

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

KINES 300-001 — Kinesiology (3)
Spring 2012

DAY/TIME: MW 10:30 – 11:45 a.m. LOCATION: Occoquan 318
INSTRUCTOR: Lida Thanarak Pitsch EMAIL ADDRESS: lthanara@gmu.edu

OFFICE HOURS: By appointment

PREREQUISITES

Pre-requisite: BIOL 124

Co-requisite: BIOL 125

COURSE DESCRIPTION

Increase students knowledge and exposure to the structural and functional components of human anatomy including musculoskeletal origins, insertions, actions and innervations. On a live model, students will locate and identify anatomical landmarks, surface markings and soft tissue structures by palpation. Functional movements in various sport activities will be investigated to classify and identify musculature necessary to create the motions. Emphasis will be places on normal walking and running gait, posture, throwing, kicking and jumping.

COURSE OBJECTIVES

At the completion of this course students should be able to:

1. Identify terminology related to biomechanics.
2. Describe linear, angular, and other forms of motion used in sports.
3. Describe types of mechanical loads that act on the human body
4. Describe the effects of mechanical loads on bones.
5. Describe human skeletal articulations in relation to their movement capabilities.
6. Describe the relationship of the musculotendinous unit to muscle function.
7. Identify muscle function in producing upper and lower extremity movements.
8. Identify muscle function in producing movements of the spine.
9. Describe kinematic and kinetic variables of human movement.
10. Describe the stability of a body in relation to mechanical factors.
11. Identify anatomical landmarks, surface markings, and various soft tissue structures by palpating a live model.

COURSE OVERVIEW

This course will be taught in the Athletic Training Clinical Simulation Laboratory and will include lecture and laboratory instruction.

Attendance:

Students are expected to be on time, attend all class meetings and be prepared for in class assignments, activities, laboratories and projects. Excused absences include the following: illness (must bring a receipt or note from a doctor), family death, athletic/academic event, and others at the discretion of the instructor. For known upcoming absences, students must contact the instructor at least one week in advance to the missed class to make up work. In the case of excused illness or some other unforeseen excused absence, the student must contact the instructor via e-mail or telephone. At the next attended class meeting the student will

discuss material that is to be completed. ***Students will have one week from the excused absence to complete any missed assignments.*** It is the student's obligation to pursue any make-up work.

Class Participation:

If you do not attend class you cannot complete activities. Just being present in class does not mean you are an active and engaged participant in activities taking place that day. Be an active participant in all activities. ***You can only make up an in-class activity if you have pre-approved absence or proof of illness.***

Dress:

During the laboratory section of the course, students will be asked to wear appropriate clothing to expose various body parts for the purposes of practicing the application of various palpation skills. Tank tops and sports bras/bathing suit tops will be required when topics focus on the upper body. Shorts will be required when topics focus on the lower body.

Technology Use during Class:

As per GMU policy, all sound emitting technology is required to be turned off during the class meeting time. Additionally, no laptop computers will be permitted for use during class time; the only exception is for use during presentations and projects. Students utilizing various technology devices during class will be asked to leave class and will not be permitted to complete course work for that day.

EVALUATION

Examinations:

The format of the written examinations may be multiple choice, true/false, short answer, matching, fill in the blank, and/or essay type questions. Palpation examinations will cover content from the laboratories and will require students to locate various anatomical structures on a model. The student is to bring a Scantron sheet to each written examination. If the student does not have a Scantron sheet the student will not be permitted to take the assessment.

-Quizzes: Each of the quizzes will test material covered in the assigned reading for the upcoming class. Refer to the course calendar for exact dates and reading that will be required for the quizzes.

-Written Examinations: Written examinations may cover material in the required textbooks, class notes, and activities completed during class sessions.

-Palpation Examinations: Palpation examinations may cover all structural anatomy instructed during class and from the required reading. The final palpation examination will be cumulative and cover all course material.

Class Activities & Assignments:

In-class activities will be assigned during the class meeting and due at the end of the course meeting. Student work book assignments are listed on the syllabus and will be submitted at the beginning of the corresponding class meeting time. **NO late assignments will be accepted!**

Syllabus:

The instructor reserves the right to make changes to the syllabus as needed. Changes will be announced (repeatedly) in class. Instructor is not obligated to modify changes to syllabus posted on Blackboard or email students updated syllabus. It is the responsibility of the students to attend class on a regular base to stay current on assignments, due dates, and changes.

NATURE OF COURSE DELIVERY

This course will be delivered in a face to face type of environment. This class will consist of both lecture and laboratory instruction with the use of live model situations.

REQUIRED READINGS

- 1) Floyd, R.T. (2008). Manual of Structural Kinesiology, 17th edition. McGraw Hill.
- 2) Biel, A. (2010). Trail Guide to the Body, 4th Edition. Books of Discovery.
- 3) Biel, A. (2010). Trail Guide to the Body Student Workbook, 4th Edition. Books of Discovery.

EVALUATION

This course will be graded on a point system, with a total of 520 possible points.

Class Activities & Assignments

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Evaluation Type	Number	Points each	Total points
In-class Activities	15	2	30
Student Work Book Assignments	9	5	45
Quizzes	14	10	140
Written exams	3	50	150
Palpation exams	3	50	150
TOTAL POINTS			515

Grading Scale

The student's final letter grade will be earned based on the following scale:

- A: 483 – 520 pts. (93%)
- A-: 468 – 482.99 pts. (90%)
- B+: 452 – 467.99 pts. (87%)
- B: 431 – 451.99 pts. (83%)
- B-: 416 – 430.99 pts. (80%)
- C+: 400 – 415.99 pts. (77%)
- C: 379 – 399.99 pts. (73%)
- C-: 364 – 378.99 pts. (70%)
- D: 327 – 363.99 pts. (63%)
- F: < 326.99

TENTATIVE COURSE SCHEDULE

DATE			TOPIC	READINGS/ASSIGNMENT DUE
M	January	23	Introduction to course and the Study of Kinesiology, (Review)	
W	January	25	Anatomical direction terminology, Body regions, Planes, Axes	Quiz 1; F: pg 1-8, TG: pg 20-22, SWB1: Bring To Class
M	January	30	Skeletal system, Bone type/features/markings, Joint Types	Quiz 2; F: pg 9-18, TG: pg 32-34, SWB2: Bring To Class
W	February	1	Joint motion , movements & terminology	Quiz 3; F: pg 19-26, TG: pg 23-31, SWB3: Bring To Class
M	February	6	Muscle names, contractions, roles *	Quiz 4; F: pg 35-47, TG: pg 35-37
W	February	8	Neuromuscular system, dermatome/myotome	Quiz 5; F: pg 47-60, TG: pg 42, SWB4: Bring To Class
M	February	13	Basic Biomechanics: Levers/Wheels/Axles Friction/balance/loading/ Laws of motion	Quiz 6; F: pg 69-84
W	February	15	Written Examination #1	
M	February	20	Shoulder girdle; Palpation Intro	Quiz7; F: pg 87-102, TG: 1-18, 46-50, 61-62, 65-66
W	February	22	Palpation Intro and Shoulder Girdle	TG: pg 46-59, 68-70, 82-88, 102, SWB5: pg 1-2, 5, 25-26, 28-30,
M	February	27	Shoulder joint (glenohumeral joint)	Quiz 8; F: pg 109-133, TG: pg 46, 48-50, 61-65, 100, 102-103
W	February	29	Shoulder Joint Palpation	TG: pg 46-51, 59-60, 67-68, 71-81, 89-94, 99, 104-106, 274
M	March	5	Elbow: Radioulnar joint (part 1)	Quiz 9; F: pg 141-160, TG: pg 108, 110-112
W	March	7	Elbow: Radioulnar joint Palpation	TG: pg 95-98, 106, 108, 113-118, 127-130, 132-133, 147-148, 160-162
M	March	12	Spring Break	
W	March	14	Spring Break	
M	March	19	Wrist, and Hand (part 2)	Quiz 10; F: pg 167-199, TG: pg 116-119, 108, 110-112, 119-120, 127-131, 149
W	March	21	Wrist, and Hand Palpation	TG: pg 109, 116, 118-126, 134-166, SWB6: pg 56-82
M	March	26	Exam Review	
W	March	28	Written Exam#2 & Palpation Exam #1	
M	April	2	Pelvis and Hip Joint	Quiz 11; F: pg 227-264 , 296-304, TG: pg 276-283
W	April	4	Pelvis and Hip Joint Palpation	TG: pg 284-295, 315-342, SWB7: 143-159
M	April	9	Thigh and Knee (part 1)	Quiz 12; F: pg 271-285, TG: pg 305, 344-345, 347-348, 392-392
W	April	11	Thigh and Knee Palpation	TG: pg 306-314, 350-353, 394-397
M	April	16	Lower Leg, Ankle and Foot (part 2)	Quiz 13; F: pg 291-321, 354-355, 366-370, TG: pg 246

DATE			TOPIC	READINGS/ASSIGNMENT DUE
w	April	18	Lower Leg, Ankle and Foot Palpation Lab	TG: pg 356-365, 371-391, 398-405, SWB8: pg 179-208
M	April	23	Trunk & Spinal Column	Quiz 14; F:pg 327-354, TG: pg 168, 170-174, 188-195, 240-243
w	April	25	Trunk & Spinal Column Palpation	TG: pg 169, 175-187, 196-223, 244-249, SWB9: pg 85-117
M	April	30	Exam Review	
w	May	2	<i>Written Exam #3 & Palpation Exam #2</i>	
M	May	7	Reading Day	
w	May	9	<i>Comprehensive Palpation Exam #3 10:30 am – 11:45 am</i>	
				F: Floyd. Manual of Structural Kinesiology TG: Trail Guide to the Body SWB: Trail Guide to the Body Student Workbook (due at the beginning of class)

Note: Faculty reserves the right to alter the schedule as necessary.

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

