

University of Wisconsin – Stevens Point
HS 375: Kinesiology
Summer 2018

Instructor: Danelle Smith
Office: HEC 131

Class Location: HEC 101
Class Time: Th- 9-12:30 on campus

REQUIRED TEXT:

Lippert, L.S. *Clinical Kinesiology and Anatomy*. 5th Edition. FA Davis

COURSE DESCRIPTION:

This course is designed to help students gain an understanding of the study of movement and the muscles and joints that affect movement.

COURSE OBJECTIVES: At the conclusion of this class the student will:

1. describe various types of bones and joints in the human body
2. define and demonstrate the various joint movements including planes of movements
3. describe the types of muscle contractions and the factors involved with each type
4. describe neural control mechanisms for movement
5. identify bony features and muscles that produce movements of the torso, spine, shoulder girdle, glenohumeral joint, elbow, hip, knee, ankle and foot
6. identify and classify muscles that produce gross motor movements
7. identify, analyze, and prescribe exercises to strengthen all major muscle groups

COURSE REQUIREMENTS:

Attendance: Students are expected to attend all labs and be on time.

Honesty: Under no circumstances will academic dishonesty (cheating, plagiarism) be tolerated. Violation may result in an automatic failing grade for the assignment. UWSP values a safe, honest, respectful, and inviting learning environment. A set of rights and responsibilities has been developed to foster this environment. For more information go to :

<http://www.uwsp.edu/stuaffairs/Pages/rightsandresponsibilities.aspx>

Exams: There will be three exams throughout the course. There will be quizzes throughout the semester on D2L. These exams and quizzes will be timed so study prior to them is necessary.

Assignments/Labs: There will be designated assignments both in and out of lab for various topics. Any missed assignment will be given a grade of 0 unless preparations are made with the instructor prior to the assignment due date. These labs are essential to the understanding of the material for this course and active participation is expected.

METHOD FOR COURSE EVALUATION

Assignments	20 points each
3 Written Exams	70 points each
Final Exam	TBA
Quizzes	25 points each
Participation	30 points

GRADING SYSTEM:

A	94-100%	C+	77-79%
A-	90-93%	C	73-76%
B+	87-89%	C-	70-72%
B	83-86%	D+	65-69%
B-	80-82%	D	60-64%
		F	below 60%

**** This syllabus is subject to change if deemed necessary by the instructor or University.**

Tentative Course Outline:

Week 1:	Review of Terms and Kinesiology – Read Chap 1, 2,3,4 Powerpoints 1, 2, 3 Due Thursday. – Discussion #1 Introduction Due Thursday – Assignment #1 – Dropbox Lab #1 – Thursday on Campus Due Sunday – Assignment #2 - Dropbox
Week 2:	Posture, Biomechanics, Movement– Read Chap 21, 8, 6 Powerpoints 5, 6 Due Wed – Discussion #2 Due Thursday – Assignment #3 Lab #2 -Thursday Due Sunday – Assignment #4 Due Sunday – EXAM 1
Week 3:	Muscles, Flexibility, Proprioception and the Shoulder– Read Chap 5,9, 10 Powerpoints 7, 8, 9 Due Wed – Discussion #3 Due Wed– Assignment #5 Lab #3 – Thursday Due Sunday – Assignment #6
Week 4:	Elbow, Wrist, and Hand, Neck and Trunk, Read Chap. 11-13, 15 Due Thursday – Assignment #7 Lab #4 – Thursday Due Sunday – EXAM 2
Week 5:	Pelvis, Hip, Knee, – Read Chap 17,18,19 Due Wed. Discussion #4 Due Thursday – Assignment #8 Due Sunday – Assignment #8b
Week 6:	Ankle and Foot, Gait, Gait Analysis– Read Chap 20, 22 Due Wednesday- Discussion #5 Due Thursday – Assignment #9 Lab #5 – Thursday Due Friday – Exam #3