

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health, and Tourism**  
**Athletic Training Education Program**

**ATEP 300 007—Functional Anatomy**  
**(3 cr) Fall 2020**  
**HYBRID- ON-LINE/M(10:30-11:45)**

**Faculty**

Name: James Kearney, MS, ATC, LAT, CSCS  
Office Hours: By Appointment  
Office Location: By Appointment  
Email Address: [jkearne@gmu.edu](mailto:jkearne@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 online (76% or more) using [select either a synchronous or an asynchronous] format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on August 24th at 8am.

**Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.**

*Technical Requirements*

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:

[https://help.blackboard.com/Learn/Student/Getting\\_Started/Browser\\_Support#supported-browsers](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers)

To get a list of supported operation systems on different devices see:

[https://help.blackboard.com/Learn/Student/Getting\\_Started/Browser\\_Support#tested-devices-and-operating-systems](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems)

- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students will need a headset microphone for use with the Blackboard Collaborate web conferencing tool.
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.

### *Expectations*

- Course Week: Because asynchronous courses do not have a “fixed” meeting day, our week will start on Monday, and finish on Sunday.

- Log-in Frequency:

Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 4 times per week.

- Participation:

Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.

- Technical Competence:

Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.

- Technical Issues:

Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.

- Workload:

Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student’s responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.

- Instructor Support:

Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.

- Etiquette:

The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

- Accommodations:

Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

## **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.
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.

## **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**

- 1) Floyd, R.T. (2015). Manual of Structural Kinesiology, 20<sup>th</sup> edition. McGraw Hill.
- 2) Biel, A. (2014). Trail Guide to the Body, 6<sup>th</sup> Edition. Books of Discovery.
- 3) Biel, A. (2014). Trail Guide to the Body Student Workbook, 6<sup>th</sup> Edition. Books of Discovery.
- 4) Biel, A. (2010). Trail Guide to the Body Flashcards, 4<sup>th</sup> Edition. Books of Discovery. OR AnatomyMapp app from [www.booksofDiscovery.com](http://www.booksofDiscovery.com)

## **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**

A quiz will be given at the beginning of class for the required reading/previous content. This will be a brief multiple choice and true-false assessment of the student's knowledge from the reading. A total of 11 quizzes will be given during the semester and the best 10 will count toward your quiz grade. If you are late to class, you cannot make up the quiz at the end of class. If a quiz is missed due to an excused absence, it can be made up upon the student's

return to 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/or 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. All exams will be given via blackboard. Students will have **90 Minutes** to complete the exam on test day. There will be an **8 Hour(8am-4pm)** window of time that the student must take that exam on test day. Should the student be unable to complete the exam on the assigned day the instructor must be given at least 24 Hours' notice to make other arrangements.

- **Palpation Examinations**

Two 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 OR skeletal models (COVID-19 dependent). Students will be scheduled for testing on a first come, first serve basis. Test day and time will be during regularly scheduled class time.

- **Class Time**

Coming in for the scheduled class time is "optional". This is because the points earned from coming to class, participating, and doing in-class activities will total **1 test grade**. At the end of the semester I will drop the lowest of the 5 test grades (4-written, 1-class grade). The class time grade **CAN NOT** replace a palpation exam grade. Class time will consist of palpation practice, review, and a quick in-person quiz. This is subject to change as updates on COVID-19 develop. In-Class grade breakdown is as follows: Attending:50%, Participating:30%, Quiz:20%

- **Student Work-Book Assignments**

Student workbook assignments are listed on the syllabus and will be submitted on the date listed in the course schedule (below). 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**

- **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. Kearney, (Beginning salutation)

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

Regards, (Ending Salutation)

James Kearney (Your name)

- **COURSE PERFORMANCE EVALUATION WEIGHTING**

Evaluation Type	Number	Points for each	Total Points
In-Class Time	5	15	75*
Student Work Book Assignments	10	5	50
Quizzes	10/11	10	100
Written exams	4	75	300
Palpation exams	2	100	200
			<b>TOTAL</b>
			<b>650</b>

- **GRADING POLICIES**

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

A: 605-650pts	C+: 500-519
A-: 585-604pts	C: 474-499
B+: 565-584pts	C-: 455-473
B: 540-564pts	D: 390-454
B-: 520-539pts	F: <390

### **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: <http://cehd.gmu.edu/values/>.

### **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](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

### **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:**

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

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

## TENTATIVE COURSE SCHEDULE

Week		Lesson	Reading	Quiz/Test	In-Class/Assignments
8/24/2020	1	Introductions/ <b>Lesson 1-</b> Kinesiology Terms, Body Regions, Planes/Axes of Motion	Syllabus	<b>Quiz #1- Due 8/30 @ 11pm</b>	Syllabus Contract Due: 8/30 @ 10pm
8/31/2020	2	<b>Lesson 1-</b> Finish/ <b>Lesson 2-</b> Kinesthesia & Proprioception	TG: pg: 23-31-34, F: pg:53-63	<b>Quiz #2- Due 9/6 @ 11pm</b>	<b>WB:</b> pg: 1-14
9/7/2020	3	<b>Lesson 2-</b> Finish/ <b>Lesson 3-</b> Diarthrodial Joints/Joints	F: pg 14-27 ,TG: 23-31	<b>Quiz #3- Due 9/13 @ 11pm</b>	<b>WB:</b> pg: 15-24
9/14/2020	4	<b>Lesson 3-</b> Finish/ <b>Exam 1-</b> Due 9/14@4PM	Review Chapters and Quiz content	<b>Exam #1</b>	<b>WB:</b> Turn-In buy 9/20@ 11PM
9/21/2020	5	<b>Lesson 4-</b> Palpation Intro, Skeletal system, Bone Types/Features/Markings	F: Chap 1, pg 1-14 TG:pg 20-22, 32-34	<b>Quiz #4- Due 9/27 @ 11pm</b>	<b>WB:</b> 25-28, 47-50, 52-58, 79-82
9/28/2020	6	<b>Lesson 5-</b> Upper Body Bones and Palpation Points	F:pg Chap 5, 115-122 TG:pg 46, 48-50, 61-65, 100, 102-103	<b>Quiz #5- Due 10/4 @ 11pm</b>	<b>WB:</b> 143-149, 173-177 In-Class: Review and Practice #1
10/5/2020	7	<b>Lesson 6-</b> Lower Body Bones and Palpation Points	F: pg 219-228,265-271,287-300 TG:pg 276-295, 344-365	<b>Quiz #6- Due 10/11 @ 11pm</b>	<b>WB:</b> 179-186, 202-208 In-Class: Review and Practice #2
10/12/2020	8	<b>Exam 2-</b> Due 10/12@4PM/ <b>Palpation Exam 1-</b> In-Class	Review Chapters and Quiz content	<b>Exam #2, Palpation Exam</b>	<b>WB:</b> Turn-In buy 10/18@ 11PM
10/19/2020	9	<b>Lesson 7-</b> Skeletal Muscle Nomenclature, fiber types, terminology, contractions, and actions	TG: pg: 35-37, F: pg:35-47	<b>Quiz #7- Due 10/25 @ 11pm</b>	<b>WB:</b> 30-44, 59-79
10/26/2020	10	<b>Lesson 8-</b> Upper Body Muscles and Palpation Points	F: 123-141,157-170,187-210 TG: 46-51, 59-60, 67-81, 89-94, 99, 104-106,108-155, 274	<b>Quiz #8- Due 11/1 @ 11pm</b>	<b>WB:</b> 150-172, In-Class: Review and Practice #3
11/2/2020	11	<b>Lesson 9-</b> Lower Body Muscles and Palpation Points	F: pg 229-258,271-281,301-318 TG: 296-335,366-389	<b>Quiz #9- Due 11/8 @ 11pm</b>	<b>WB:</b> 192-200 In-Class: Review and Practice #4
11/9/2020	12	<b>Exam 3-</b> Due 11/9@4PM/ <b>Palpation Exam 2-</b> In-Class	Review Chapters and Quiz content	<b>Exam #3, Palpation Exam#2</b>	<b>WB:</b> Turn-In buy 11/15@ 11PM
11/16/2020	13	<b>Lesson 10-</b> Trunk and Spinal Column Bones	F: Chapter 11, pg 329-338 TG: pg 168-187	<b>Quiz #10- Due 11/22 @ 11pm</b>	<b>WB:</b> 84-117 In-Class: Review and Practice #5
11/23/2020	14	<b>Thanksgiving Week- No Class</b>			
11/30/2020	15	<b>Lesson 11-</b> Trunk and Spinal Column Muscles	F: pg 339-359, TG:pg 188-212	<b>Quiz #11- Due 12/5! @ 11pm</b>	<b>WB:</b> 119-142
12/7/2020	F	<b>Exam 4-</b> Due 12/12@11PM	Review Chapters and Quiz content	<b>Exam #4</b>	<b>WB:</b> Turn-In buy 12/12@ 11PM



### Student Acknowledgement of Syllabus

I, \_\_\_\_\_, by signing below, attest to the following:  
(Print First and Last Name)

\*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)*