

**EASTERN ILLINOIS UNIVERSITY**  
College of Education and Professional Studies  
Department of Kinesiology and Sport Studies

**KSS 2440- Kinesiology**  
Fall 2012

**Instructor:** Mrs. Julia Gladu  
**Office Hours:** 10-11 M,W 12-1 T,R (or by appointment)  
**Office:** 2210 Lantz Building  
**Phone:** 581-7583  
**E-mail:** [jmgladu@eiu.edu](mailto:jmgladu@eiu.edu) (Do not use if you need my immediate attention)

**Description:** This course is designed to provide an introduction to the structure and function of the bodily systems, particularly the musculoskeletal system that are essential in the production and/or support of human movement.

**Objectives:**

1. Discuss the structural framework of the human body including bones, joints and muscles.
2. Identify and demonstrate various fundamental movement patterns and the various planes and axes that define human movement.
3. Demonstrate the ability to analyze selected resistance exercises and sports skills using correct movement terminology.
4. Recognize errors or problems with various movement patterns and describe corrective measures.
5. Demonstrate the ability to prescribe exercises to strengthen a given muscle that produces movement around a joint.

**Content:** **TOPICS**  
Introduction and Terminology  
Neuromuscular Fundamentals  
Upper Body Anatomy, Movement and Analysis  
Lower Body Anatomy, Movement and Analysis  
Spinal Column Body Anatomy, Movement and Analysis

<b>Evaluation:</b>	Exams	50-100 pts each
	Assignments/Labs	10 - 50 pts each
	Final Exam	100-200 pts

**Grading:**

A = 100 - 90% of Total Points  
B = 80 - 89%  
C = 70 - 79%  
D = 60 - 69%  
F = < 60%

**Required Text:**                    **Manual of Structural Kinesiology** **Thompson & Floyd**

**Recommended Resources/Texts:**            Human Anatomy, Human Physiology, &/or Exercise Physiology texts, Kinesiology and Anatomy Study Cards (bigwords.com, eCampus.com, barnesandnoble.com, or medsite.com), Anatomy Charts (MLK bookstore)

## **ASSIGNMENTS**

### Exams

An Exam will be given after the completion of each unit of study. The format of each Exam may vary depending on the type of material that has been covered. Multiple Choice, True False, Matching, Short Answer, Identification and video clips will be the most common formats utilized.

### Class Assignments

These will be presented at various times during the semester. All assignments are due on the due date and collected at the beginning of class. A loss of 50% of the points will occur if turned in after I collect them in class. After 24 hours the grade will be a 0.

## **ATTENDANCE**

### Attendance Policy

Attendance is expected. It will be taken each class meeting. You should attend every class, be on time, bring all materials, including your textbook/assignment, and something to write with (ESPECIALLY ON TEST DATES) Read any assigned material before class and conduct yourself in a professional manner. Your final letter grade will be lowered if you have the following number of unexcused absences:

- 4 Unexcused Absences- drop 1 letter grade**
- 5 Unexcused Absences- drop 2 letter grades**
- 6 Unexcused Absences- drop 3 letter grades**
- 7 Unexcused Absences- fail course**

You will not be allowed to make up any work if your absence is **Unexcused**. **No make-up exams, quizzes, or assignments will be given without an official University-recognized excuse.** (Example: Official University function, personal illness and funeral). Students are responsible for verifying excused absences and must provide me with a **copy of the documentation**. You must give prior notice if you expect to receive an excused absence for those times when you will miss class due to planned and foreseeable events. **All documentation must be received before the week of final exams. No exceptions.**

### Tardy Policy

**There will be a loss of 10 points per tardy after the 2nd. You are considered tardy once I have finished taking attendance. It is your responsibility to see me after class to make sure that I mark you as tardy and not as absent. Do not assume that I have already changed it in my gradebook. These must be corrected within the week that the tardy occurred! NO EXCEPTIONS!**

**\*\*\*All phones must be turned to silent mode prior to the start of class and be in student's backpacks. No electronic devices are allowed, this includes computers.**

**\*\*\*It is expected that all students will follow the guidelines set forth in the EIU Student Conduct Code Handbook. Academic honesty is expected, cheating in any form will not be tolerated!**

**\*\*\* If you have a documented disability and wish to discuss academic accommodations, please contact me as soon as possible or contact the Coordinator of the Office of Disability Services (581-6583).**

**\*\*\*KSS Majors must earn a 'C' or better in this course to advance.**

**\*\*\*Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center([www.eiu.edu/~success](http://www.eiu.edu/~success)) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9<sup>th</sup> St. Hall, Room 1302.**

**Final Exam Date:    Mon. 9am-    Meets Tues. Dec.11 8-10am  
                              Mon. 11am-    Meets Wed. Dec. 12 10:15-12:15am  
                              Mon. 1pm-     Meets Tues. Dec. 11 12:30-2:30pm**

**The only way a final exam date can be changed is if you have 3 or more finals on the same day and you must provide verification.**