I. Course Description
An analysis of the skeletal, muscular, and neurological structure and functional aspects of human movement with emphasis on sport and fitness activities. Prerequisite: BIOL 2401 and KINE 1320 or KINE 2313.

II. Rationale
Kinesiology is an introductory/survey course designed to provide students with the basic knowledge of kinetic anatomy including the integration of the skeletal, muscular and neurological systems to produce human movement. The web based format will provide both information and some practical application to real life situations.

III. State Adopted Proficiencies for Teachers and/or Administrators/Counselors
1. LEARNER-CENTERED KNOWLEDGE: The teacher possesses and draws on a rich knowledge base of content, pedagogy, and technology to provide relevant and meaningful learning experiences for all students.
2. LEARNER-CENTERED INSTRUCTION: To create a learner-centered community, the teacher collaboratively identifies needs; and plans, implements, and assesses instruction using technology and other resources.
3. EQUITY IN EXCELLENCE FOR ALL LEARNERS: The teacher responds appropriately to diverse groups of learners.
4. LEARNER-CENTERED COMMUNICATION: While acting as an advocate for all students and the school, the teacher demonstrates effective professional and interpersonal communication skills.
5. LEARNER-CENTERED PROFESSIONAL DEVELOPMENT: The teacher, as a reflective practitioner dedicated to all students’ success, demonstrates a commitment to learn, to improve the profession, and to maintain ethics and personal integrity.

IV. TExES Competencies & CAATE Competencies & Proficiencies
a. TExES Competencies
   Domain I – MOVEMENT SKILLS AND KNOWLEDGE
   Competency 003 – The teacher understands and applies knowledge of movement concepts and biomechanical principles.
   Domain II – HEALTH-RELATED PHYSICAL FITNESS
   Competency 006 – The teacher understands major body systems, principles of physical fitness development and training, and the benefits of a healthy, active lifestyle.

b. National Competencies & Proficiencies for Athletic Training (CAATE 4th Ed.)
   Diagnosis Competencies Taught & Evaluated
   • DI-C4: Explain directional terms and cardinal planes used to describe the body and the
relationship of its parts.

• **DI-C5**: Describe the principles and concepts of body movement including functional classification of joints, arthrokinematics, normal ranges of joint motion, joint action terminology, and muscle groups responsible for joint actions (prime movers, synergists), skeletal muscle contraction, and kinesthesia/proprioception.

### V. Course Objectives/Learning Outcomes

**This course is designed to enable students to:**

1. Define the term "kinesiology".
2. Understand the difference between a narrow and broad interpretation of "kinesiology" in the professions.
3. Identify and describe the reference positions, planes, and axes associated with the human body.
4. Identify the terminology used to describe body part locations, reference positions, and anatomical directions.
5. Categorize joints based on structure and movement capabilities.
6. Explain the functions of articular cartilage and fibrocartilage.
7. Identify factors contributing to joint stability and flexibility.
8. Identify the basic behavioral properties of the musculotendinous unit.
9. Explain how skeletal muscles function to produce coordinated movement of the human body.
10. Identify muscles that are active during specific upper extremity movements.
11. Identify exercises that strengthen the upper extremities.
12. Identify muscles that are active during specific lower extremity movements.
13. Identify exercises that strengthen the lower extremities.
14. Identify muscles that are active during specific spine movements.
15. Identify exercises that strengthen the spine.
16. Describe the segmental movements occurring in a multi-joint activity or sport skill.
17. Demonstrate computer proficiency through the use of word processors, spreadsheets, kinesiology software, electronic mail, and the Internet.

### VI. Course Topics

**The major topics to be considered are:**

1. Foundations of structural kinesiology.
2. Neuromuscular fundamentals.
3. Basic biomechanical factors and concepts.
4. The shoulder girdle.
5. The shoulder joint.
6. The elbow and radioulnar joint.
7. Muscular analysis of upper extremity exercises.
8. The hip and pelvic girdle.
10. The trunk and spinal column.
11. Muscular analysis of trunk and lower extremity exercises.

### VII. Instructional Methods and Activities

**Methods and activities for instruction include:**

A. Traditional Experiences
The course will include assigned chapter readings, powerpoint presentations, CD-ROM, and mini voice lectures.

B. Clinical Experiences
Weekly assignments include some hands-on application of material.

VIII. Evaluation and Grade Assignment

*The methods of evaluation and the criteria for grade assignment are:*

A. Methods and Percentage of Final Course Grade Each Assessment Constitutes
   1. Traditional Assessment
      a. One Pre-test assessment = 5 points
      b. Weekly homework assignments (13 total) @ 5 points each = 65 points
      c. Weekly quizzes (14 total) @ 10 points each = 140 points
      d. Four exams @ 50 points each = 200 points
      **Total Points = ~ 410 points**

B. Grading Scale
   90.00-100% = A
   80.00-89.99% = B
   70.00-79.99% = C
   60.00-69.99% = D
   Below 60% = F

IX. Course Schedule and Policies (see attached) [develop each semester as outlined and attach to syllabus]

A. Tentative course schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon July 8</td>
<td>Orientation Meeting (TBA)</td>
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<tr>
<td>Mon July 8 – Thurs July 11</td>
<td>Structural Kinesiology Pre-test</td>
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<tr>
<td>Mon July 8 – Thurs July 11</td>
<td>Read Chapter 1, AS1, Ch 1 Quiz</td>
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<tr>
<td>Thurs July 11– Mon July 15</td>
<td>Read Chapter 2, AS2, Ch 2 Quiz-Directional Terminology, Ch 2 Quiz-Movement</td>
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<tr>
<td>Tue July 16</td>
<td>Exam I</td>
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<tr>
<td>Tues July 16 – Fri July 19</td>
<td>Read Chapter 3, AS3, Ch 3 Quiz</td>
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<tr>
<td>Tues July 16 – Fri July 19</td>
<td>Read Chapter 4, AS4, Ch 4 Quiz</td>
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<tr>
<td>Fri July 19– Tues July 23</td>
<td>Read Chapter 5, AS5, Ch 5 Quiz</td>
</tr>
<tr>
<td>Fri July 19– Tues July 23</td>
<td>Read Chapter 6, AS6, Ch 6 Quiz</td>
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<tr>
<td>Wed July 24</td>
<td>Exam II</td>
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<tr>
<td>Wed July 24– Fri July 26</td>
<td>Read Chapter 7, AS7, Ch 7 Quiz</td>
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<tr>
<td>Fri July 26– Tues July 30</td>
<td>Read Chapter 8, AS8, Ch 8 Quiz</td>
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<tr>
<td>Fri July 26– Tues July 30</td>
<td>Read Chapter 9, AS9, Ch 9 Quiz</td>
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<tr>
<td>Wed July 31</td>
<td>Exam III</td>
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<tr>
<td>Wed July 31 –Sat August 3</td>
<td>Read Chapter 10, AS10, Ch 10 Quiz</td>
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<tr>
<td>Wed July 31– Sat August 3</td>
<td>Read Chapter 11, AS11, Ch 11 Quiz</td>
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<tr>
<td>Sat August 3 – Wed August 7</td>
<td>Read Chapter 12, AS12, Ch 12 Quiz</td>
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<tr>
<td>Sat August 3 – Wed August 7</td>
<td>Read Chapter 13, AS13, Ch 13 Quiz</td>
</tr>
<tr>
<td>Thurs August 8</td>
<td>Exam IV-Last Exam</td>
</tr>
</tbody>
</table>

[develop each semester as outlined and attach to syllabus]
B. Class Policies

Attendance
The entire course including assignments, quizzes and exams are available on-line and are available according the course schedule. Students are required to complete the course work when assigned and complete the work by the due date. Excused absences are limited to participation in a TAMUCC sanctioned event or participation in a religious holy day as outlined in the University catalog; however, because there is typically is sufficient time to complete all assignments missed assignments, quizzes and exams will only be made up in extreme circumstances. Any assignment, quiz, or test missed due to a TAMUCC sanctioned event must be completed prior to the absence. Coursework, assignments, and quizzes may not be made-up due to tardiness. Consistent and punctual attendance and participation is critical to the successful completion of this course. If the student misses an assignment, quiz or exam due to emergencies which involve illness, family emergencies etc., it is the responsibility of the student to notify the instructor as soon as possible via e-mail or phone.

Technology
This course is delivered via Blackboard.
Important Note: All students must enter a User Name and Password to access their Blackboard account. Student User Names will be your net id (i.e. lsmith12).
If a student experiences technical difficulties, please call the Island Online (IOL) support line at 361-825-2825. Additionally, please notify the instructor ASAP via phone or e-mail.

Academic Integrity/Plagiarism
University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, falsification, forgery, complicity or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work.) In this class, academic misconduct or complicity in an act of academic misconduct on an assignment or test will result in a zero on the assignment, exam or quiz and a referral to the judicial board of academic affairs.

Dropping a Class
I hope that you never find it necessary to drop this or any other class. However, events can sometimes occur that make dropping a course necessary or wise. Please consult with me before you decide to drop to be sure it is the best thing to do. Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class. Friday July 26, 2013 is the last day to drop a class this term.

X. Textbook(s)
The textbook(s) adopted for this course is/are:
Recommended but not required supplementary textbook(s) is/are:
XI. Bibliography

The knowledge bases that support course content and procedures include:

XII. Grade Appeals

As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule 13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at http://www.tamucc.edu/provost/university_rules/index.html. For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.

XIII. Disabilities Accommodations

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in CCH 116. If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.