

Eastern Illinois University
Department of Kinesiology & Sports Studies
KSS 2440 – Structural Kinesiology (3 credits)
Spring 2010

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Course Description

The purpose of this course is to gain an understanding of how the musculoskeletal system 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. The course will also examine how different muscle groups work together during resistance exercises and sports skills.

Required Textbook

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

Course Objectives

- Discuss the structural framework of the human body including bones, joints, and muscles.
- Identify and demonstrate various fundamental movement patterns and the various planes and axes that define human movement.
- Demonstrate the ability to analyze selected resistance exercises and sports skills using correct movement terminology.
- Demonstrate the ability to prescribe exercises to strengthen a given muscle that produces movement around a joint.

Evaluation

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

ALL students in the Kinesiology & Sports Studies Department, i.e., exercise science, sport management, athletic training, and PE teacher certification majors must receive a grade of “C” or better in this course or it must be retaken.

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.

Disabilities

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).

Attendance

Attendance will not be taken. If, and only if, you contact me prior to an absence might you be able to make up any missed points that were earned that day depending on the nature of the earned points. There will be frequent quizzes throughout the semester, therefore regular attendance will be critical to your success. You must be present to take quizzes. Exceptions to this rule will be considered on a case-by-case basis.

Exams and Labs

An exam will follow every two chapters. In-class labs are common and may not be made up without prior notification of the absence. Exceptions to this rule will be considered on a case-by-case basis.

Cell Phones

Cell phones must be silenced during class. Do not text in class.

Professionalism

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

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.