**University of Wisconsin – Stevens Point**

**HS 375: Kinesiology**

**Fall 2023- Section 2**

**Instructor:** Danelle Smith **Class Location**: SCI D114

**Office:** SCI B 131 **Class Time**: T-TH 12:30-1:45pm

**REQUIRED TEXT:**

Lippert, L.S. *Clinical Kinesiology and Anatomy*. *5th Edition*. FA Davis

**COURSE DESCRIPTION:**

This course is designed to help students gain an understanding of the study of movement and the muscles and joints that affect movement.

**COURSE OBJECTIVES:** At the conclusion of this class the student will:

1. describe various types of bones and joints in the human body
2. define and demonstrate the various joint movements including planes of movements
3. describe the types of muscle contractions and the factors involved with each type
4. describe neural control mechanisms for movement
5. identify bony features and muscles that produce movements of the torso, spine, shoulder girdle, glenohumeral joint, elbow, hip, knee, ankle and foot
6. identify and classify muscles that produce gross motor movements
7. identify, analyze, and prescribe exercises to strengthen all major muscle groups

Face Coverings:

* At all UW-Stevens Point campus locations, the wearing of face coverings is optional in all buildings, including classrooms, laboratories, studios, and other instructional spaces. Any student with a condition that impacts their use of a face covering should contact the [Disability and Assistive Technology Center](https://www.uwsp.edu/datc/Pages/default.aspx) to discuss accommodations in classes.

Other Guidance:

* Please monitor your own health each day using [this screening tool](https://www.uwsp.edu/C19DailyScreening). If you are not feeling well or believe you have been exposed to COVID-19, do not come to class; email your instructor and contact Student Health Service.
  + As with any type of absence, students are expected to communicate their need to be absent and complete the course requirements as outlined in the syllabus.
* Wash your hands or use appropriate hand sanitizer regularly and avoid touching your face.
* Please keep these same healthy practices in mind outside the classroom.

**COURSE REQUIREMENTS:**

**Attendance**: Students are expected to attend all classes and be on time. If a class is to be missed, the student must contact the instructor via phone or in person prior to the beginning of the class period. (Email is not acceptable)

**Honesty:** Under no circumstances will academic dishonesty (cheating, plagiarism) be tolerated. Violation may result in an automatic failing grade for the assignment. UWSP values a safe, honest, respectful, and inviting learning environment. A set of rights and responsibilities has been developed to foster this environment. For more information go to : <http://www.uwsp.edu/stuaffairs/Pages/rightsandresponsibilities.aspx>

**Exams:** There will be online quizzes and exams throughout the semester and one final exam. These quizzes and exams will be timed so study prior to them is necessary.

**Assignments/Labs:** There will be designated assignments both in and out of class for various topics. Any missed assignment will be given a grade of 0 unless preparations are made with the instructor prior to the assignment due date. Part of these assignments will be labs. These labs are essential to the understanding of the material for this course and active participation is expected.

**METHOD FOR COURSE EVALUATION** **GRADING SYSTEM:**

Assignments 10-20 points each A 94-100% C+ 77-79%

Exams 70-80 points each A- 90-93% C 73-76%

Final Exam 90-110 points B+ 87-89% C- 70-72%

Quizzes 10-25 points each B 83-86% D+ 65-69%

Participation 10-20 points B- 80-82% D 60-64%

F below 60%

**\*\* This syllabus is subject to change if deemed necessary by the instructor or University.**

**Tentative Course Outline:**

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| **Week 1: T**  **TH** | Introduction to Course –PPT 1, Basic Terms – PPT 2  PPT 3 – Bones and Function |
| **Week 2: T**  **TH** | PPT 4 – Muscles and Function  Lab – Movement and Body Tissues |
| **Week 3: T**  **TH** | PPT 5 – Posture and Body Function, Biomechanics  Lab – Posture and Body Mechanics ----**QUIZ 1 Due on Canvas** |
| **Week 4: T**  **TH** | Review and finish labs/worksheets  **EXAM 1** |
| **Week 5: T**  **TH** | PPT 6 – Neurology and Muscle Response  Lab – Reflexes, Nerve Response |
| **Week 6: T**  **TH** | PPT 7 - Flexibility and ROM  Lab – Muscle length and stretching–--------- **Quiz 2 Due on Canvas** |
| **Week 7: T**  **TH** | PPT 8 - Strength and Exercise  Lab – Strength and exercise |
| **Week 8: T**  **TH** | Review and finish labs/worksheets  **EXAM 2** |
| **Week 9: T**  **TH** | PPT 9 - Upper Extremity Function - Shoulder  Lab - Shoulder |
| **Week 10: T**  **TH** | PPT 10 – Upper Extremity Function Elbow, Wrist and Hand  PPT 11 – Neck and Trunk Function --- **Quiz 3 Due on Canvas** |
| **Week 11: T**  **TH** | Lab – Neck, Trunk, Upper Extremity  **EXAM 3** |
| **Week 12: T**  **TH** | PPT 12 – Lower Extremity - Hip and Pelvis Motions and Function  **NO CLASS - THANKSGIVING** |
| **Week 13: T**  **TH** | PPT 13 – Lower Extremity Function – Hip and Knee  Lab – Hip and Knee **----------Quiz 4 Due on Canvas** |
| **Week 14: T**  **TH** | PPT 14 - Lower Extremity Function – Lower Leg, Ankle, Foot  Lab – LL Ankle, Foot |
| **Week 15: T**  **TH** | PPT 1 – Gait and Gait Analysis  Lab – Movement analysis and gait – Review for Final |
| **Week 16: Final** | **12/18 Monday 2:45-4:45** |