# ACADEMIC CATALOG
2026-2027



MIDWAY
UNIVERSITY

# Midway University

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# Course

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## EXS 320 - Kinesiology and Biomechanics

This course will equip participants with knowledge of the essential mechanical concepts and principles that govern human movement within a context of physical education and sports science. Through lecture, laboratory experience, problem-solving activities, and other forms of learning in and outside the classroom, students will acquire practical biomechanical knowledge through the integration between the mechanical principles and the efficiency of human movement and interrelationships of biomechanics, musculoskeletal anatomy, and neuromuscular physiology.

**Grade Basis:** L
**Credit hours:** 3.0
**Lecture hours:** 3.0

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