

Sports Anatomy Outline

Syllabus Number

SPS-202

Elective

2 credit

KATO, Hajime

1. Course Description

The course provides the student with the fundamental knowledge of the musculoskeletal system in the human body. The student with an intention of going into an athletic field (any fields – coach, personal trainer or athletic trainer) would benefit from this content as the correct knowledge of human anatomy is essential in understanding and determining safe, efficient, and effective athletic movements.