

**Embodied Kinesiology Course
with Bob Lehnberg**

Greetings,

Thank you for your interest in Embodied Kinesiology.

This 30-hour correspondence course is comprised of readings in a clinical kinesiology text, a manual that I have written, and viewing some online videos. Along with doing palpations and movements, you will also perform some specific activities, both pedestrian and developmentally related, and determine the different roles of the muscles involved. These activities and assignments are designed to help you better understand movement of the musculoskeletal body, to its relationship to gravity and to resistance. You will have two assignment sheets to turn in. Upon receiving these and with satisfactory review, you will receive a Certificate of Completion.

My manual includes a bibliography containing some valuable book titles and web links for resources and video lectures which will provide you with an insight into the world of “professional kinesiologists.”

You will need to choose an adjunct kinesiology textbook. I suggest Brunnstrom’s Clinical Kinesiology. Brunnstrom’s is a text Bonnie Bainbridge Cohen chose and is an in-depth text for Physical Therapy level education. In this course I have referenced the 5th Edition of Brunnstrom’s (with a blue cover). It is an older edition and the essential information still holds true. The 5th edition is inexpensive and you can get a used copy for as little as \$1.00 on Amazon.com.

In reading Brunnstrom’s, do not get bogged down in the areas of physics and calculations. Read for your understanding of concepts and applications you are familiar with and extend yourself into material which you can absorb. Follow your curiosity and interest and do not let confusion dissuade your desire to learn.

Otherwise if you already have a particular kinesiology book you like or have one that is in your primary language, you may choose that text instead of Brunnstrom’s so long as it is at a clinical level. If you have any questions about this, please contact me.

While you are working on this course, feel free to email me with questions or areas you do not understand. During your course of study, we will have a 60-minute meeting to go over your questions and discoveries. This can be in person or by Skype. When we meet is your choice. My Skype is: bob.lehnberg

This course covers a lot of information. Some of it will be review for you and other material will stretch you. Be patient and give yourself time to absorb and learn.

The cost of this course with email access and one-on-one consulting time is \$200 USD. You may send payment through PayPal to my email address: bob@qihum.com. Or you may pay by check made out to me

and mailed to: Bob Lehnberg
380A Wesley Ct
Chapel Hill, NC 27516

Thank you again for your interest. I am here to help you understand and embody kinesiology. If this course does not suit you, let me know within 30 days for a refund less \$20.

Sincerely,
Bob Lehnberg