

**University of Texas at El Paso
College of Health Sciences
Kinesiology Program**

KIN 3331 Anatomical Kinesiology (CRN# 31727)

Summer 2008

COURSE SYLLABUS

Credit Hours: 3

Schedule: Lecture MTWRF, 11:40 am - 1:50 pm, Memorial Gym 118

Course Instructor: Justin Sipla, PhD
Office: College of Health Sciences, room 513
Office hours: MW 9:00 am – 11:00 am or by appointment
Email: *jssipla@utep.edu*
Phone #: 915-747-7260

Course Description: A study of the science of human movement with special consideration given to anatomical and neuromuscular contributions. Minimum grade of "C" to pass. Prerequisite: KIN 1303 with a grade of "C" or better, BIOL 2311 and department approval.

Course Objectives: This course provides students with a comprehensive view of the anatomical basis of human movement. Students will demonstrate knowledge and understanding of the following:

1. Foundations of structural kinesiology
 - bones, muscles, joints
 - reference positions, anatomical directional terminology
 - planes of motion, axes of rotation, movements in joints
2. Neuromuscular fundamentals
 - muscle nomenclature
 - muscle tissue properties
 - proprioception and kinesthesia
3. Basic biomechanical factors and concepts
 - levers
 - laws of motion
 - balance, equilibrium, stability
4. Muscular analysis of the trunk and upper/lower extremities with reference to sport performance/technique/training
 - technique analysis
 - identifying and examining muscle mechanical characteristics

Required Text:

Floyd, R.T. (2007). Manual of structural kinesiology (16th Ed.). McGraw-Hill.
1221 Avenue of the Americas, New York, NY 10020. ISBN: 0-07-302873-8

Supplemental Text:

Delavier, F. (2007). Strength training anatomy (2nd Ed.). Human Kinetics. P.O. Box 5076, Champaign, IL 61825. ISBN: 0-7360-6368-4

Methods of Instruction: Lecture, team-based learning, and readings.

Evaluation Method: Evaluation of course content will consist of in-class assignments (daily) and four written exams. Exams are comprehensive and will **not** be graded on a curve. For KIN majors, a minimum average of 70% is needed to pass the course with a grade of "C." Graded activities and their weight are as follows:

In-Class Assignments	15% of final grade
Exam #1	15% of final grade
Exam #2	20% of final grade
Exam #3	20% of final grade
Exam #4 (Final Exam)	30% of final grade

Course grades will be assigned using the following scale:

A	90%-100%
B	80%-89%
C	70%-79%
D	60%-69%
F	<60%

In-Class Assignments: Students will be required to complete laboratory exercises and worksheets (from the core textbook and other sources) during class time, assigned daily by the instructor. Completion of these activities is required before dismissal at the end of the class period. **Additionally, short quizzes may be given unannounced at any time.**

Exams: Examinations are written and utilize a variety of question types, including (but not limited to) multiple choice, identification, short answer, and essay.

The final examination is cumulative and will contain questions pertaining to all material covered throughout the entire course.

Course Content: Refer to topic outline.

Absence Policy: One absence will be excused. Thereafter any absence will result in a **5%** deduction from the final point accumulation for this course. There will be **no negotiation** on absenteeism and be aware that appearing more than 10 minutes past the scheduled starting time of the course is also an absence whether you remain in class or not. Students who leave class early without the permission of the instructor will be counted absent. If you miss an in-class assignment as a result of tardiness or non-attendance, no credit will be given for that assignment. If your missed obligation was part of a team assignment, no individual and/or team points will be allocated. **Do not waste**

the instructor's time presenting reasons for being late. Class topics are subject to change. It is possible that on days where guest teaching occurs, the instructor will impart theory on a different occasion. Progression to the next class objective will occur when the current objective has been achieved.

Preparation for Classes: Students will have reading assignments on a regular basis and will be expected to prepare for classes thoroughly. This is an important particular because of the vast amount of material covered in this course. The instructor will strive to cover all the major concepts and help facilitate the student learning process. However, due to the limits of class time and other influencing factors, students will be expected to attain information and conduct some research on their own. Expect to spend three hours on preparation and assignments for every semester credit hour. This is a three credit hour course, therefore extend nine (+) hours a week to studying.

In-Class Participation: Students are expected to participate in classroom discussions and other activities. Discussions and in-class activities function to facilitate a comprehensive understanding of the given material, enhance and speed-up learning, and put into practice communication skills.

Scholastic Honesty and Discipline: Students are encouraged to study together and to share their knowledge freely during the learning process, as well as cooperate to the best of their ability on group projects. However, during exams and quizzes, no assistance from other students or outside sources is allowed (materials such as books and notes may not be used unless indicated otherwise by the instructor). Students should handle their answer sheets discretely by keeping them out of easy view of others. Students may discuss individual assignments (i.e., in-class assignments and written assignments) but these assignments must be the student's own work if so indicated.

Scholastic dishonesty includes the attempt of any student to present the work of another as his or her own, or work which (s)he has not honestly performed, or attempting to pass any examination by improper means – is a serious offense and will subject the student to disciplinary action. The aiding and abetting of a student in any dishonesty is held to be an equally serious offense. Therefore, “Plagiarism” which is the copying, the stealing, the illegal use, and breach of copyright of another's work are to be avoided at all costs. Cite, reference, and/or quote all information obtained from other sources. All alleged acts of scholastic dishonesty will be reported to the Dean of Students for disposition. It is the Dean of Students' responsibility to investigate each allegation, dismiss the allegation, or proceed with disciplinary action in a manner which provides the accused student his or her rights of due process.

Professional Conduct: During the course, you will be expected to deal with your subject area, your colleagues, and yourself as a professional, so behave like the professional society expects you to be. Engage in the course and contribute positively to your own and classmates' learning. Use the subject as an opportunity to apply the teaching principles imparted. Approach the learning process with offensive strategies rather than with defense and evasion. Demonstrate pride in your chosen profession through both your actions and your attitude. This includes being on time for class, being prepared, and fully participating. Late arrival (more than 10 minutes after the published starting time of the course) constitutes a full absence. **You have paid for this class and therefore**

attendance is required. Contact the instructor if you are going to miss a class, but you are permitted only ONE excused absence.

Americans with Disabilities Act: The Kinesiology Program seeks to provide reasonable accommodations for all qualified individuals with disabilities with respect to equal educational opportunities. It is the student's responsibility to present proper documentation to the faculty member in a timely manner in order to arrange for appropriate accommodations.

If you have or suspect a disability and need accommodations, you should contact the Disabled Student Services Office (DSSO) at 747-5148. You can also e-mail the office at dss@utep.edu or go by Room 106, Union Building East. For additional information, visit the DSSO website at www.utep.edu/dsso

Disclaimer: The class schedule, policies and assignments in this course are subject to change in the event of extenuating circumstances or by mutual agreement between the instructor and the students. If at any time you have questions or concerns about the course content, expectations, or regulations, please feel free to set up an appointment with me.

TENTATIVE TOPIC OUTLINE:

DAY DATE		TOPIC	READING
Mon	6/9	Introduction to anatomical kinesiology	Ch. 1, pp. 1-15
Tues	6/10	Joint types, movement in joints	Ch. 1, pp. 16-28
Wed	6/11	Neuromuscular fundamentals	Ch. 2
Thurs	6/12	Basic biomechanics	Ch. 3
Fri	6/13	EXAM I	—

DAY DATE		TOPIC	READING
Mon	6/16	Shoulder girdle and shoulder joint	Ch. 4 & Ch. 5
Tues	6/17	Elbow and radioulnar joints	Ch. 6
Wed	6/18	Wrist and hand joints	Ch. 7
Thurs	6/19	Muscular analysis of upper extremity exercises	Ch. 8
Fri	6/20	EXAM II	—

DAY DATE		TOPIC	READING
Mon	6/23	Hip joint and pelvic girdle	Ch. 9
Tues	6/24	Knee joint	Ch. 10
Wed	6/25	Ankle and foot joints	Ch. 11
Thurs	6/26	Muscles of the thorax and abdominal wall	Ch. 12
Fri	6/27	EXAM III	—

DAY DATE		TOPIC	READING
Mon	6/30	Muscles of the vertebral column	Ch. 12 (cont.)
Tues	7/1	Muscular analysis of trunk and lower extremity exercises	Ch. 13
Wed	7/2	Review for final exam	—
Thurs	7/3	EXAM IV – Final Exam (comprehensive)	—

