

Colorado Mesa University
Department of Kinesiology

KINE 309 – Anatomical Kinesiology
Spring 2019, CRN # 44889

Instructor: Kristin Heumann, PhD, CSCS, c-EP

Class Times: MWF 8:00 – 8:50 AM

Office: MC 235

Class Locations: MC 160

Office Hours: MW 9:00-10:30 AM, TR 3:00-4:00 PM

Dept. Phone: 248-1763

Email: kheumann@coloradomesa.edu **Please allow at least 24 hours for a response**

COURSE DESCRIPTION

A comprehensive study of the musculature of the human body. Analysis of joint movement and muscular involvement in various physical activities will be emphasized in this course.

REQUIRED TEXTBOOKS

Floyd, R.T. **Manual of Structural Kinesiology, 20th ed.** McGraw Hill Higher Education, 2018.
ISBN-13: 978-1-259-95596-9.

COURSE FORMAT

This course combines lecture, independent assignments, readings, hands-on learning, and written exams. There will be eight exams and a cumulative final exam. The exams include lecture material, assigned readings and information from the hands-on portion of class. *Students are NOT permitted to record in-class reviews for the exams.*

An undergraduate student should expect to spend on this course a minimum of two hours outside the classroom for every hour in the classroom. The outside hours may vary depending on the number of credit hours or type of course. More details are available from the faculty member or department office and in CMU's *Curriculum Policies and Procedures Manual*.

STUDENT LEARNING OUTCOMES

These outcomes are from the programs within the Department of Kinesiology. Each program has specific outcomes that you are to meet for graduation. This class meets some of those outcomes. For a complete list of your program outcomes, see your academic advisor.

1. Apply biomechanical principles to movement and be able to communicate and formulate conclusions about the results.
2. Describe physiological and biomechanical concepts related to movement and be able to communicate and formulate conclusions about the results.
3. Evaluate the function of the individual body systems.

COURSE OBJECTIVES

1. Discuss the structures of the human body including bones, joints, muscles
2. Identify and demonstrate various fundamental movement patterns, the spatial relationship between anatomical structures and the various planes and axes utilized in human movement
3. Understand the bones of the shoulder joint and shoulder girdle, the joints, fundamental movements and combined actions of the shoulder girdle and shoulder joint.
4. Understand the bones of the elbow and forearm, the joints, fundamental movements, muscles and combined actions of the elbow and forearm.
5. Understand the bones of the wrist and hand, the joints, fundamental movements and combined actions of the wrist and hand.

6. Understand the bones of the spinal column and pelvis, the joints, fundamental movements, muscles and combined actions of the spinal column and pelvis.
7. Understand the bones of the hip and thigh, the joints, fundamental movements, muscles and combined actions of the hip and thigh.
8. Understand the bones of the knee, the joints, fundamental movements, muscles and combined actions of the knee.
9. Understand the bones of the lower leg, ankle and foot, the joints, fundamental movements, muscles and combined actions of the lower leg, ankle and foot.
10. Complete the muscular analysis of selected exercises and activities
11. Describe the factors affecting motion and movement
12. Demonstrate the ability to prescribe exercises to strengthen a given muscle that produces movement of a joint.

COURSE REQUIREMENTS

Please place your cell phone on “silence/off” during all class sessions. DO NOT use them during class time. The instructor reserves the right to dismiss you from class if you are using your cell phone during class time.

Plagiarism of any kind will not be tolerated. Citations and reference lists should be used whenever an outside source is referred to for information.

ACADEMIC INTEGRITY

You, as a student, accept the following statements as a part of your obligation to the Colorado Mesa University academic community:

1. Never intentionally represent the works or ideas of others as your own without proper acknowledgment. Examples include a submission of purchased research papers as one's own work, paraphrasing and/or quoting material without properly documenting the source be it from a hard document or internet web page;
2. Never use unauthorized material, falsified, altered, or fabricated information in an academic assignment or campus related activity;
3. Never take someone else's ideas during a discussion or from a lecture without citing the individual and the circumstances of the lecture or discussion;
4. Never infringe upon the rights of other students by removing material from the library without authorization, defacing or destroying library materials, or similarly abusing library privileges. Such acts are considered to be academic dishonesty and will be treated as such;
5. Never give or receive assistance on an examination, quiz, term paper, or project unless specifically authorized by the instructor to do so;
6. Never forge an academic document;
7. Never submit in whole or substantial portions of either written or oral academic work which has previously earned credit, when submission is made without instructor authorization;
8. To respect the rights of other students in the area of computer usage. Specifically, every student has a right to privacy and a fair share of resources. Any abuse of these rights or unauthorized access to another student's computer program is considered academic dishonesty.
9. To take appropriate action, as dictated by personal honor, upon becoming aware of a violation of academic integrity. This includes reporting the violation to the faculty member, the department head, confronting the student(s) involved, or exerting some form of peer pressure or social sanction.

Students found to have violated any of these standards will be sanctioned. In addition, the student will be given a failing grade for the course.

Students are expected to adhere to the academic policies of Colorado Mesa University, found at: <http://www.coloradomesa.edu/academics/policies.html>

The Americans with Disabilities Act (ADA) is a federal antidiscrimination statute that provides comprehensive civil rights protection for persons with disabilities. One element of this legislation requires that all qualified students with documented disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. In coordination with Educational Access Services, reasonable accommodations will be provided for qualified students with disabilities. Students must register with the EAS office to receive assistance. Please meet with the instructor the first week of class for information and/or contact Barry Rochford, Coordinator of Educational Access Services, directly by phone at 248-1826, or in person in Houston Hall, Suite 108.

Tutorial Learning Center=TLC in HH 113

The TLC is a **FREE** academic service for all Colorado Mesa University students. Tutors are available on a walk-in basis for many courses. Do you have a quick question? Do you need homework clarification or feedback on a paper? Are you reviewing for a test? Help is available at the TLC! At the main campus, come to Houston Hall 113 to meet with one of our friendly peer tutors. We are open on Monday through Thursday from 8am-6pm, and Fridays from 8am-5pm. We are also open Sundays from 1pm-6pm! Tutoring at branch campuses and distance tutoring is also available. Check out the website for schedules and locations at www.coloradomesa.edu/tutoring or call 248-1392 with any questions.

TRIO Information:

TRiO is a program designed to help you succeed in college and successfully complete your higher educational goals. The program acts as a home-base, one-stop-shop, to assist enrolled students in a variety of areas including: individualized tutoring, academic advising, counseling, financial aid advising, peer coaching, personal financial literacy and career development. To be eligible to apply to TRiO you must plan on finishing a four year degree and be a first generation college student and/or meet income qualifications and/or have a documented disability. TRiO is sponsored by the U.S. Department of Education and Colorado Mesa University. Please contact the TRiO offices at 970-248-1492, look us up on the CMU website or stop by our offices (H 125) for more information.

Tomlinson Library

CMU's professional reference librarians support students with their research (finding print and electronic resources, evaluating sources, and citing them) – so don't be shy!

24/7 chat support from librarians is available via the library homepage and/or you can email your questions to libref@coloradomesa.edu.

The Reference Desk is on the first floor of Tomlinson Library. Reference Desk hours: Monday-Thursday 8am-9pm; Friday 8am-5pm; Saturday 10am-5pm; and Sunday 1pm-9pm. You can also reach a librarian by calling 970.248.1860.

CLASS ATTENDANCE

This is a face-to-face class and attendance is expected. *Preparation* for class means reading the assigned readings & reviewing all information required for that week.

If you choose not to attend class, do not email the instructor and expect her to assist you with tasks that were completed in class. There are exceptions with students who have absences that are excused or extenuating circumstances. Please notify the instructor prior to the missed class when possible so that you do not fall behind in the course.

ASSIGNMENTS

1. Assignments are due at the **beginning of class on the due date**.
2. Assignments submitted to the instructor or staff any time after class on the due date will be considered **late** assignments.
3. **50%** of the total possible points for the assignment will be deducted from the student's score on the assignment, if it is submitted to the instructor on or before the next day of scheduled class.
4. An **additional 10%** will be deducted for **every day** thereafter until the assignment is handed in (up to the total possible points for the assignment). Assignments can be turned in via email, but must be shown to the instructor in the next class in order to receive credit.

CONTACT INFORMATION

If you have any problems, comments, or concerns over the course of the semester with this class, please visit with your instructor during regular office hours or scheduled appointment.

YOU ARE REQUIRED TO USE YOUR CMU E-MAIL ADDRESS FOR ALL ELECTRONIC COMMUNICATION.

EMAIL POLICIES

1. Allow 48 hours for email replies on weekdays and 72 hours for email replies on weekends.
2. If a student has not received a reply within 72 hours, he/she needs to re-send the email.
3. All emails should be written in a professional manner. Do not write in all caps, use text language, or write in all lowercase letters.
4. Send emails directly to your instructor. Do not go through D2L, since there is no proof of sent emails.

POINT BREAKDOWN FOR ASSIGNMENTS AND EXAMS*

1. <u>Exams</u> (Exam 1: 75 points; Exams 2-6: 50 points each)	325 Points
2. <u>Attendance (5 points/Worksheet – Activities)</u> Chapter 1: Review Exercise (RE) #1, Label Movement Icons, RE #3, #14, #17 Chapter 2: RE #1, RE #4 Chapter 3: RE #1 Chapter 4: RE #2, Laboratory Exercise (LE) #4, Worksheet (WS) #2 Chapter 5: RE #7, WS #2 Chapter 6: RE #7, WS #1, WS #2 Chapter 7: RE #4, WS #1, WS #2 Chapter 8: WS on D2L, RE #4, WS #1, WS #2 Chapter 9: RE #6, RE #7, WS #1, WS #2 Chapter 10: LE #1, RE #8, WS #1, WS #2 Chapter 11: RE #6, RE #7, WS #1, WS #2	175 Points
3. <u>Analysis of Movement</u> – These will be open note, in-class exams. -Upper Body	50 Points
-Lower Body	50 Points
4. <u>Cumulative Final Exam</u>	100 Points
<u>TOTAL</u>	700 Points

*Note: Further information will be given for each assignment on D2L. Make sure your CMU email is working and watch for announcements, lecture notes and other class information on D2L. If you need assistance accessing D2L or any information, please ask!

*The instructor reserves the right to add or remove assignments/exams as needed based on the pace of the course. All changes will be discussed in class and posted on D2L.

*Additional information on the topic will be posted on the facebook page – KINE 309 – Anatomical Kinesiology

*If an assignment is turned in via e-mail, it must be presented to the professor within 10 days in order to receive credit. After the 10-day period, no grade changes will be made.

DO NOT try to convince the instructors at any time of the course that you must have an A (or whatever grade) for a certain scholarship, medical school, PT school, etc. You will be given what you **earn**. All assignments have due dates posted & specific requirements. Incomplete grades will only be given for extenuating circumstances that are out of your control. If you are concerned about your grade, please do not wait until the end of the semester to express this concern.

Seek assistance from the TLC when needed.

Exam reviews will be conducted the class prior to the exam. Please make sure to take notes during these review sessions as the topics discussed will be on the exams. It is then your responsibility to review the information from your notes from the lectures on these topics. *You are NOT permitted to record the exam reviews. Students caught recording the exam review will be given a grade of zero for that exam.*

TOTAL POINTS SCORES

A = 630 - 700

B = 560 – 629

C = 490 – 559

D = 420 – 489

F = < 419

Acknowledgement of Syllabus Material

I have received and thoroughly read the Syllabus for the KINE 309 course, Anatomical Kinesiology. This document is consistent with the requirements for CRN# 44889. I understand the requirements concerning attendance, due dates for all assignments, and the grading procedures.

Please sign and date this form. Upon completion of this task, please return it to Dr. Kristin Heumann.

Print Name: _____

CRN #: 44889 _____

Signature: _____

Date: _____

Phone: _____

Please designate your professional interest once you have completed this undergraduate degree:

Please include what your expectations/goals are for this course:

Colorado Mesa University
Department of Kinesiology
 KINE 309 – Anatomical Kinesiology

Spring 2019 Tentative Course Outline
INSTRUCTOR: Kristin Heumann, PhD, CSCS, c-EP

DATE / DAY	DESCRIPTION OF LESSON	ASSIGNMENT
January		
23 Wed	Introduction/Syllabus and Syllabus Agreement	p 1-5, 17-19
25 Fri	Directional Terminology, Body Regions	p 19-26
28 Mon	Classifications of Joints, Movement, Planes of Motion	p 5-15
30 Wed	Axes, Skeletal Systems, Osteology	p 35-41
February		
1 Fri	Skeletal Functions, Bones, Muscle Shape	p 41-47
4 Mon	Properties, Terminology, Types of contraction, roles of muscles, action	p 47-54
6 Wed	Neural control of voluntary movement, & proprioception Add/Drop Deadline without receiving a grade	p 55-62, 69-78
8 Fri	Neuromuscular, Biomechanics: Levers	p 79 - 84
11 Mon	Balance, & Functional Application Review	
13 Wed	Exam 1	p 87 - 92
15 Fri	The Shoulder Girdle: Bones, Joints, Movements	p 92 - 102
18 Mon	The Shoulder Girdle: Muscles	p 109 – 115
20 Wed	The Shoulder Joint: Bones, Joint, Movement	p 116 - 133
22 Fri	The Shoulder Joint: Muscles	
25 Mon	The Shoulder Joint: Muscles	
27 Wed	Exam 2	p 141 – 147
March		
1 Fri	The Elbow: Bones, Joints, and Movements Intent to Graduate forms due for F 2019 Graduation	p 148 – 160
4 Mon	The Elbow: Muscles	p 167 - 173
6 Wed	The Wrist and Hand Joints: Bones, Joints, Movements	p 174 – 199
8 Fri	The Wrist and Hand Joints: Muscles	
11 Mon	The Wrist and Hand Joints: Muscles	p 205 - 220
13 Wed	Exam 3	p 227 – 232

DATE / DAY	DESCRIPTION OF LESSON	ASSIGNMENT
April		
1 Mon	The Hip Joint & Pelvic Girdle: Muscles Course registration begins for Summer/Fall 2019	p 253 – 259
3 Wed	The Hip Joint & Pelvic Girdle: Muscles	p 260 - 264
5 Fri	The Hip Joint & Pelvic Girdle: Muscles	
8 Mon	Exam 4	p 271 – 275
10 Wed	The Knee: Bones and Joints	p 276 - 285
12 Fri	The Knee: Muscles	p 291 - 299
15 Mon	The Ankle and Foot Joints: bones, joints, and movements	p 300 - 320
17 Wed	The Ankle and Foot Joints: Muscles	
19 Fri	The Ankle and Foot Joints: Muscles	
22 Mon	Exam 5	p 327 - 334
24 Wed	The Trunk and Spinal Column: Bones, Joints, and Movements	p 339 - 342
26 Fri	The Trunk and Spinal Column: Muscles that move the head	p 335 – 338, 343 - 349
29 Mon	The Trunk and Spinal Column: Muscles of the vertebral column and thorax	p 350 - 354
May		
1 Wed	The Trunk and Spinal Column: Muscles of the Abdominal Wall	p 361 – 370
3 Fri	Exam 6	
6 Mon	Review for Lower Body Analysis	
8 Wed	Lower Body Analysis Exam	
10 Fri	Study session for Final Exam	
13 Mon	8:00-9:50 Cumulative Final Exam - Bring Scantron	