Faculty
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Office phone: (912) 541-7800
Email address: rshaw13@gmu.edu

PREREQUISITES/COREQUISITES

BIOL 124 - Human Anatomy and Physiology (4cr)
BIOL 125 - Human Anatomy and Physiology (4cr)

COURSE DESCRIPTION:
Increase students’ knowledge and exposure to the structural and functional components of human anatomy including musculoskeletal origins, insertions, actions and innervations.

COURSE OVERVIEW
N/A

COURSE DELIVERY METHOD
This course will be delivered in a face-to-face type of environment. The class will consist of both lecture and laboratory instruction with the use of live model situations. Lecture content will be available on-line to use to supplement assigned readings and student workbook assignments. Students are responsible for all material and are expected to come to class prepared to apply their knowledge.

LEARNER OUTCOMES
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.
PROFESSIONAL STANDARDS
The course meets Commission on Accreditation of Athletic Training Education (CAATE) competencies and proficiencies in one or more of the following content areas: evidence-based practice, prevention and health promotion, clinical examination and diagnosis, acute care of injury and illness, therapeutic interventions, psychosocial strategies and referral, healthcare administration, professional development and responsibility.

REQUIRED TEXTS

COURSE PERFORMANCE 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.

- Assignments and Examinations
- Quizzes
  As indicated on the Course Calendar, a quiz will be given at the beginning of class for the required reading. This will be a brief multiple choice and true-false assessment of your knowledge from the reading. You are required to bring a Scantron to each examination. If you are late to class, you cannot make up the quiz at the end of class.

- Written Examinations
  Four written examinations will be administered. The format of the examinations will be multiple choice, true/false, labeling, 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
  Three assessments of palpation 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 locate various anatomical structures on a live model. Students will be randomly scheduled for testing.

- Student Work Book Assignments
  Student workbook assignments are listed on the syllabus and will be submitted at the beginning of the corresponding class meeting time. You MUST follow the directions and complete all student work book requirements: if it says to color, label, etc. you must complete for credit. NO late assignments will be accepted!
• OTHER REQUIREMENTS

• 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 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, 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.
• **E-mail Correspondence**
  Only messages that originate from a George Mason University address will be accepted. The following is an appropriate professional format:

  Dear Mr. Shaw, (Beginning salutation)

  I am looking forward to your class. (Text body)

  Regards, (Ending Salutation)

  Richard Shaw (Your name)

**COURSE PERFORMANCE EVALUATION WEIGHTING**

<table>
<thead>
<tr>
<th>Evaluation Type</th>
<th>Number</th>
<th>Points each</th>
<th>Total points</th>
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</thead>
<tbody>
<tr>
<td>In-class Activities</td>
<td>5</td>
<td>5</td>
<td>25</td>
</tr>
<tr>
<td>Student Work Book Assignments</td>
<td>11</td>
<td>5</td>
<td>55</td>
</tr>
<tr>
<td>Quizzes</td>
<td>12</td>
<td>10</td>
<td>120</td>
</tr>
<tr>
<td>Written exams</td>
<td>3</td>
<td>50</td>
<td>150</td>
</tr>
<tr>
<td>Palpation exams</td>
<td>3</td>
<td>50</td>
<td>150</td>
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<tr>
<td><strong>TOTAL POINTS</strong></td>
<td></td>
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<td><strong>500</strong></td>
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**GRADING POLICIES**

  The student's final letter grade will be earned based on the following scale:
  - A: 465 – 500 pts. (93%)
  - A-: 450 – 464 pts. (90%)
  - B+: 435 – 449 pts. (87%)
  - B: 415 – 434 pts. (83%)
  - B-: 400 – 414 pts. (80%)
  - C+: 385 – 399 pts. (77%)
  - C: 365 – 384 pts. (73%)
  - C-: 350 – 364 pts. (70%)
  - D: 315 – 349 pts. (63%)
  - F: < 315
Extra Credit
Opportunities for extra credit will be available during the semester: TBD

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

See https://cehd.gmu.edu/students/policies-procedures/

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.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see https://catalog.gmu.edu/policies/honor-code-system/).

- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see http://ods.gmu.edu/).

- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or https://cehd.gmu.edu/aero/tk20. Questions or concerns regarding use of Blackboard should be directed to http://coursessupport.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/).

- 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
• The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to http://studentsupport.gmu.edu/, and the OSS staff will follow up with the student.

• For information on student support resources on campus, see https://ctfe.gmu.edu/teaching/student-support-resources-on-campus

For additional information on the College of Education and Human Development, please visit our website https://cehd.gmu.edu/students/.

Note: Faculty reserves the right to alter the schedule as necessary.
<table>
<thead>
<tr>
<th>DATE</th>
<th>TENTATIVE TOPIC</th>
<th>READING ASSIGNMENT</th>
<th>QUIZ</th>
<th>ASSIGNMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-28</td>
<td>Introduction to course and the Study of Kinesiology, (Review)</td>
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</tbody>
</table>
| 8-30  | Anatomical direction terminology, Body regions, Planes, Axes, Skeletal system, Bone type/features/markings | F: Chapter 1, pg1-15  
TG: pg 20-22, 32-34  
SWB#1: 6, 7, 8, 14, 15 | #1  | #2         |
| 9-4   | Types of Joints, Joint motion , movements & terminology, movement icons, physiological movements vs accessory | F: Chapter 1, pg 16-27  
TG: pg 23-31  
SWB#2: 9, 10, 11, 12, 13 | #2  | #3         |
| 9-6   | Muscle names, contractions, roles, determination of muscle action             | F: Chapter 2, pg 35-48  
TG: pg 35-37  
SWB#3: 9, 10, 11, 12, 13 | #3  | #4         |
| 9-11  | Neuromuscular system, dermatome/myotome                                       | F: Chapter 2, pg 48-63  
TG: pg 42  
SWB#4: 4, 6, 17, 18, 23 | #4  | #5         |
| 9-13  | **Written Examination #1**                                                      |                                                                                   |      |            |
| 9-18  | Shoulder girdle; Palpation Intro Lecture                                      | F: pg  Chapter 4, 91-114  
| 9-20  | Shoulder Girdle Palpation                                                      | TG: pg 46-59, 68-70, 82-88, 102  
SWB#4: 1-2, 5, 25-28, 28-30, 32 |      |            |
| 9-25  | Shoulder Joint Lecture                                                        | F: pg  Chapter 5, 115-148  
TG: pg 46, 48-50, 61-65, 100, 102-103 | #6  |            |
SWB#5: pg 27, 31, 33-50 |      |            |
| 10-2  | Elbow: Radioulnar Joint Lecture                                                | F: Chapter 6, 149-176  
TG: pg 108, 110-112 | #7  |            |
SWB#6: pg 52-55 |      |            |
| 10-9  | **FLEX DAY (Optional Class)**                                                  |                                                                                   |      |            |
| 10-11 | Wrist and Hand Joint lecture                                                   | F: Chapter 7, pg 177-218  
| 10-16 | Wrist and Hand Palpation                                                       | TG: pg 109, 116, 118-126, 134-166  
SWB#7: pg 56-82 |      |            |
<p>| 10-18 | Review For Test                                                               |                                                                                   |      |            |</p>
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Pages and/or Sections</th>
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<tbody>
<tr>
<td>10-23</td>
<td>Written Exam #2</td>
<td></td>
</tr>
<tr>
<td>10-25</td>
<td>Palpation Exam #1</td>
<td></td>
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</table>
| 10-30  | Pelvis and Hip Joint Lecture               | F: Chapter 8, pg 219-264  
                   | TG: pg 276-283          | #9                     |
| 11-1   | Pelvis and Hip Joint Palpation             | TG: pg 284-295, 315-342  
                   |                       | SWB#8: 143-159         |
| 11-6   | Thigh and Knee Lecture                     | F: Chapter 9, pg 265-286  
                   | TG: pg 305, 344-345, 347-348, 392-392 | #10                    |
| 11-8   | Knee and Thigh Palpation                   | TG: pg 306-314, 350-353, 394-397  
                   |                       | SWB#9: pg 160-177      |
| 11-13  | Lower Leg, Ankle and Foot Lecture          | F: Chapter 10, pgs 287-328  
                   | TG: pg 246             | #11                    |
| 11-15  | Lower Leg, Ankle and Foot Palpation        | TG: pg 356-365, 371-391, 398-405  
                   |                       | SWB#10: pg 179-208    |
| 11-20  | Trunk & Spinal Column Lecture              | F: Chapter 11, pg 329-366  
                   | TG: pg 168, 170-174, 188-195, 240-243 | #12                    |
| 11-22  | Thanksgiving Break (No Class)              |                       |
| 11/27  | Trunk & Spinal Column Palpation            | TG: pg 169, 175-187, 196-223, 244-249  
                   |                       | SWB#11: pg 85-117     |
| 11/29  | Review for Exam                            |                       |
| 12/4   | Written Exam #3                            |                       |
| 12/6   | Palpation Exam #2                          |                       |
| 12-18  | Final Exam – Comprehensive Palpation Exam #3|                       |
|        |                                             | 1:30 – 4:15 PM        |
|        |                                             | 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)                |
Student Acknowledgement of Syllabus

I, _________________________, by signing below, attest to the following:

* I have read the course syllabus for ATEP 300 in its entirety, and I understand the policies contained therein. This syllabus serves as a binding contract for ATEP 300 between me and the instructor.
* I have a clear understanding of the due dates for assignments and examinations, and I accept responsibility for the material.
* I am aware that failure to submit assignments by the dates assigned will result in no points awarded as late work will not be accepted.
* I understand the instructor reserves the right to alter the provided schedules as necessary and I am responsible for the assignments and examination dates for the most current version of the syllabus schedule.
* I accept responsibility for reading announcements that are sent to me via e-mail through Blackboard; it is my responsibility to access my Blackboard e-mail for messages, or forward Blackboard e-mail as per the directions provided in the syllabus.

________________________________________       ____________________
(Signature)                                      (Date)

(Student Copy: This copy should remain attached to your syllabus)

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________________________________________       ____________________
(Signature)                                      (Date)

(Instructor Copy: Submit to the instructor at the end of the first class meeting)