

## Course Syllabus

### GENERAL COURSE INFORMATION:

**Course Title:** Applied Kinesiology

**Trimester Credit Hours:** 3

**Course Director:** Thomas M. Redenbaugh, D.C.

**Email Address:** Tredenbaugh@parkercc.edu

**Phone number:** 972-438-6932 ext 7246

**Office Hours:** Mon-Thurs 12:00-1:00

Wed 11:00-1200

**Lab Director/Instructors:** Dr. Redenbaugh

Dr. Wilborn

**Course Number:** CHSC-7403

**Total Contact Hours Per Trimester:** 60

**Class meeting time:** Thurs 7:00-9:50AM

**Lab Hours Per Week:** 2

**Lab Contact Hours/Trimester:** 30

**COURSE DESCRIPTION:** This course introduces students to Applied Kinesiology (AK), a system of chiropractic analysis and adjustment developed by Dr. George Goodheart in 1964. This technique utilizes specific muscle testing procedures to assist in the location of interference to the nervous system and correction by using the "Five Factors of the Inter-Vertebral Foramen." Further study is made of the pelvic categories and cranial analysis and adjustment. The student is also introduced to the concepts of organ dysfunction analysis and correction.

### LEARNING OBJECTIVES:

**Learning Outcomes:** At the completion of this course, the student should:

01. Describe the triad of health
02. List particular muscles associated with postural distortions
03. Compare muscle facilitation and inhibition
04. Explain the difference between appropriate and inappropriate muscular inhibition and facilitation
05. Explain how to correctly perform a muscle test.
06. Explain the concept of therapy localization
07. Explain the difference between an indicator muscle and an associated muscle
08. Identify the correct neurolymphatic (NL) point associated with a particular muscle
09. Identify the correct neurovascular (NV) reflex point associated with a particular muscle
10. Identify the correct acupuncture meridian muscle associations (AMC)
11. Describe how to perform AK cranial analysis and correction
12. Describe the differences between vertebral subluxation and vertebral fixation
13. Describe the respiratory assist procedure
14. Describe how nutrition is used in AK

**Lab Objectives:** At the completion of this course, the student should be able to:

01. Perform a postural analysis.
02. Identify specific muscles and their origins, insertions, actions, and nerve supply.
03. Perform standard AK muscle tests (including grouping of regional scans).
04. Analyze and correct inappropriate muscle inhibition using the "5 factors of the IVF." (includes use of therapy localization and challenges).
05. Analyze and correct spinal fixation complexes.
06. Analyze and correct the basic cranial and sutural faults.
07. Analyze and correct the basic pelvic categories.

**GENERAL APPROACH TO TEACHING:**

**PREREQUISITES:** Enrollment in Parker College of Chiropractic, Diversified

**REQUIRED TEXTBOOKS:** Applied Kinesiology: Synopsis 2nd Edition by David Walther, D.C.

**RECOMMENDED ADDITIONAL TEXTBOOKS:**

1. Muscles Testing and Function with Posture and Pain 5<sup>th</sup> Edition; Kendall, McCreary, Provance, Rodgers, Romani
2. Physical Examination of the Spine and Extremities; Hoppenfeld
3. Musculoskeletal Manual Medicine, Diagnosis and Treatment, Dvorak, Dvorak, Gilliar, Schneider, Spring, Tritschler, Thieme

**SUPPLIES:** Latex Finger Cots

**EVALUATION AND GRADING POLICY:**

Quizzes	20%
Midterm Practical	20%
Midterm Written Exam	20%
Final Practical	20%
Final Written Exam	20%
<b>TOTAL</b>	<b>100%</b>

**ESTIMATE OF STUDENT WORK LOAD:** Students should spend a minimum of an hour per day practicing the material. Group practice has proven to be most effective, i.e. one student assumes the role of the patient, one student assumes the role of the doctor, and third student assumes the role of the reader/evaluator to ask questions and make corrections then alternate roles.

**STUDENTS WITH SPECIAL NEEDS:**

Parker College of Chiropractic adheres to section 504 of the Federal Disability law and assists qualified students. If you feel you qualify for this type of assistance, you should contact the Office of Student Affairs.

**A complete listing of all Academic policies is found on the Parker Website:**

**<https://myparker.parkercc.edu/ics/Academics - Coursework/Course Catalog.jnz>**

**IMPORTANT NOTE:**

The provisions contained in this syllabus do not constitute a binding contract between the student and the Parker College of Chiropractic. These provisions may be changed at any time and for any reason at the discretion of the Course Director. When it is necessary to make changes to this document, appropriate notice (at least one week, if at all possible) will be given to the student(s).