

# Download Kinesiology Study Guide

Basics. Kinesiology is the study of human and nonhuman animal-body movements, performance, and function by applying the sciences of biomechanics, anatomy, physiology, psychology, and neuroscience. Applications of kinesiology in human-health include physical education teacher, rehabilitation, health and safety, health promotion, workplaces, sport and exercise industries. In concordance with the Catholic, Lasallian and liberal arts traditions of Saint Mary's College, the Department of Kinesiology serves its students through a curriculum based on the interdisciplinary study of the human being in motion. With our students, we examine the whole person across the lifespan in the domains of health, sport and physical activity. Our calling is to heal, nurture and guide all who come to us towards greater wellness and self-realisation. With a deep holistic understanding among our team of the intimate relations between mind, body and spirit and their vital synergy, we attend to each aspect carefully to optimise health, healing and self-care to their highest potentials. Bachelor of Science in Kinesiology. The Bachelor of Science degree in Kinesiology focuses on the study of human performance. Students in the degree program will study foundational sciences such as anatomical kinesiology, biomechanics, exercise physiology, motor behavior, and the social psychology of physical activity.