

**UWSP School of Health Care Professions**  
**HS 375: Kinesiology**

**Instructor:** Holly Schmies, PhD, LAT

**Office:** 123 HEC

**Class Time/Place:** M 1-1:50; W 1-2:50pm in HEC 116

**Pre-requisites:** HS 371 or BIO 387

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**Office hours:** M, W 9:00 – 10:00am  
or by appointment

**Course Description:** This course is designed to help the student gain an understanding of the joints & muscles of the body and how they are involved in the science of movement.

**Course Objectives:** At the end of this course the student will be able to:

- Describe the various types of bones and joint in the human body and their characteristics
- Describe and demonstrate the various joint movements and their respective planes of movement
- Demonstrate the different types of muscle contraction and describe the factors involved in each specific contraction type
- Demonstrate a basic understanding of neural control mechanisms for movement
- Know and understand how knowledge of levers can aid in increasing physical performance
- Identify important bony features of the torso & spine, shoulder girdle, glenohumeral joint, elbow & radioulnar joint, hip articulation, knee joint, and ankle and foot joints
- Demonstrate the movement of the torso & spine, shoulder girdle, glenohumeral joint, elbow & radioulnar joint, hip articulation, knee joint, and ankle and foot joints with a human subject in respect to their planes of motion & individual joint axis
- List and organize the muscle that produce movement of the torso & spine, shoulder girdle, glenohumeral joint, elbow & radioulnar joint, hip articulation, knee joint, and ankle and foot joints
- Identify, analyze and prescribe exercises to strengthen all major muscle groups
- Identify and classify individual muscles that produce gross motor movements

**Required Textbooks:**

*Clinical Kinesiology and Anatomy* by Lynn Lippert. 5<sup>th</sup> Edition – FA Davis.

*Other Learning Tools:* -Readings on D2L. - Hudltechnique App (free download). – PostureZone App (iOS only)

**Class Policies:**

- 1) This course will use Desire 2 Learn (D2L) throughout the semester to distribute materials, collect assignments, conduct online quizzes, and allow students to monitor their grades on a daily basis. Please become familiar with the D2L courseware as it will be used extensively. Make it a point to check the course page on D2L regularly, as it will often be used as a source of communication in regards to changes in class schedule and topic, assignments, and quizzes/exams.
- 2) **Attendance:** You are all adults and can make your own decisions. If you choose to miss class, you are also choosing to miss the material that was covered. You will need to make up the material on your own and you will not be allowed to make up points or anything you missed as a result of your absence.
  - a) **Excused absences:** In order for an absence to be excused, you need to have it previously approved by me prior to your absence. Email is not accepted as a form of communication for absences. You must have absences excused in order to ensure you don't miss points.
  - b) **Missing a lab:** If you miss a lab with an excused absence, you will be required to make it up on your own in order to earn the points for it. If you miss a lab with an unexcused absence, you will not be able to make it up.

- c) Examinations: Exams may not be made up unless the instructor gives **prior verbal** approval. An alternative time must be arranged prior to the scheduled examination time.
- 3) Students should come prepared for class. Reading assignments are to be completed prior to the beginning of class and information in the assigned readings may appear on in-class quizzes.
  - 4) Students are expected to arrive on time. Anything missed as a result of tardiness is considered an unexcused absence.
  - 5) Students are required to dress appropriately (shorts/sleeveless) when instructed to do so for lab sessions.
  - 6) Class PARTICIPATION in discussion, projects and labs **is** required. The students will be required to develop critical thinking skill as they pertain to the field of kinesiology.
  - 7) Students will be expected to complete all assignments and projects on time based on the syllabus and due dates given by the instructor in class. Late work will not be accepted and will affect the student's overall grade in the course.
  - 8) Students are expected to adhere to UWSP's statement of academic principles. Students are responsible for the honest completion and representation of their work, for the appropriate citation of sources, and for respect of others' academic endeavors. Students who violate these standards will be confronted and must accept the consequences of their actions.
  - 9) If there is a need for learning accommodations, please go to the Disability Services Office. I will be more than happy to work with you to achieve success in this class.
  - 10) This is an open and honest learning environment. We are accepting of all people, we will listen to and be open to other's opinions, we will help each other learn in a positive manner, we will be accepting of all body types, and we will be respectful of physical space yet realizing that we are in a course that we will be touching each other and analyzing our movement. If there is any time you feel uncomfortable, please let me know. If I see/hear anyone being disrespectful or inappropriate, I will interfere with the behavior in a professional manner.

**Course Evaluation Procedures:** Quizzes and examinations will count for 60% of your grade. Labs will be 40% of your grade.

- 1) **Quizzes (various pts):** There will be quizzes on D2L posted throughout the semester. The quizzes will be a supplement to the examinations so there is not such a large gap between exams. The questions on quizzes will help you to study for the examinations. The quizzes will be open book, but will be timed so it is necessary to study for these prior to taking them.
- 2) **Four written examinations (~75 pts. each):** There will be four written exams throughout the course worth 75 points each. The final exam will be cumulative for key points of the course.
- 3) **Labs/Assignments (8-20pts. each):** There will be in-class labs to be complete either individually or in small groups. Time will be given to complete lab assignments in class, but may require additional time outside of class. These lab assignments are essential to understanding course concepts and demonstrating the kinesiology skills the student is expected to obtain by the end of this course. Active participation is expected during in-class laboratory time periods. There will be 8 labs throughout the course of the semester.

Example: will be different than the final

Quizzes and Exams: 250/300 pts.  
Labs (8 x ~15 pts. each): 102/120 pts.

$250/300 = 83.3\% \times 60\% \text{ of grade} = 49.98\%$

$102/120 = 85\% \times 40\% \text{ of grade} = 34\%$

**TOTAL = 49.98 + 34 = 83.98% = B for grade**

Grading scale:

<b>A:</b> 94-100%	<b>B-:</b> 80-82%	<b>D+:</b> 65-69%
<b>A-:</b> 90-93%	<b>C+:</b> 77-79%	<b>D:</b> 60-64%
<b>B+:</b> 87-89%	<b>C:</b> 73-76%	<b>F:</b> 0-59%
<b>B:</b> 83-86%	<b>C-:</b> 70-72%	

### Course Schedule

Date	Topic	Readings	Assignment(s) Due
<b>Week 1</b>			
9/06	Introduction to course		
<b>Week 2</b>			
9/11	Kinesiology and movement	Ch. 1	
9/13	Tissues, Joints – classification and movement	Ch. 2 and 3 and 4	
<b>Week 3</b>			
9/18	Muscles and Movement	Ch. 5	Due: Quiz 1 (Ch. 1-5, terms)
9/20	Muscles – Movement, Flexibility, Levers	Ch. 5 and D2L	
<b>Week 4</b>			
9/25	Muscles – Movement, Flexibility, Levers	Ch. 5 and D2L	Due: Lever Lab
9/27	Neurology and Movement – Proprioception	Ch. 6 (skim)	Due: Quiz 2 (Ch. 1-6)
<b>Week 5</b>			
10/02	<b>Exam 1</b>		
10/04	Posture (need shorts and sleeveless shirts)	Ch. 21	
<b>Week 6</b>			
10/09	Posture	Ch. 21 and D2L	Due: Quiz (Posture)
10/11	Lower Extremity – Foot and Ankle	Ch. 20	Due: Posture Lab
<b>Week 7</b>			
10/16	Lower Extremity – Knee/Hip/Pelvis	Ch. 19	
10/18	Lower Extremity – Knee/Hip/Pelvis	Ch. 17 and 18	
<b>Week 8</b>			
10/23	Lower Extremity – Knee/Hip/Pelvis	Ch. 17 and 18	Due: Lower Extremity Lab
10/25	Lab – Gait and Movement	Ch. 22	Due: Quiz 3 (LE and Gait)
<b>Week 9</b>			
10/30	Core – Neck and Trunk	Ch. 15	Due: Gait Lab
11/01	Core - Neck and Trunk	Ch. 15	
<b>Week 10</b>			
11/06	<b>Exam 2</b>		
11/08	Lab – On your own	D2L	
<b>Week 11</b>			
11/13	Neck and Trunk		Due: Core Lab
11/15	Upper Extremity – Shoulder	Ch. 9 and 10	Due: Quiz 4 (Shoulder)
<b>Week 12</b>			
11/20	Upper Extremity – Shoulder	Ch. 9 and 10	
11/22	Upper Extremity – Shoulder and Elbow	Ch. 11	Due: Quiz 5 (Elbow and down)
<b>Week 13</b>			
11/27	Upper Extremity – Elbow, Wrist, Hand	Ch. 12 and 13	Due: Shoulder Lab
11/29	Upper Extremity – Throwing Lab	D2L	
<b>Week 14</b>			
12/04	<b>Exam 3</b>		Due: Throwing Lab
12/06	Putting it all together – FMS and motion	D2L	
<b>Week 15</b>			
12/11	Putting it all together – Motion analysis		
12/13	Putting it all together – Motion analysis		Due: FMS and Motion Lab
<b>Week 16 – Final Examination - Tuesday Dec 19<sup>th</sup> – 12:30-2:30pm</b>			

\*\* This course syllabus and schedule is subject to change at the instructor's discretion due to time constraints. \*\*