

University of Wisconsin – Stevens Point
HS 375: Kinesiology
Spring 2019

Instructor: Danelle Smith
Office: HEC 131

Class Location: HEC 116
Class Time: 1-2 M, 1-3 W

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

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 four written exams throughout the semester and one written, comprehensive final exam. There will be quizzes throughout the semester both on D2L and in class. These quizzes 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

Assignments	20 points each
4 Written Exams	75 points each
Final Exam	120 points
Quizzes	25 points each
Participation	20 points

GRADING SYSTEM:

A	94-100%	C+	77-79%
A-	90-93%	C	73-76%
B+	87-89%	C-	70-72%
B	83-86%	D+	65-69%
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:

Week 1: W	Introduction to Course Review of terms and Kinesiology – Read Chap 1,2,3 , PPT2
Week 2: M W	Posture and Movement – Read Chap 21 Continue Posture, Skeleton and Joints – Read Chap 2,3, PPT 3
Week 3: M W	DUE: Quiz 1 on D2L – Kinesiology and Movement , Joint Movements PPT 4 Lab – In class – dress for participation
Week 4: M W	Biomechanics – Read Chap 8, PPT 5 EXAM 1
Week 5: M W	Neurology and Movement – Read Chap 6, PPT 6 Muscles and Function – Read Chap 5, PPT 7
Week 6: M W	DUE: Quiz 2 on D2L – Nerves and Muscles Flexibility and Proprioception – Read on D2L, PPT 8 Flexibility and Posture Lab – Dress for participation
Week 7: M W	EXAM 2 Shoulder Girdle and Shoulder Joint Muscles– Read Chap 9, PPT 10 and 11
Week 8: M W	Shoulder Joint Read Chap 10 Shoulder Joint-Lab
March 16-24	SPRING BREAK
Week 10: M W	DUE: Quiz 4 on Elbow, Wrist and Hand Neck and Trunk – Read Chap 15, PPT 13 Neck and Trunk Lab
Week 11: M W	EXAM 3 Pelvic Girdle and Hip– Read Chap 17, 18, PPT 15
Week 12: M W	Pelvis and Hip Read Chap 19 TBA
Week 13: M W	DUE: Quiz 5 on Pelvis and Hip Knee – Read Chap 19 PPT 16 Ankle and Foot – Read Chap 20, PPT 17
Week 14: M W	DUE: Quiz 6 on Knee, Ankle and Foot , Lower Extremity Lab EXAM 4
Week 15: M W	Gait – Read Chap 22, PPT 18, 19 Gait Lab
Week 16: Final	Monday May 13, 10-12:15