

# ***STRUCTURAL KINESIOLOGY***

**KSS 2440**

**Eastern Illinois University  
Kinesiology & Sports Studies**

***Fall 2013***



**Instructor: Brian Pritschet, Ph.D.**

## **Office**

**Hours: Monday & Friday 9:00 - 10:00 am, Tuesday 1:00 – 2:00 pm, Wednesday 10:00 – 11:00 am,  
Other times by appointment**

**Office: 2207 Lantz Building Phone: 581-7586**

**e-mail: Primary: D2L e-mail, Secondary: blpritschet@eiu.edu**

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

## **Course**

### **Objectives:**

To apply basic anatomical and physical principles to movement, exercise and Sport Science related activities.

Develop knowledge of the skeletal system

Identify the movements at the major joints of the body and the muscles involved

Analyze the movement of the human body specific to the major joints and muscles

Identify the joints, muscle groups and muscle actions used in various exercises and activities

## **Course**

### **Content:**

#### **TOPICS**

Introduction to movement systems and basic biomechanical principles,

Applied Anatomy: Articulations, Movements, & Musculature of the

Upper Extremity, Lower Extremity, Spinal Column & Thorax

## **Evaluation:**

**~5-6 Exams**

**Assignments/Labs**

**Quizzes**

**Final Exam**

**30 points each**

**~5-12 points each**

**5-10 points each**

**50 points**

## **Grading Scale:**

A=  $\geq$  90% of total points

B=80-89%

C=70-79%

D=60-69

F=<60%

**Text:**

**Manual of Structural Kinesiology – 17<sup>th</sup> edition Thompson & Floyd**

**It is the student's responsibility to be aware of all course assignments and exams through attendance in class and by **checking D2L regularly and frequently**.** All assignments must be

turned in by the announced due date unless you can provide an official University recognized excuse.

**A 50%/day penalty will be assessed for work that is late, late assignments will not be accepted after 1 day past the due date.** No make-up exams, quizzes, or assignments will be given without appropriate documentation.

D2L based assignments sent via **e-mail** attachment will NOT be accepted unless indicated otherwise by the instructor.

The instructor's role is to help you learn and understand the course material. However, this requires you to take an active part, including asking questions during class and consulting with the instructor outside of class to clarify the things that you don't clearly understand.

Do not expect to learn the course material solely during class time; class discussions are for clarifying the material or expanding upon the information presented in your text. An important portion of your learning experience will come from studying outside of class. Study on a regular basis; don't wait until just before an exam to study.

You should plan to review your notes daily and read the assignments from the text **prior** to the class in which those topics will be discussed.

***It is suggested that you plan to study at least 1-2 hours outside of class for every 1 hour spent in the classroom.***

### **Quizzes**

Quizzes will be given in between exams to reinforce learning and to encourage review. These quizzes will include multiple choice &/or short answer questions.

### **Exams**

An Exam will be given after the completion of each unit of study (i.e. introduction & terminology, Shoulder, Elbow, etc.). The format of each Exam may vary depending on the type of material that has been covered. Multiple Choice, Matching, Short Answer, and Identification (anatomical) will be the most common formats utilized.

### **Final Exam**

The final exam will be *generally* comprehensive and is scheduled for:

***Tuesday, December 10<sup>th</sup> – 12:30 – 2:30 pm***

No final exams will be given on any other date/time.

### **Class Assignments**

Class assignments will consist primarily of laboratory exercises but may also include in-class and out-of-class assignments

### **Participation**

All students are expected to attend class and to participate in class activities. Due to the nature of this course and occasional in-class assignments/quizzes that cannot be "made-up", a student's grade will typically reflect their attendance.

***Kinesiology & Sports Studies Majors must earn a grade of 'C' or better in this course to advance***

**Please turn phones and music players off and remove earpieces/headphones prior to the start of class and leave them in your pocket or backpacks (*they should not be on your desk or in your lap*). *There should be no texting during class!***

**The use of a laptop computer or tablet device to view or take notes is permissible, however, please do not use for anything other than class related functions (*Ø facebook, games, twitter, browsing, etc.*)**

**It is expected that all students will follow the guidelines set forth in the EIU Student Conduct Code. Academic honesty is expected, cheating in any form will not be tolerated! **This includes work assigned through D2L!****

**Work submitted via D2L should be completed independently unless otherwise indicated by the instructor.**

***The information contained in this syllabus is subject to change at the discretion of the instructor***

- ❖ 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.
- ❖ Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center for assistance. ([www.eiu.edu/~success](http://www.eiu.edu/~success) / 9th Street Hall, Room 1302 / 581-6696)