

EASTERN ILLINOIS UNIVERSITY
Kinesiology and Sports Studies Department
PED 2440 Kinesiology
Course Outline
Fall 2009

INSTRUCTOR: Jeffrey M. Willardson, PhD, CSCS (call me Dr. Willardson)
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OFFICE LOCATION: Lantz 2230
OFFICE HOURS: M, W, F 9-10 AM; Th 2-3 PM (or by appointment)
CLASS DAYS: M, W, F
CLASS LOCATION: LTNZ 3881
CLASS TIME: 10-10:50 AM

COURSE DESCRIPTION

This purpose of this course is to gain an understanding of how the musculoskeletal system of the body functions to produce movement. Individual muscle groups that articulate with the bones of the appendicular skeleton will be studied, including their origins, insertions, and actions. How different muscle groups work together during resistance exercises and sports skills will be the primary focus.

REQUIRED TEXTBOOK

FLOYD, R.T. *Manual of Structural Kinesiology (16th edition)*. Dubuque, IA: McGraw-Hill, 2007.

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.

DATES TO REMEMBER

August 24	First day of classes
September 7	Labor Day—No classes
October 9	Fall break—No Classes
November 23-27	Thanksgiving break—No Classes
December 11	Last day of classes
December 15	Final Exam 10:15-12:15

GRADING

90-100%	= A
80-89%	= B
70-79%	= C
60-69%	= D
<59%	= F

Exam 1 = 100 points
Exam 2 = 100 points
Final = 100 points

Exams will be multiple choice and consist of material covered in the lectures
Additional quizzes, readings, and labs might be given for 10 to 25 points each (dates TBA)
No opportunities will be given for extra credit

LECTURE SCHEDULE—please access WebCT for lecture material

TOPIC	READING
Foundations of structural kinesiology	Chapter 1
Neuromuscular fundamentals	Chapter 2
Shoulder girdle	Chapter 4
Shoulder joint	Chapter 5
Review and exam	
Elbow and radioulnar joints	Chapter 6
Wrist and hand joints	Chapter 7
Exercise analysis upper body	Chapter 8
Hip joint and pelvic girdle	Chapter 9
Review and exam	
Knee joint	Chapter 10
Ankle and foot joints	Chapter 11
Trunk and spinal column	Chapter 12
TBA	
Review for final exam	

ACADEMIC MISCONDUCT

Examples of academic misconduct are cheating, plagiarism, and excessive absences. Please consult the Student Handbook for the official academic misconduct policy. Any academic misconduct will be dealt with according to the student handbook and the discretion of the instructor.

RESPECT FOR DIVERSITY

Diversity encompasses age, life experiences, profession, race, religion, sexual orientation, and lifestyle, social class, learning style, philosophy of life, personality, mental and physical challenges, customs, values, and gender. Diversity is to be respected in this class.

PROFESSIONALISM

This is a kinesiology class and therefore we will be studying the human body and human movement. This class may utilize students as human examples during the course of the class. Professional conduct is expected at all times. Failure to uphold this expectation will result in removal or failure in this class.