Texas A&M University-Corpus Christi  
Department of Kinesiology  
KINE 4325 – Kinetic Anatomy

Course Number and Section: KINE 4325  
Class Meeting Time and Location: Online  
Semester: Spring 2016  
Instructor: Lindsey Jarrett, MS, CSCS  
Office Hours: Questions/Concerns will be answered via email within 24 hours.  
E-Mail: Lindsey.Jarrett@tamucc.edu (must include full name and course number)

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. 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
   a. Domain I – MOVEMENT SKILLS AND KNOWLEDGE
      i. Competency 003 – The teacher understands and applies knowledge of movement concepts and biomechanical principles.
   b. Domain II – HEALTH-RELATED PHYSICAL FITNESS
      i. 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
A. DI-C4: Explain directional terms and cardinal planes used to describe the body and the relationship of its parts.

B. 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/propioreception.

V. COURSE OBJECTIVE AND OUTCOMES
As a result of successfully completing this course, the student will be able 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
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
A. Traditional Experiences
   a. The course will include assigned chapter readings, powerpoint presentations, and CD-ROM.

B. Clinical Experiences
   a. Weekly assignments include some hands-on application of material.
VIII. EVALUATION AND GRADE ASSIGNMENT

Your grade in this class will be determined from a point percentage. Points will be given for exams and completed skill proficiencies. The grading scale is as follows:

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

IX. CLASS SCHEDULE AND POLICIES

A. Tentative Course Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>January 20</td>
<td>Spring Classes Begin; Intro, Syllabus, Pretest, AS1 and Quiz 1 Open</td>
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<tr>
<td>January 26</td>
<td>Intro, Syllabus, Pretest, AS1, Q1 Due</td>
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<tr>
<td>February 2</td>
<td>AS2 and Q2 Due</td>
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<tr>
<td>February 3</td>
<td>Test I (Open 5am, Due by 11pm)</td>
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<tr>
<td>February 9</td>
<td>AS3 and Q3 Due</td>
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<tr>
<td>February 16</td>
<td>AS4 and Q4 Due</td>
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<tr>
<td>February 23</td>
<td>AS5 and Q5 Due</td>
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<tr>
<td>March 1</td>
<td>AS 6 and Q6 Due</td>
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<tr>
<td>March 2</td>
<td>Test II (Open 5am, Due by 11pm)</td>
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<tr>
<td>March 8</td>
<td>AS7 and Q7 Due</td>
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<tr>
<td>March 14-18</td>
<td>Spring Break</td>
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<tr>
<td>March 22</td>
<td>AS8 and Q8 Due</td>
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<tr>
<td>March 29</td>
<td>AS9 and Q9 Due</td>
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<tr>
<td>April 5</td>
<td>AS10 and Q10 Due</td>
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<tr>
<td>April 6</td>
<td>Test III (Open 5am, Due by 11pm)</td>
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<td>April 8</td>
<td>Last Day to Drop</td>
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<td>April 12</td>
<td>AS11 and Q11 Due</td>
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<td>April 19</td>
<td>AS 12 and Q12 Due</td>
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<td>April 20</td>
<td>Nutrition Log Due</td>
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<tr>
<td>April 26</td>
<td>AS13 and Q13 Due</td>
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<tr>
<td>May 3</td>
<td>AS 14 and Q14 Due; Last Day of Class</td>
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<tr>
<td>May 5</td>
<td>Test IV (Open 5am, Due by 11pm)</td>
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<tr>
<td>May 13</td>
<td>Final Grades Submitted</td>
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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 student ‘A’ number (i.e. A00123456). Student passwords will default to date of birth; however, passwords should be changed after the initial log in. It is the student’s responsibility to have reliable computer and internet access. If a student experiences technical difficulties, please call the Island Online (IOL) support line at 361-825-2825. Additionally, please notify the instructor ASAP.

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.) Disciplinary action for academic misconduct is the responsibility of the faculty member assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty, and with giving sanction to any student involved.
Penalties that may be applied to individual cases of academic dishonesty include one or more of the following:
1. Written reprimand.
2. Requirement to re-do work in question.
3. Requirement to submit additional work.
4. Lowering of grade on work in question;
5. Assigning grade of 'F' to work in question;
6. Assigning grade of 'F' for course;
7. Recommendation for more severe punishment, such as dismissal from the program or from the University.
See the University Catalog for more information.

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. April 8th is the last day to drop a class with an automatic grade of “W” this term.

Classroom/professional behavior
Texas A&M University-Corpus Christi, as an academic community, requires that each individual respect the needs of others to study and learn in a peaceful atmosphere. Under Article III of the Student Code of Conduct, classroom behavior that interferes with either (a) the instructor’s ability to conduct the class or (b) the ability of other students to profit from the instructional program may be considered a breach of the peace and is subject to disciplinary sanction outlined in article VII of the Student Code of Conduct. Students engaging in unacceptable behavior may be instructed to leave the classroom. This prohibition applies to all instructional forums, including classrooms, electronic classrooms, labs, discussion groups, field trips, etc.
Statement of Academic Continuity
In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A&M University–Corpus Christi; this course would continue through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus. However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.

X. TEXTBOOKS

XI. BIBLIOGRAPHY
The knowledge bases that supports course content and procedures include:

XII. GRADE APPEALS
As stated in University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures, 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 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 Dean’s office in the college in which the course is taught or the Office of the Provost.

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 Corpus Christi Hall 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.
KINE 4325-Kinetic Anatomy Syllabus Acknowledgment Form
I, (print name)__________________________________________, certify by my signature that I have read and understand the class policies that have been presented in the class syllabus for KINE 4325-Kinetic Anatomy at Texas A&M University-Corpus Christi.
Signature __________________________ Date ________________
Student ID # __________________

Copy and paste this form into the Syllabus Assignment “submission box” on the Blackboard Course. Make sure to sign, date, and fill in your Student ID.