary using appropriate technology.
- (4) The student implements the leadership skills necessary to function in the health science industry. The student is expected to:
- (A) demonstrate leadership skills, characteristics, and responsibilities of leaders such as goal setting and team building; and
  - (B) conduct and participate in effective meetings within a simulated workplace setting.
- (5) The student implements the knowledge and skills of a health science professional in the classroom setting. The student is expected to:
- (A) demonstrate proper first aid, cardiopulmonary resuscitation, and automated external defibrillator skills in a laboratory setting; and
  - (B) demonstrate and supervise proper use of equipment while complying with specific industry standards related to safety.
- (6) The student demonstrates an understanding of body composition and the effect on health. The student is expected to:
- (A) evaluate body fat distribution and its effect on health;
  - (B) calculate waist-to-hip ratios and explain the ratios as an indicator of health; and
  - (C) assess body composition using different methods such as body mass index (BMI) and bioimpedance analysis (BIA).
- (7) The student demonstrates an understanding of aerobic training intensity and how it is assessed. The student is expected to:
- (A) describe the structures and functions of a healthy heart;
  - (B) analyze the effects of exercise on blood pressure;
  - (C) demonstrate proper usage of sphygmomanometer and stethoscope to measure blood pressure;
  - (D) perform proper carotid and radial pulse to determine resting heart rate and exercise heart rate;
  - (E) differentiate between rated perceived exertion (RPE) and heart rate (HR) response to assess aerobic training intensity;
  - (F) assess aerobic capacity utilizing various methods such as Rockport 1-mile walking test, 1.5 mile run test, and 3-minute step test; and
  - (G) calculate maximum heart rate using the Karvonen and Tanaka equations.



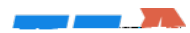


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- (B) identify the education and licensing requirements necessary to use therapeutic modalities;
- (C) compare and contrast different therapeutic modalities, including cryotherapy, dry heat therapy, moist heat therapy, and cold therapy;
- (D) demonstrate the proper use of variou





- Muscular Power Assessments:
  - Lower body power will be assessed using the vertical jump test (VJT) or standing long jump. Results of the assessments will be categorized, interpreted, and explained to the subject by the student tester.
  - Pairs will present results to the class for collaborative learning and discussion of the results. This will allow comparison of results within the class and identification of adaptations which contribute to muscular power.
  
- Muscular Endurance Assessments:
  - Students will work in pairs to conduct upper body muscular endurance assessments such as the Push up Test.
  - Students will work in pairs to conduct lower body muscular endurance assessments such as the Body Weight Squat.

