GEORGE MASON UNIVERSITY  
School of Recreation, Health and Tourism  
Fall 2014  
ATEP 300 001

DAY/TIME: M-W 9:00 AM-10:15 AM  
LOCATION: Bull Run Hall 148

INSTRUCTOR: Dr. Shruti Ambegaonkar  
EMAIL ADDRESS: sambegao@gmu.edu

Office Location: BRH 210A  
PHONE NUMBER: 703-993-7119

Office Hours: W: 10:15-11:15 am  
FAX NUMBER: 703-993-2025

DEPT. WEBSITE: rht.gmu.edu  
CLASS WEBSITE: mymason.gmu.edu

PRE/CO-REQUISITES  
Pre-requisite: BIOL 124  
Co-requisite: BIOL 125

COURSE DESCRIPTION  
Increase student’s 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.  
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.

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.

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. Please contact the
instructor in case of any questions or concerns.

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, iPads, E-Tablets, Pagers, etc. will be permitted for use during
class time; the exceptions are for use during presentations/projects, and technology deemed as
necessary by the Office of Disability Services. Students utilizing various technology devices during
class will be asked to leave class and will not be permitted to complete course work or receive any
points for assignments that day.

ACADEMIC LOAD
Although many students must work to meet living expenses, employment and personal
responsibilities are not a consideration for missed classes, late or incomplete assignments, the
course content, or the course schedule (see http://catalog.gmu.edu). Student employment does not
take priority over academic obligations.
It is recognized that many students need to work in order to meet living expenses, however, there
are distinct guidelines for students in terms of the number of credit hours which should be attempted
based on how many hours per week a student has outside employment. For additional information
on the subject, please see the GMU Academic Catalog
(http://catalog.gmu.edu/content.php?catoid=17&navoid=1274#academicload). Students who fail to
observe these guidelines may expect no special consideration for academic problems arising from
the pressure of employment.

EMAIL CORRESPONDENCE
Only messages that originate from a George Mason University address will be accepted. The
following is an appropriate professional format:

Dear Dr. Ambegaonkar (Beginning salutation)
I am looking forward to your class. (Text body)
Regards, (Ending Salutation)
(Your name)
REQUIRED READINGS

RECOMMENDED

EVALUATION
Students will be evaluated on content standards (knowledge gained) and performance (demonstration of the content). Content standards will be assessed via written assignments, quizzes, and exams. Performance will be assessed through completion of class participation activities and competency testing.

Quizzes
As indicated on the Course Calendar, 13 quizzes will be given during the semester for the required readings. Each quiz will be a brief multiple choice and true-false assessment of your knowledge from the reading. Quizzes will be made available online on the course Blackboard site at designated times and will be due on dates posted on the syllabus. It is the student’s responsibility to complete the quiz prior to arriving for the class. Once missed, quizzes cannot be made up on an individual basis.

Written Examinations
Four written examinations will be administered. The format of the examinations will be multiple choice, true/false, short answer, matching, and fill in the blank type questions. Each of the examinations will test material covered during the prior class meetings and previous reading assignments. Exams will also cover material in the textbook and activities completed during class sessions. You are required to bring a Scantron to each examination.

Palpation Examinations
Four assessments of various palpation related psychomotor skills will be administered throughout the semester. The skills practiced in class will be assessed in a live practical examination format. This is a real time examination that will require the student to demonstrate various taping techniques. Students will be randomly scheduled for testing.

In Class Activities & Student Workbook Assignments
In-class activities will be assigned during the class meeting and due at the end of the course meeting. Each activity is worth 2 points. Students are only able to complete the activities if they are present in class. Student work book assignments are listed on the syllabus and must be submitted at the beginning of the corresponding class meeting time. NO late assignments will be accepted!
Grading Scale

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

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points Range</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>465 – 500 pts.</td>
<td>93%</td>
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<tr>
<td>A-</td>
<td>450 – 464 pts.</td>
<td>90%</td>
</tr>
<tr>
<td>B+</td>
<td>435 – 449 pts.</td>
<td>87%</td>
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<td>B</td>
<td>415 – 434 pts.</td>
<td>83%</td>
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<td>B-</td>
<td>400 – 414 pts.</td>
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<tr>
<td>C+</td>
<td>385 – 399 pts.</td>
<td>77%</td>
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<tr>
<td>C</td>
<td>365 – 384 pts.</td>
<td>73%</td>
</tr>
<tr>
<td>C-</td>
<td>350 – 364 pts.</td>
<td>70%</td>
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<tr>
<td>D</td>
<td>315 – 349 pts.</td>
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<tr>
<td>F</td>
<td>&lt; 315</td>
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### Evaluation type

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<tr>
<th>Evaluation type</th>
<th>Number</th>
<th>Points each</th>
<th>Total points</th>
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<tbody>
<tr>
<td>In Class activities</td>
<td>15</td>
<td>2</td>
<td>50</td>
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<tr>
<td>Student work book assignments</td>
<td>8</td>
<td>5</td>
<td>40</td>
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<tr>
<td>Quizzes</td>
<td>13</td>
<td>10</td>
<td>130</td>
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<td>Written exams</td>
<td>3</td>
<td>50</td>
<td>150</td>
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<tr>
<td>Palpation exams</td>
<td>3</td>
<td>50</td>
<td>150</td>
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**TOTAL POINTS** 500
<table>
<thead>
<tr>
<th>DATE</th>
<th>TENTATIVE TOPIC</th>
<th>READING ASSIGNMENT</th>
<th>QUIZ (due by 9am on this date)</th>
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<tbody>
<tr>
<td>8-25</td>
<td>Introduction to course and the Study of</td>
<td>F:pg1-7</td>
<td></td>
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<tr>
<td>8-28</td>
<td>Anatomical direction terminology, Body regions, Planes, Axes</td>
<td><strong>TG</strong>:pg 20-22</td>
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<td></td>
<td><strong>SWB</strong>: Bring To Class</td>
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<tr>
<td>9-3</td>
<td>Skeletal system, Bone type/features/markings, Joint Types</td>
<td><strong>F</strong>:pg 7-18</td>
<td><strong>#1</strong></td>
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<td></td>
<td></td>
<td><strong>TG</strong>: pg 32-34</td>
<td></td>
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<tr>
<td>9-8</td>
<td>Joint motion, movements &amp; terminology</td>
<td><strong>F</strong>:pg 19-26</td>
<td><strong>#2</strong></td>
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<td></td>
<td></td>
<td><strong>TG</strong>: pg 23-31</td>
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<td></td>
<td><strong>SWB</strong>: Bring To Class</td>
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<tr>
<td>9-10</td>
<td>Muscle names, contractions, roles</td>
<td><strong>F</strong>:pg 35-47</td>
<td><strong>#3</strong></td>
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<td></td>
<td></td>
<td><strong>TG</strong>: pg 35-37</td>
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<tr>
<td>9-15</td>
<td>Neuromuscular system, dermatome/myotome</td>
<td><strong>F</strong>:pg 47-62</td>
<td><strong>#4</strong></td>
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<td></td>
<td><strong>TG</strong>: pg 42</td>
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<td><strong>SWB</strong>: Bring To Class</td>
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<tr>
<td>9-17</td>
<td>Basic Biomechanics: Levers/Wheels/Axles</td>
<td><strong>F</strong>:pg 69-84</td>
<td><strong>#5</strong></td>
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<td>9-22</td>
<td><strong>Written Examination #1</strong></td>
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<td>9-24</td>
<td>Shoulder girdle; Palpation Intro</td>
<td><strong>F</strong>:pg 87-102</td>
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<tr>
<td></td>
<td></td>
<td><strong>TG</strong>: 1-18, 46-50, 61-62, 65-66</td>
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<tr>
<td>9-29</td>
<td>Shoulder Girdle Palpation</td>
<td><strong>TG</strong>:pg 46-59, 68-70, 82-88, 102</td>
<td><strong>#6</strong></td>
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<td><strong>SWB</strong>:pg 1-2, 5, 25-26, 28-30, 32</td>
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<tr>
<td>10-1</td>
<td>Shoulder Joint</td>
<td><strong>F</strong>:pg 109-133</td>
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<td><strong>TG</strong>:pg 46, 48-50, 61-65, 100, 102-</td>
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<td><strong>SWB</strong>:pg 27, 31, 33-50</td>
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<tr>
<td>Date</td>
<td>Topic</td>
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| 10-8 | Elbow: Radioulnar joint | F: pg 141-160  
TG: pg 108, 110-112 |
| 10-13 | **COLUMBUS DAY RECESS**  
Class meets on Tuesday 10/14 | |
127-130, 132-133, 147-148,  
160-162 |
| 10-15 | Wrist, and Hand | F: pg 167-199  
TG: pg 116-119, 108, 110-112,  
119-120, 127-131, 149 |
| 10-20 | Wrist, and Hand Palpation | TG: pg 109, 116, 118-126,  
134-166  
SWB: pg 56-82 |
| 10-22 | **Written Exam #2** | |
| 10-27 | **Palpation Exam #1** | |
| 10-29 | Pelvis and Hip Joint | F: pg 227-264  
TG: pg 276-283 |
| 11-3 | Pelvis and Hip Joint Palpation | TG: pg 284-295, 315-342  
SWB: pg 143-159 |
| 11-5 | Thigh and Knee | F: pg 271-285  
TG: pg 305, 344-345, 347-348, |
| 11-10 | Thigh and Knee Palpation | TG: pg 306-314, 350-353,  
394-397  
SWB: pg 160-177 |
| 11-12 | Lower Leg, Ankle and Foot | F: pg 291-321  
TG: pg 246 |
| 11-17 | Lower Leg, Ankle and Foot Palpation Lab | TG: pg 356-365, 371-391,  
398-405  
SWB: pg 179-208 |
<table>
<thead>
<tr>
<th>Date</th>
<th>Session</th>
<th>Text</th>
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<tbody>
<tr>
<td>11-19</td>
<td>Trunk &amp; Spinal Column Lecture</td>
<td>F: pg 327-354</td>
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<td></td>
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<td>TG: pg 168, 170-174, 188-195,</td>
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<tr>
<td>11-24</td>
<td>Trunk &amp; Spinal Column Palpation</td>
<td>TG: pg 169, 175-187, 196-223,</td>
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<td>244-249</td>
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<td>SWB: pg 85-117</td>
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<td>11-26</td>
<td>THANKSGIVING RECESS</td>
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<td>12-1</td>
<td><em>Written Exam #3</em></td>
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<tr>
<td>12-3</td>
<td><em>Palpation Exam #2</em></td>
<td></td>
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<tr>
<td>12-15</td>
<td><em>Final Exam - Comprehensive Palpation Exam #3</em></td>
<td>7:30-10:15 am</td>
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</table>

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://oai.gmu.edu/honor-code/].

- 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/policies/responsible-use-of-computing/].

- 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.

**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].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

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.