

# **BSE219 Introduction to Human Movement**

**Level:** 2

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY SEMESTER

## **Synopsis:**

BSE219 Introduction to Human Movement builds on the Motor Development, Control and Learning course specifically on the fundamental movement skills content. The Human Movement course focuses on developing an understanding of how to use the movement system in order to optimize force production, accuracy and maintain balance to support optimal living and quality of life. The course will specifically address the relationship between fundamental motor skills, and its application to sport performance, promotion of health and wellness, mitigation of the progression of injuries, and prevention of disability. Opportunities will be provided for individuals to learn to observe and analyse movements applied across different contexts to determine its effectiveness.

## **Topics:**

- Introduction to human body systems (basic anatomy and muscle systems)
- Locomotor skills (e.g. running and hopping)
- Manipulative or object control skills (e.g. catching and throwing)
- Stability or body management skills (e.g. balancing and twisting)
- Observation and analysis of human movement development
- Development of fundamental motor skills during childhood and adolescent
- Application of human movement for optimal physical performance in daily living
- Human movement competency and injury prevention
- Myths and misconceptions of human movement in the aging population
- Relationship of fitness components to human movement
- Physiological and behavioural public health benefits associated with human movement
- Psychological public health benefits associated with human movement

## **Textbooks:**

Everett, T., and Kell, C. (2010).: Human Movement and Biomechanics 7th ed). USA: Churchill Livingstone.  
ISBN-13: 9780702062360

**Learning Outcome:**

- Describe the importance of developing fundamental movement skills and how it relates to the learning of more specialised skills.
- Develop an initial ability to observe and assess movement skill performance and provide instructional feedback on how to improve performance.
- Identify the different movement concepts associated with its application across the various fundamental movement skills applicable to various contexts.
- Discuss the impact of fundamental movement skills to adult living.
- Analyse movement performance and decide on appropriate course of corrections in order to improve performance.
- Use the Fundamental Skills Movement Framework across the different movement categories to better understand the different human movement capabilities.

**Assessment Strategies (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	PRE-CLASS QUIZ 1	1.66
	PRE-CLASS QUIZ 2	1.67
	PRE-CLASS QUIZ 3	1.67
	TUTOR-MARKED ASSIGNMENT 1	15
	TUTOR-MARKED ASSIGNMENT 2	30
Overall Examinable Components	Written Exam	50
<b>Total</b>		<b>100</b>