

EASTERN ILLINOIS UNIVERSITY
Kinesiology & Sports Studies Department
KSS 2440 – Structural Kinesiology

Instructor:	Traci Worby, M.S.	Class time:	Monday, Wednesday, & Friday 11:00am – 11:50am (Lantz 1620)
Office:	2210 Lantz	Office hours:	Tuesday 9:00am – 11:00am Thursday 9:00am – 11:00am & 12:30pm – 1:30pm Other times by appointment.
KSS Office phone:	581-2215 (leave message)	Email:	tlworby@eiu.edu

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.																		
Specific Course Goals:	<ol style="list-style-type: none">1. Discuss the structural framework of the human body including bones, joints, and muscles.2. Analyze how human movement occurs through the planes of motion and around their respective axis of rotation.3. Identify and describe the various types of bones and joints as well the major tendons and ligaments in the human body.4. Describe the type of movements at each of the major joints involved with movement of the human body.5. Analyze how muscles with their origins and insertions to the bones dictate the movements at the major joints of the body.6. Evaluate human movement in relation to muscle and joint actions.																		
Evaluation:	<p>Your evaluation will be based on the following:</p> <table><tr><td>Grade Components</td><td>Percent of Grade</td></tr><tr><td>Assignments/Quizzes/Labs</td><td>40%</td></tr><tr><td>Exams</td><td>60%</td></tr></table> <p>The resulting percentage will be assigned a grade based on the following scale:</p> <table><tr><td>90% or better</td><td>A</td></tr><tr><td>80-89%</td><td>B</td></tr><tr><td>70-79%</td><td>C</td></tr><tr><td>60-69%</td><td>D</td></tr><tr><td>Below 60%</td><td>F</td></tr></table> <p>Kinesiology and Sports Studies and Athletic Training majors must receive a grade of “C” or better in this course.</p>			Grade Components	Percent of Grade	Assignments/Quizzes/Labs	40%	Exams	60%	90% or better	A	80-89%	B	70-79%	C	60-69%	D	Below 60%	F
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Grading Components:	<p>Assignments/Quizzes/Labs In-class labs and assignments are common throughout the semester. All assignments are due on the due date and will be collected at the beginning of class. Please take note of my policy on late assignments. There will be frequent quizzes throughout the semester (some unannounced); therefore regular attendance will be critical to your success. You MUST be present to take the quizzes. Exceptions to these rules will be considered on a case-by-case basis.</p> <p>Exams Exams will be given after the completion of each unit of study. Each unit consists of 1-2 chapters. The format of exams will vary depending on the type of material covered. Questions can vary from multiple choice, true/false, matching, short answer, identification, and video clips.</p>																		

Late assignment policy:	<p>1 day = 50% off more than 1 day = WILL NOT BE ACCEPTED</p> <p><u>Special note for student athletes</u> In case of a schedule conflict, you must do the following:</p> <ol style="list-style-type: none"> 1. Hand me a copy of your schedule. Make sure to highlight the dates in conflict. 2. Send an email notifying me that you will be absent. This MUST be done prior the day of the absence. 3. If an assignment is given the day of the absence, I will reply your email with instructions on how to make up the work.
Attendance Policy:	<p>Students are expected to attend ALL class meetings. An absence will only be considered excused if it meets ALL the following criteria*:</p> <ol style="list-style-type: none"> 1) It is an official University-recognized excused absence (verified illness, emergency, participation in an official University activity, or participation in volunteer emergency work). 2) I was notified in writing before the absence occurred. If I am notified through email, I will respond acknowledging its receipt. If you do not receive a response from me, it is your responsibility to speak with me at the beginning of the next class. 3) Appropriate documentation is provided either before the absence or during the next class period following the absence. <p>*Absences will be reviewed on a case-to-case basis. It is imperative that you speak with me regarding any absence. Do NOT wait until the end of the semester to discuss an absence that occurred during the "fourth" week of class.</p> <p>If the absence is excused, you will have the opportunity to complete the work/exam you missed during the class. For in-class activities, it must be completed within ONE week of the absence. No make-up work will be accepted after one week.</p> <p>Attendance is taken at the beginning of every class. You are considered tardy once I have completed taking attendance. It is your responsibility to speak with me at the end of class to verify you were marked as tardy and not as absent. A tardy cannot be claimed after the class has been dismissed.</p>
Cell phone policy:	Cell phones must be silenced during class. Do NOT text in class. Ear buds must be removed during class.
Email use:	ALL email correspondence in this class will be done through the university's official email system (PantherMail) which is used for many purposes including accessing D2L and PAWS, receiving billing statements from the library, and departmental correspondence and announcements through the undergraduate listserv. For information on how to obtain your email address or to obtain a password please visit the following web address: http://www.eiu.edu/~itshelp/email/index.php
Textbook:	<p>Floyd, R.T. (2015). Manual of Structural Kinesiology. 19th Edition. New York, NY: McGraw-Hill.</p> <p>D2L is incorporated in this class in the following ways; access to reading assignments, online assessments and assignments, grade book, announcements, etc. If you have any questions regarding the use of D2L, please contact the ITS Help Desk at 581-4357 or itshelp@eiu.edu</p> <p>It is expected that each student possess or develops appropriate basic technology skills. Also, the ability to send and receive attachments and other basic forms of internet communication and data gathering. For technology training see http://www.eiu.edu/cats/home/student_training.php and http://register.asapconnected.com/default.aspx?org=1552.</p>
Disability Statement:	If you are a student with a documented disability in need of accommodations to fully participate in this class, please contact the Office of Student Disability Services (OSDS). All accommodations must be approved through OSDS. Please stop by Ninth Street Hall, Room 2006, or call 217-581-6583 to make an appointment.
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, text 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.
Academic Integrity:	Students are expected to maintain principles of academic integrity and conduct as defined in EIU's Code of Conduct (http://www.eiu.edu/judicial/studentconductcode.php). Violations will be re-reported to the Office of Student Standards.
KSS Student Expectations:	<p>The students in our department meet a number of high standards that reflect the overall importance of their educations. Below you will find an outline of those standards.</p> <p><u>Be Prepared</u></p> <ol style="list-style-type: none"> 1. Bring required textbooks to class 2. Read assigned material prior to class 3. Complete assignments by due date <p><u>Be Respectful</u></p> <ol style="list-style-type: none"> 1. Be courteous to others 2. Be alert and attentive in class 3. Promote professional behaviors 4. Use cell phones only in emergencies (notify instructor prior to class) 5. Headphones not allowed in class <p><u>Be Participant</u></p> <ol style="list-style-type: none"> 1. Be on time & attend class 2. Ask relevant questions 3. Contribute to discussions

Tentative Calendar (Subject to change)

- Week 1-2: Foundations of Structural Kinesiology
- Week 3-4: Neuromuscular Fundamentals
- Week 5: Shoulder Girdle
- Week 6: Shoulder Joint
- Week 7: Elbow and Radioulnar Joints
- Week 8: Wrist and Hand Joint
- Week 9: Muscular Analysis of Upper-Extremity Exercises
- Week 10: Hip Joint and Pelvic Girdle
- Week 11: Knee Joint
- Week 12: Ankle and Foot Joints
- Week 13: The Trunk and Spinal Column
- Week 14: Muscular Analysis of Lower-Extremity Exercises
- Week 15: Movement Analysis
- Week 16: Final Exam – Wednesday, December 14th @ 10:15am