

**University of Wisconsin – Stevens Point**  
**HS 375: Kinesiology**  
**Spring 2020**

**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*. 5<sup>th</sup> 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 Canvas 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	10-20 points each
4 Written Exams	70-80 points each
Final Exam	90-110 points
Quizzes	20-25 points each
Participation	10-20 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:**

<b>Week 1:</b> W	Introduction to Course Review of terms and Kinesiology – Read Chap 1,2,3 , PPT2
<b>Week 2:</b> M W	Posture and Movement – Read Chap 21 Continue Posture, Skeleton and Joints – Read Chap 2,3, PPT 3
<b>Week 3:</b> M W	<b>DUE: Quiz 1 on Canvas – Kinesiology and Movement</b> , Joint Movements PPT 4 Lab – In class – dress for participation
<b>Week 4:</b> M W	Biomechanics – Read Chap 8, PPT 5 <b>EXAM 1</b>
<b>Week 5:</b> M W	Neurology and Movement – Read Chap 6, PPT 6 Muscles and Function – Read Chap 5, PPT 7
<b>Week 6:</b> M W	<b>DUE: Quiz 2 on Canvas –Nerves and Muscles</b> Flexibility and Proprioception – Read Canvas, PPT 8 Flexibility and Posture Lab – Dress for participation
<b>Week 7:</b> M W	<b>EXAM 2</b> Shoulder Girdle and Shoulder Joint Muscles– Read Chap 9, PPT 10 and 11
<b>Week 8:</b> M W	Shoulder Joint Read Chap 10 Shoulder Joint-Lab – Quiz 3 – Shoulder – <b>Shoulder Quiz – Canvas</b>
<b>March 14-22</b>	<b>SPRING BREAK</b>
<b>Week 10:</b> M W	Elbow, wrist and Hand Neck and Trunk – Read Chap 15, PPT 13
<b>Week 11:</b> M W	<b>DUE: Quiz 4 on Elbow, Wrist and Hand</b> <b>EXAM 3</b>
<b>Week 12:</b> M W	Pelvic Girdle and Hip– Read Chap 17, 18, PPT 15 Pelvis and Hip Read Chap 19
<b>Week 13:</b> M W	<b>DUE: Quiz 5 on Pelvis and Hip</b> Knee – Read Chap 19 PPT 16 Ankle and Foot – Read Chap 20, PPT 17
<b>Week 14:</b> M W	<b>DUE: Quiz 6 on Knee, Ankle and Foot</b> , Lower Extremity Lab <b>EXAM 4</b>
<b>Week 15:</b> M W	Gait – Read Chap 22, PPT 18, 19 Gait Lab
<b>Week 16: Final</b>	May 13 – 2:45-4:45