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### **Exercise - Wikipedia**

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Kinesiology is the study of human physical activity and body movement. Masters in kinesiology programs explore advanced topics in human physical activity, particularly as movement, exercise, and sport apply to health promotion and disease prevention. Masters programs typically take 1 to 2 years to complete.

### **Applied kinesiology - Wikipedia**

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that various muscles are linked to particular organs and glands, and that specific muscle weakness can signal distant internal problems such as nerve damage ...

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