Kinesiology Research Camp
Location: DeVos Fieldhouse
Grades
Limit 30 per hour

The Kinesiology program offers three majors: Athletic Training, Exercise Science and Physical Education. Each area focuses on educating students in various aspects of health and physical activity. This hands-on session will include 8-10 "stations" where attendees will experience how we assess athletic performance (balance, agility, flexibility, speed, power, etc) as well as test the positive and negative health benefits of popular videogames. Other current topics in Kinesiology research that will be highlighted include childhood obesity and classroom "fit breaks".