

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

KSS 2440- Kinesiology
Spring 2010

Instructor: Mrs. Julia Gladu
Office Hours: 12-1 MW 11-12 TR (or by appointment)
Office: 2210 Lantz Building
Phone: 581-7583
E-mail: 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. To learn the structural framework of the human body including bones, joints and muscles.
2. To apply basic anatomical and physical principles to exercise and sport related activities.
3. To be able to identify and demonstrate various fundamental movement patterns and the various planes and axes that define human movement.

Content: **TOPICS**
Introduction to movement systems and basic biomechanical principles,
Applied Anatomy: Articulations, Movements, & Musculature of the Upper
Extremity, Lower Extremity, Spinal Column & Thorax
Applications: Analysis of movement, Injuries, Training, etc.

Evaluation:	Exams	50-100 pts each
	Quizzes	10-50 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 class assignments must be turned in on the due date at the beginning of the designated class period. No late assignments accepted.

ATTENDANCE

Attendance Policy

Attendance in this class is extremely important. Your final letter grade will drop on the following 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.

Tardy Policy

Three or more tardies will result in the loss of 10 points per tardy. 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.

*****All phones must be turned to silent mode prior to the start of class and be in student's backpacks. Use of phone or any other electronics during class time will not be tolerated. If a student cannot follow this policy they will be referred to the Department Chair.**

*****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) 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 9th St. Hall, Room 1302.**