**EASTERN ILLINOIS UNIVERSITY**

College of Education and Professional Studies

Department of Kinesiology and Sport Studies

**KSS 2440- Kinesiology**

**Credits: 003**

**Spring 2017**

**Instructor:** Mrs. Julia Gladu

**Office Hours:** 10-11am M,W 12-1pm T,R or by appointment

**Office:** 2210 Lantz Building

**E-mail:** jmgladu@eiu.edu **(Panthermail only, Do not use D2L)**

### Description: The study of musculoskeletal anatomy as it relates to human movement.

**Objectives:** **1.** Analyze how human movement occurs through the planes of motion and around their respective axis of rotation.

**2.** Identify and describe the various types of bones and joints as well as the major tendons and ligaments in the human body.

**3.** Identify the various muscles and describe their related movements at each of the major joints involved with movement of the human body.

**4.** Analyze how muscles with their origins and insertions to the bones dictate the movements at the major joints of the body.

**5.** Evaluate human movement in relation to muscle and joint actions.

**Required Text:** Floyd, R.T. (2015). *Manual of Structural Kinesiology***.** 19th Edition. New York, NY: McGraw-Hill.

**Content:(Tentative Schedule)**

**TOPICS**

Week 1-2 Foundations of structural kinesiology

Week 3-4 Shoulder girdle and shoulder joint

Week 5 Elbow and radioulnar joints

Week 6-7 Wrist and hand joint

Week 8-9 Hip joint and pelvic girdle

Week 10 Knee joint

Week 11-12 Ankle and foot joints

Week 13-14 Trunk and spinal column

Week 15 Movement analysis

**Evaluation:** Exams 60%

Assignments/Labs/Quizzes 40%

**Grading:**  A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = < 59%

**ASSIGNMENTS-(Check D2L regularly)**

Exams

An Exam will be given after the completion of each unit of study. The format of each Exam will 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 assignments are due on the due date and collected at the beginning of class. A loss of 50% of the points will occur if turned in after I collect them in class. After 24 hours the grade will be a 0.

**POLICIES**

**Attendace Policy-(Extenuating circumstances will be assessed on an individual basis)**

**Attendance is expected and will be taken each class meeting.**

Missing class in not advised.

To prepare students for their chosen professional career, besides being expected to attend each scheduled class meeting, you should also be on time, be prepared and always put forth a solid and consistent effort.

A great deal of learning will be the result of your own initiative.

Read any assigned material before class and conduct yourself in a professional manner.

The earning of a final grade in this course will be dependent upon the total percent of points earned as well as the number of unexcused absences a student accumulates.

If you are absent and it is unexcused, your final letter grade will be lowered according to the following policy:

**3 Unexcused Absences- drop 1 letter grade**

**4 Unexcused Absences- drop 2 letter grades**

**5 Unexcused Absences- drop 3 letter grades**

**6 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. All documentation must be received within 1 week of absence. If a student is absent or tardy, they are responsible for the material covered in class.

Emails do not count as written documentation.

**Tardy Policy-(Extenuating circumstances will be assessed on an individual basis)**

There will be a loss of 10 points per tardy after the 2nd. 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. These must be corrected within the week that the tardy occurred! **NO EXCEPTIONS!**

**Electronic Device Policy**

All phones are expected to be turned to silent mode prior to the start of class and to be put away. No electronic devices are allowed. Respect and professionalism are expected at all times. Thank you for your cooperation.

# \*\*\*Academic Integrity: Students are expected to maintain principles of academic integrity and conduct as defined in EIU’s Student Conduct Code: (http://www.eiu.edu/judicial/studentconductcode.php). Violations will be reported to the Office of Student Standards.

# \*\*\* Students with disabilities: If you are a student with a documented disability in need of accommodations to fully participate in this class, please contact the Office of Disability Services(OSDS). All accommodations must be approved through OSDS. Please stop by 9th St. 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](http://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.

# \*\*\*KSS Majors must earn a ‘C’ or better in this course to advance.

**Final Exam Schedule:**

9 am class Mon. May 1 2:45-4:45

11 am class Tues. May 2 12:30-2:30

**No final exam will be given on any other date/time unless you have 3 or more finals on one day and it must be verified and approved by Instructor.**

**There is no extra credit at the end of the semester to save your grade. Right here, right now is the time to be concerned about your grade!**