

# Activity at a glance

<b>Time to complete</b>	Approximately 2-2.5 hours
<b>Age level</b>	Advanced high school, College, or Professional school
<b>Bloom's level(s)</b>	<ul style="list-style-type: none"> <li>• BL3 - Analyze</li> <li>• BL4 - Analyze</li> <li>• BL5 - Evaluate</li> </ul>
<b>Learning objective</b>	After completing <a href="#">this activity</a> , students will be able to conduct an <b>experiment</b> (BL3 - Apply) simulating different patterns of muscle co-contraction and <b>analyze</b> (BL4 - Analyze) the results of their experiment to <b>explain</b> (BL5 - Evaluate) how muscle co-contraction and coordination relate to forces, motions, injury, and injury prevention at the knee joint.
<b>Assessment</b>	<ul style="list-style-type: none"> <li>• <b>Students:</b> Hints are provided throughout the activity to help students answer the questions on <a href="#">the worksheet</a>, however no answers are provided.</li> <li>• <b>Educators:</b> Educators can assess students' answers to the questions on the worksheet using the <a href="#">answer key</a> (only visible to educators).</li> </ul>
<b>Materials needed</b>	See <a href="#">Materials needed</a>
<b>Systems/Tissue types</b>	<ul style="list-style-type: none"> <li>• Muscular</li> <li>• Skeletal</li> </ul>
<b>Core concepts</b>	<ul style="list-style-type: none"> <li>• Motor control</li> <li>• ??Structure &amp; function</li> <li>• System integration</li> </ul>

<b>Competencies</b>	<ul style="list-style-type: none"><li>• Motion analysis</li><li>• Observation</li><li>• Scientific reasoning</li><li>• Scientific communication</li></ul>
<b>Activity ID</b>	<a href="#">HSKN4</a>

