

Eastern Illinois University
College of Education and Professional Studies
Kinesiology and Sports Studies Department

KSS 2440 – Structural Kinesiology

INSTRUCTOR: Traci Worby, M.S.

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OFFICE HOURS: Mon, Tues, & Wed 1:00 p.m.—2:00 p.m.
Tuesday 10:00 a.m.—11:00 a.m.
Other times by appointment.

COURSE 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.

COURSE 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.

COURSE CONTENT:

1. Introduction and Terminology (Chapter 1)
2. Neuromuscular Fundamentals (Chapter 2)
3. Upper Body Anatomy, Movement, and Analysis
 - a. Wrist and hand joints (Chapter 6)
 - b. Elbow and radioulnar joints (Chapter 7)
 - c. Shoulder joint (Chapter 5)
 - d. Shoulder girdle (Chapter 4)
 - e. Upper body motion analysis (Chapter 8)
4. Lower Body Anatomy, Movement, and Analysis
 - a. Trunk and spinal column (Chapter 12)
 - b. Hip joint and pelvic girdle (Chapter 9)

- c. Knee joint (Chapter 10)
- d. Ankle and foot joints (Chapter 11)
- e. Lower body motion analysis (Chapter 13)

COURSE EXPECTATIONS:

All assignments have due dates, nothing will be accepted after its due date, **no exceptions**. There will likely be additional, unannounced in-class activities/assignments; therefore, it is critical that you attend regularly. **Points earned for in-class assignments cannot be made up due to unexcused absences.** If you are absent and an outside assignment is given, it is your responsibility to contact the instructor to find out what the assignment is. If you are absent on the day of an exam, you must schedule an alternate time with the instructor to make up the exam within the following week.

Electronic devices are NOT allowed to be in use during the class period unless permission has been granted by the instructor. Please be courteous to others in the class by placing your cell phone in silent/vibrate mode when entering the classroom.

ATTENDANCE:

You should plan to attend every class, be on time, and stay the entire class period. Attendance is EXPECTED and will be taken at each class meeting. If you are absent, you will be unable to make up points that were earned in class. If you have informed the instructor prior to missing class, you may be able to make up the points earned in class depending on the nature of the activity/assignment. It is the responsibility of the student to inform the instructor of absences for illness, family emergencies, and university-sponsored events, etc. Students are responsible for verifying excused absences by providing written documentation regarding the absence. If you miss class, it is your responsibility to notify the instructor no later than the next class period.

REQUIRED MATERIALS:

Floyd, R. T. (2012). *Manual of Structural Kinesiology* (18th ed.). McGraw-Hill: New York, NY.

Desire 2 Learn will also be used throughout the course. If you have any questions regarding the use of D2L, please ask the instructor. D2L web address is www.eiu.edu/eiunonline.

EVALUATION:

- A = 90 – 100% of total points
- B = 80 – 89%
- C = 70 – 79%
- D = 60 – 69%
- F = <60%

PLEASE NOTE: ALL students in the Kinesiology and Sports Studies Department (Exercise Science, Sport Management, Athletic Training, and Teacher Certification majors) must receive a grade of “C” or better in this course or it must be retaken.

Disability Statement:

If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (217-581-6583).

Student Success Center (SSC):

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (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](tel:217-581-6696), or go to 9th Street Hall, Room 1302.

Academic Misconduct

Please consult the Student Handbook for the official academic misconduct policy. Any academic misconduct will be dealt with according to the handbook and the discretion of the instructor. Anyone caught cheating on quizzes or exams will fail the course and be immediately removed from the room.