

Eastern Illinois University
Department of Kinesiology and Sports Studies
KSS 2440 – Kinesiology
Spring 2010

INSTRUCTOR: Jennifer Hess MS, ATC, LAT **PHONE:** 217-581-6365 **EMAIL:** jjhess@eiu.edu
OFFICE: 2210 Lantz **OFFICE HOURS:** M/W 10:00-11:00, T/R 9:00-10:00, or by appointment

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

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. To apply basic anatomical function to exercise and sport related activities.
2. To learn the structural framework of the human body including bones, joints, and muscles.
3. To be able to identify and demonstrate various fundamental movement patterns and the various planes and axes that define human movement.

COURSE

CONTENT: Tentative Lecture Schedule

WEEK	TOPIC	READING
Jan 11	Foundations of structural kinesiology	Chapter 1
Feb 1	Neuromuscular fundamentals	Chapter 2
Feb 15	Shoulder girdle	Chapter 4
Feb 22	Shoulder joint	Chapter 5
Mar 1	Elbow and radioulnar joints	Chapter 6
Mar 8	Wrist and hand joints	Chapter 7
Mar 22	Hip joint and pelvic girdle	Chapter 9
Apr 5	Knee joint	Chapter 10
Apr 12	Ankle and foot joints	Chapter 11
Apr 19	Trunk and spinal column	Chapter 12
Apr 26	Review for final exam	

EVALUATION:

Kinesiology and Sports Studies majors must earn a 'C' or better in this course to advance.

Attendance/Participation

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

Total Points

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

Total points possible = 468

Assignments = 45 points
 Quizzes = 273 points
 Project = 50 points
 Final = 100 points

GRADING:

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

Students' final grade will be determined by the percentage of total points and the percentage of days attending class with full participation. The final grade will reflect the first level for which the student meets or exceeds the percent range for both (total points and attendance/participation).

Exams

The final exam will be comprehensive and is scheduled for **Wednesday, May 5th, 10:15-12:15 p.m.** *No early final exams will be given.*

Quizzes

There will be nine quizzes on the anatomy and movement of each joint, each worth 25 points. There will also be eight quizzes on the agonist muscles of each joint, ranging from four to eight points each. Make-up quizzes will not be given, unless an official university excuse is provided (i.e. family emergency, participation in official University functions, and personal illnesses with documentation from the health center). Assignments that are late, without an excused absence, will receive half credit.

Suggestions

- Obtain an additional basic anatomy, physiology or kinesiology text.
- Two hours of study for every 1 hour of class, to review course material.
- Form a study group.
- Ask questions and be actively involved during class.
- Additional help can be obtained from the instructor during office hours.

Academic Misconduct

It is expected that all students will follow the guidelines set forth in the EIU Student Conduct Code. 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.

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

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 Street Hall, Room 1302.

Student Self-Report on Preparedness and Participation

Name _____ Date _____

To receive credit for this class session, you must honestly be able to check all of the following:

- 1. I made every effort to come to class on time. (Lateness that was not your fault is excused: e.g. the previous professor held the class overtime. Oversleeping is NOT excused.)
- 2. I read all the assigned works carefully before I came.
- 3. I brought to class my notes and any assigned homework for the current Chapter.
- 4. I prepared for class by being well-rested, well-nourished, alert, and mentally ready.
- 5. I contributed at least once to class discussion today. (Anyone who has not spoken in this class, write down what you would have said had you spoken.)
- 6. I did not too heavily dominate the class, but gave others a chance to contribute.
- 7. I listened actively to others at all times, and I showed by my face and body posture that I was listening.
- 8. When I had a genuine question that seemed stupid or simple, I asked it anyway.

The following questions do not count for credit, but they help me to assess how well the discussions are going and how we can improve:

I thought the class today went:

extremely well very well quite well not at all well

Why did you answer as you did?

What could the professor have done to make the class more successful?

What could I, the student, have done to make the class more successful?