

Modern, adaptable digital courseware,
built for every stage of learning.



PRACTICAL CONTENT FOR BEGINNING KINESIOLOGISTS

Second Edition

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The authors built this text on the notion that learners who are informed and inspired are better in the classroom, school, and their profession.

Practical Content for Beginning Kinesiologists 2e offers historical perspectives and timely, future-focused content related to the subdisciplines and careers arising from studies in kinesiology.

It is the only resource intentionally built for learning in an online environment, and its content aligns with leading organizations such as the American Kinesiological Association.

PLATFORM BENEFITS

Proficiency replaces static textbooks with **interactive, analytics-enabled courseware** that adapts to today's classrooms.

Each course is built to reduce instructor workload, enhance student engagement, and provide administrators with meaningful insights—all while fitting seamlessly into your LMS.

- ▶ **Seamless LMS integration** with single sign-on
- ▶ **Flexible, customizable** modules and activities
- ▶ **Accessible, responsive design** for every learner
- ▶ **Dedicated support** for both instructors and students

COURSE OVERVIEW

Part 1 Kinesiology: History, Growth, and Innovation

- ▶ Humans Are Movers
- ▶ What's Trending in Kinesiology?
- ▶ Research in Kinesiology
- ▶ Physical Activity and Well-Being

Part 2 Kinesiology: The Academic Subdisciplines

- ▶ Philosophy in Kinesiology
- ▶ Sociology in Kinesiology
- ▶ Psychology in Kinesiology
- ▶ Exercise Physiology
- ▶ Biomechanics
- ▶ Motor Behavior
- ▶ Pedagogy

Part 3 Your Path: Kinesiology Focused Careers

- ▶ Athletic Training
- ▶ Physical Therapy
- ▶ Occupational Therapy
- ▶ Fitness Training: Personal, Group, and Corporate
- ▶ Strength and Conditioning
- ▶ Sports Management
- ▶ Physical Education Teacher

Part 4 The Human Body: Anatomy, Physiology, and Energy

- ▶ The Heart, Lungs, and Blood Vessels
- ▶ Cardiorespiratory Fitness
- ▶ Bones, Nerves, and Skeletal Muscles
- ▶ Musculoskeletal Fitness
- ▶ Macronutrients and Micronutrients
- ▶ Bioenergetics and Fueling Activities
- ▶ Body Mass Index and Body Composition
- ▶ Measurement Techniques: Anthropometrics, Body Composition, and Energy Needs

INCLUDED ESSENTIALS

Every Proficiency course is designed with tools that make teaching more effective and learning more engaging:

Integrated Assessments

Built-in quizzes and checkpoints that give students instant feedback while helping you track progress

Instructor Dashboard

Clear, real-time insights to spot at-risk learners early and guide them toward success.

Customizable Modules

Flexible content you can adapt to fit your syllabus and teaching style.

Lecture Slides & Notes

Professionally designed, ready-to-use resources that save preparation time.

Assignments & Activities

Group work, projects, and discussions that build deeper understanding



FOR INSTRUCTORS

- ▶ **Active Learning, Made Practical:** Evidence-based strategies that help you foster student success.
- ▶ **Ready to Teach:** Pre-built modules that you can use as-is or customize to fit your course.
- ▶ **Efficiency Where It Counts:** Automated grading and simple section management save valuable time.
- ▶ **Real-Time Visibility:** Intuitive dashboards highlight student progress and identify those who may need extra support.
- ▶ **A Full Teaching Toolkit:** Access presentations, quiz banks, and interactive chapters in one place.



FOR LEARNERS

- ▶ **Engaging by Design:** Interactive, straightforward activities that keep students involved.
- ▶ **Transparent Guidance:** Clear deadlines, grading points, and reminders to help learners stay on track.
- ▶ **Support Built In:** Help is always available, right when students need it.

**TAKE THE
NEXT STEP**

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