

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

ATEP 300 007—Functional Anatomy
(3 credits) Fall 2020
HYBRID- ON-LINE/THURSDAY (9:00-10:15/10:30-11:45)

Faculty

Name: James Kearney, MS, ATC, LAT, CSCS
Office Hours: By Appointment
Office Location: By Appointment
Email Address: jkearne@gmu.edu

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 January 25th 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

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

- 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.

- Late Assignments/Missed Exams:

Assignments will not be accepted after their designated due dates. Similarly, missed exams CANNOT be made up at a later date excluding extraordinary circumstances. These include a recent death in the family, severe illness, or medical emergency. For exemption to be granted, I must be given notice 24-hrs BEFORE the exam time.

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, 21st edition. McGraw Hill.
- 2) Biel, A. (2014). Trail Guide to the Body, 6th Edition. Books of Discovery.
- 3) Biel, A. (2014). Trail Guide to the Body Student Workbook, 6th Edition. Books of Discovery.
- 4) Biel, A. (2010). Trail Guide to the Body Flashcards, 4th Edition. Books of Discovery. OR AnatomyMapp app from 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 from that week's required reading/previous

content. This will be a brief multiple choice and true-false assessment. A total of 11 quizzes will be given during the semester and the best 10 will count toward your quiz grade. Quizzes will open Friday at 1AM/0100 and close Thursday at 11:59pm/2359. **NO LATE QUIZZES WILL BE EXCEPTED.**

- **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 for that unit. 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 **12 Hour (8am-8pm)** 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-Hour (from the start of the time window) notice to make other arrangements.

- **Palpation Examinations**

Two assessments of palpation 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**

Class time in 'mandatory' meaning students who fail the COVID screen will still be expected to attend via a ZOOM link. Students not able to attend must give 24-hrs notice to have it not count against them. Class time will be used as a lab/review period. Class will begin with a brief quiz/minute paper or other assignment that will also be used to count attendance. Students are expected to come to class with paper, a pen/pencil and their Trail Guide Workbooks at minimum. The Class grade will be calculated as follows. Attendance: 50%, Participation: 30%, Quiz: 20%

- **Student Work-Book Assignments**

Student workbook assignments are listed on the syllabus and will be submitted weekly on the date listed in the course schedule (below). **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	15	10	150
Student Work Book Assignments	10	5	50
Quizzes	10/11	10	100
Written exams	4	75	300
Palpation exams	2	200	400
TOTAL			1000

- **GRADING POLICIES**

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

A: 940-1000pts	C+: 770-799
A-: 900-939pts	C: 740-769
B+: 870-899pts	C-: 700-739
B: 840-869pts	D: 650-699
B-: 800-839pts	F: <650

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 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.

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
1/28/2021	1	Introductions/ Lesson 1- Kinesiology Terms, Body Regions, Planes/Axes of Motion	Trail Guide: 2-43	Quiz #1	Syllabus Contract
2/4/2021	2	Lesson 2- Kinesthesia & Proprioception		Quiz #2	WB: pg: 7-13
2/11/2021	3	Lesson 3- Diarthrodial Joints/Joints, Palpation Introduction		Quiz #3	WB: pg: 1-13
2/18/2021	4	Exam 1	Review Chapters and Quiz content	Exam #1	Exam- 2/18
2/25/2021	5	Lesson 4- Skeletal system, Bone Types/Features/Markings, Head & Trunk	Trail Guide: 46-60, 100-104, 108-125, 168-195, 226-243, 276-295, 344-365	Quiz #4	WB: 14-15, 84-91, 119-123
3/4/2021	6	Lesson 5- Upper Body Bones and Palpation Points		Quiz #5	WB: 25-29, 52-58
3/11/2021	7	Lesson 6- Lower Body Bones and Palpation Points		Quiz #6	WB: 143-149, 179-186
3/18/2021	8	Exam 2 AND Palpation Exam 1- In-Class	Review Chapters and Quiz content	Exam #2, Palpation Exam	Exam-3/18
3/25/2021	9	Lesson 7- Fiber types, terminology, contractions, actions/ Head & Trunk	Trail Guide: 61-99, 127-165, 196-223, 240-269, 306-332, 356-397,	Quiz #7	WB: 16-17, 92-117, 125-126, 128-129
4/1/2021	10	Lesson 8- Upper Body Muscles and Palpation Points		Quiz #8	WB: 30-50, 59-82
4/8/2021	11	Lesson 9- Lower Body Muscles and Palpation Points		Quiz #9	WB: 150-172, 187-196
4/15/2021	12	Exam 3 AND Palpation Exam 2- In-Class	Review Chapters and Quiz content	Exam #3, Palpation Exam#2	Exam- 4/15
4/22/2021	13	Lesson 10- Nerves and Small Muscles of the Face	Review As Needed	Quiz #10	WB: 5 skipped pages
4/29/2021	14	Lesson 11- Common Injuries		Quiz #11	WB: 5 skipped pages
5/6/2021	F	Exam 4	Review Chapters and Quiz content	Exam #4	Final Exam

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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*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)

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