

Mayville State University HPER 441 – Applied Kinesiology (3) – Fall 2018

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Office Hours: MW: 10-11 & Noon-1. T&TR: 9-10 & 2-3. F Noon-1 Other times by appointment.

Prerequisite: BIO 111 or 150, and BIO 220 **Lecture:** M, W, F 9:00-9:50 CST

Course Description: Study the anatomical bases of human movement. Special emphasis will be on movements related to sport and physical ability.

Why Am I Taking This Class?

Purpose of the Course:

Applied kinesiology can be best described as applying the study of human movement to dynamic activities such as training or sport. As students of this course you will be exposed to how human anatomy interacts with the environment in which it is moving. These movement situations can be described as dynamic (in motion), static (stationary), ground based, aquatic, open chain, or closed chain. Situations for motion success and failure, including the possibility of injuries that may result) will also be examined. The course will examine the anatomy related to human motion and the biomechanics associated with how the anatomy is applied to the environment.

Course Objectives:

1. Acquire a fundamental knowledge of anatomical kinesiology. (INTASC 1, 6, 9)
2. Identify the bones of the human body. (INTASC 1, 6, 9)
3. Identify the major muscles of the human body. (INTASC 1, 6, 9)
4. Identify the ligaments that attach the bones and form the major joints of the human body. (INTASC 1, 6, 9)
5. Describe the fundamental movements created in the human body's joints by the muscles that cross the joints. (INTASC 1, 6, 9)
6. To study and apply the principles of biomechanics and physics to human motion. (INTASC 1, 6, 9)
7. To apply the above objectives to the physical training of athletes and active individuals. (INTASC 1, 6, 9)

Program Student Learning Outcomes (SLOs) Addressed in This Course

The Academic Program Student Learning Outcomes document can be found in your course shell. It contains all learning outcomes pertaining to Essential Studies courses and all majors and minors. The document has an index so you can quickly find the degree you are pursuing.

As part of Mayville State's effort to demonstrate continuous improvement in achieving student learning outcomes, this course will assess SLO #1 & #2 of the **B.S. – Fitness & Wellness, B.S.Ed. – Health Education & B.S. Heath, & HPER – B.S.Ed. – Physical Education** programs through exam content.

Course Improvements Based on Most Recent Assessment Findings

A mastery process has been initiated for labs in order to foster better identification of anatomical sites as students will have more opportunities to examine material and receive the best grade possible.

Required/Recommended Materials

Textbook: Hamilton, N., Weimar, W., & Luttgens, K.. 2008. *Kinesiology: Scientific Basis of Human Motion* (11th ed.). New York, NY: McGraw-Hill.

Instructional Strategies

The following is a list of strategies that can be used in the course for learning:

- Lecture
- In class examples
- Lab work
- Practical experiences
- Written and oral communication
- Quizzes
- Exams

Learning Experiences

In order to foster familiarity with the course content and learning, students will be required to perform the following:

- Read all assignments prior to class, including chapters as noted, research articles, etc.
- Complete assignments given via the Detailed Schedule OR in class.
- Submit all assignments in class or Black Board if listed on designated due dates.

Expectations/Protocols

Exams, Quizzes, & Labs

*Each assessment item may consist of multiple choice, true/false, matching questions, labeling, identification, short answer, long answer, and/or essay questions randomly selected from the sections covered. Questions will require the application of information given during lecture, within the text, and from assigned readings or websites. Quiz material will generally be based on information covered since the previous exam, although some information will be cumulative and therefore included. Exams will be cumulative.

* If an exam, quiz, or lab will be missed, **arrangements MUST be made PRIOR to the absence, otherwise a score of 0 will be earned on your part.**

*Exams will take place during regular class sessions. **NO MAKE UPS WILL BE PERMITTED.**

*Quizzes may be given during class or on Black Board and may be given at any time. Each quiz will be worth 15 points. Approximately 10 quizzes will be given during the semester. Quizzes may NOT be made up if absence is unexcused. Missed quizzes must be made up prior to the next scheduled class.

*Labs will be explained in detail during class. Students will participate in individual and group exercises to solve problems.

** You, the student, are fully responsible for ALL information in this syllabus. This is a contract between the Instructor and the student. All rules will be closely adhered to and there will be no exceptions. If you fail to follow the guidelines, or simply are unaware, you will be responsible for the consequences. **Please note: This syllabus is subject to change. Any changes will be announced and revisions will be provided.**

Student Classroom Computer Usage:

Students have the privilege to use a Tablet PC or computer in the classroom for academic purposes. The privilege can be revoked as deemed appropriate by the professor teaching the course. On occasion, the professor may require the use of the computer to cease based on course content for the instructional period.

Evaluation/Grading

*Final course grades will be determined using the scale below. **There will be no rounding off or extra points granted. No exceptions!** There will be no adjustments to this policy, and there may or may not be any extra-credit opportunities in class, therefore all grades will stand as marked. **The grade you receive is the grade you earned.** Typical turnaround time for grading is typically one week, with larger projects requiring more time.

Assessments:

<u>Components</u>		<u>Grading Scale</u>	
Exam 1	100 pts.	A	90 – 100%
Exam 2	100 pts	B	80 – 89.9%
Exam 3	100 pts	C	70 – 79.9%
Quizzes	135pts	D	60 – 69.9%
<u>Labs</u>	<u>50 pts.</u>	F	below 59.9%
Total	485 pts.		

“A” = ≥ 450 points

“B” = 449.9– 400 points

“C” = 399.9 – 350 points

“D” = 349.9 – 300 points

“F” = ≤ 299.9 points

Instructor/Student Communication

- Students are accountable for all academic communications sent to their Mayville State University e-mail address.
- Students will be expected to check their Mayville State University e-mail account on a regular basis, especially the day of a class taking place (everyday would be preferable).
- Email is the preferred method of communication, but office visits are always welcome. Students can typically expect an email response within 24 hours during a school week, or 48 hours if over a weekend.
- Please make use of my office hours or appointments for in person visits and phone calls.

Important Student Information

In the course shell, you will find a document entitled, “Important Student Information,” which includes information about:

- ✓ Academic Grievance Concerns and Instructor English Proficiency
- ✓ Starfish - Student Success System
- ✓ Students with Documented Disabilities
- ✓ Academic Honesty
- ✓ Emergency Notification
- ✓ Continuity of Academic Instruction for a Pandemic or Emergency
- ✓ Family Educational Rights and Privacy Act of 1974 (FERPA)
- ✓ Diversity Statement

Tentative Course Timeline/Schedule

This schedule is subject to change in order to meet the needs of the course. You will receive notification of any changes in class or by your MaSU email account.

Week	Monday	Wednesday	Friday	Homework & Assignments Due
Aug. 20-26		Course Intro/Ch2	Ch2	
Aug. 27-Sept. 2	Ch2	Ch5	Ch5	Friday: Quiz #1 (Ch2 15pts)
Sept. 3-9	No Class	Ch5	Ch6	Friday: Quiz #2 (Ch5 15pts)
Sept. 10-16	Ch6	Ch6	Ch6	Friday: Quiz #3 (Ch6 15pts)
Sept. 17-23	Ch6	Ch6	Review	Friday: Quiz #4 (Ch6 15pts)
Sept. 24-30	Exam #1	Ch9	Ch9	
Oct. 1-7	Ch9	Ch9	Ch9	
Oct. 8-14	Ch9	Ch7	Ch7	Wednesday: Quiz #5 (Ch9 15pts)
Oct. 15-23	Ch7	No Class Asmt.Day	Ch8	Friday: Quiz #6 (Ch7 15pts)
Oct. 22-28	Ch8	Ch8	Review	Friday: Quiz #7 (Ch8 15pts)
Oct. 29-Nov. 4	Exam #2	Ch10	Ch10	
Nov. 5-11	Ch10	Ch10	Ch12	Friday: Quiz #8 (Ch10 15pts)
Nov. 12-18	No Class	Ch12	Ch12	
Nov. 19-25	Ch12	Ch12	No Class	
Nov. 26-Dec. 2	Ch13	Ch13	Ch13	Monday: Quiz #9 (Ch12 15pts)
Dec. 3-9	Ch13	Ch13	Review	Friday: Quiz #10 (Ch13 15pts)
Dec. 10-16	No Class	No Class	No Class	Thursday. 12/ 13th Final Exam (100pts)9-11am