University of Montana
ScholarWorks at University of Montana

University of Montana Course Syllabi | Open Educational Resources (OER)

9-2013

KIN 322.01: Kinesiology

Valerie Rich Moody
University of Montana - Missoula, valerie.moody@umontana.edu

Follow this and additional works at: https://scholarworks.umt.edu/syllabi
Let us know how access to this document benefits you.

Recommended Citation
Moody, Valerie Rich, "KIN 322.01: Kinesiology" (2013). *University of Montana Course Syllabi*. 169.
https://scholarworks.umt.edu/syllabi/169

This Syllabus is brought to you for free and open access by the Open Educational Resources (OER) at ScholarWorks at University of Montana. It has been accepted for inclusion in University of Montana Course Syllabi by an authorized administrator of ScholarWorks at University of Montana. For more information, please contact scholarworks@mso.umt.edu.

KIN 322 Kinesiology

Instructor: Valerie Moody PhD, ATC, LAT,CSCS, WEMT-B
Campus: Missoula
Office Phone: 243-2703
E-mail: valerie.moody@umontana.edu

Semester: Fall 2013
Office: McGill Hall 238C
Credit Hours: 3
(coreq with KIN 323)

Office Hours: Tuesday 10-12, Wednesday 11-1, by appointment

Class meets: Monday, Wednesday, 10:10 – 11:00 EDU 214; Friday- online- Moodle

Course Description: Anatomy and kinesiology of the neuromusculoskeletal system and body cavities in relation to movement and function.

Required Texts and Readings:

Floyd, RT. Manual of Structural Kinesiology, 18th ed. McGraw Hill, San Francisco, CA: 2012.
Course Pack- located at the UM Bookstore (contains all notes/activities for class)

Course Objectives:

1. Identify major muscle groups and describe origins, insertions, innervations, as well as primary and secondary actions of those muscles.
2. Observe, describe, and analyze movement patterns using correct terminology.
3. Identify and define distance, speed, velocity, force, inertia, mass, momentum, weight, and acceleration as they relate to linear and angular motion.
4. Explain the effects of weight, friction, buoyancy, and drag on human motion.
5. Explain the significance of impulse-momentum, work-energy, and conservation of momentum in linear motion.
6. Identify and evaluate factors that affect joint stability.

Evaluation of Student Outcomes:

1. **Written exams**: Examinations will be given to assess the student's awareness and understanding of the concepts covered by the course content. Items on these exams will be derived from the text, discussions, and assignments. Exam methodology may include multiple choice, true-false, anatomical labeling, short answer, and essay questions.
2. **Assignments and quizzes**: Various assignments and quizzes (announced and unannounced) will be given throughout the course. Due dates will be announced in class.
3. **Activity Analysis**: Each student will work in a pair to choose one activity or sport and conduct an in-depth analysis of a particular skill related to the selected activity/sport. Students will describe human planes of movement, identify muscles/muscle groups relevant, describe factors that affect stability, etc. The paper should be double-spaced and formatted as outlined in the syllabus.

Attendance:

Attendance is compulsory. Prior arrangements should be made with the instructor for excused absences to make up work. Quizzes may not be made up unless prior arrangements have been made. Late work will not be accepted unless prior arrangements have been made.

Course Evaluation:

Written Examination 1:	25%
Written Examination 2:	25%
Written Examination 3:	25%
Assignments/Quizzes:	10%
Activity Analysis:	15%
	100%

Grading Scale:

90-100% = A
80- 89% = B
70- 79% = C
60- 69% = D
<60% = F
The instructor reserves the right to award + or – grade where deemed appropriate.

Americans with Disabilities Act (ADA):
The University of Montana upholds the ADA by providing reasonable accommodations to individuals with disabilities. If anyone requires a reasonable accommodation to adequately perform the duties of the class, please see the instructor as soon as possible so that specific plans can be made.

Academic Misconduct:
All assignments and exams are intended to be individual efforts unless otherwise assigned as a group project. Plagiarism is a violation of the law and against the Student Code of Academic Integrity. Any plagiarism or use of someone's paper will result in the student receiving an "F" for the final grade in the course. Further action will be at the instructor's discretion in accordance with the University of Montana's policy and procedures.

EMERGENCY PREPAREDNESS AND RESPONSE

As members of a learning community we all have responsibilities for each other that extend beyond the teaching/learning experience and transcend our roles in that dimension. We are, as human beings, responsible for the protection and well-being of other members of our group, and one dimension of our individual and group responsibility in that area relates to how we prepare for, and respond to, emergencies. Toward that end, the following are important:

- In the event we need to evacuate the building, our primary route will be through the main doors to the Education building located on the east side of the building.
- If you hear an alarm or are told to evacuate, always assume the emergency is real. Be sure to take coats, backpacks and valuables since the building may be closed for some time.
- Everyone should report to either the designated outdoor rally point or the indoor rally point (should conditions make it necessary to seek shelter in another building). Our outdoor rally point is in the area to the east of the education Building – at least 300 feet from the building exit. Our indoor rally point is McGill Hall. We should reconvene as a group at the rally point so we can determine if anyone is missing.
- Do not use elevators as a means of evacuating, and do not use cell phones until safely away from the building.

- As the instructor of this course, I would ask students who feel they may require assistance in evacuating to privately inform me of that need. Together we will preplan appropriate assistance.
- I would also request that students with a medical condition that could present an emergency privately inform me of that situation. Again, this notification is so we can preplan an appropriate response should an emergency occur.

Activity Analysis Project

For the activity analysis assignments in this class, please use the following format to complete the assignments

Joint (neck, shoulder, knee, etc)

Actions

Action #1:
Action #2:

Agonists

Action #1: List agonists completing this action
Action #2: List agonists completing this action

Synergists

Action #1: List synergists completing this action
Action #2: List synergists completing this action

Static Stabilizers

List ligaments, bony articulations, cartilaginous structures that stabilize the joint

Dynamic Stabilizers

List key musculature that stabilizes the joint

Plane of Movement

Action #1: Identify plane of movement for this action
Action #2: Identify plane of movement for this action

Example:

Right shoulder

Actions

Action #1: Flexion
Action #2: Internal rotation

Agonists

Action #1: Anterior deltoid, pectoralis major
Action #2: Subscapularis

Synergists

Action #1: Long head of the biceps brachii
Action #2: pectoralis major, anterior deltoid

Static Stabilizers

List ligaments, bony articulations, cartilaginous structures that stabilize the joint

Dynamic Stabilizers

List key musculature that stabilizes the joint

Plane of Movement

Action #1: sagittal
Action #2: transverse

Course Outline Autumn 2013

Date	Topic	Readings/Assignments (Floyd)
August 26	Intro; Syllabus; Activity	
August 28	Anatomical Terminology	Chapter 1
August 30	Anatomical Terminology	**Online**
September 2	**Labor Day- No Class**	
September 4	Anatomical Terminology	Chapter 2
September 6	Neuromuscular Fundamentals	**Online**
September 9	Neuromuscular Fundamentals	
September 11	Basic Biomechanics	Chapter 3
September 13	Basic Biomechanics	**Online**
September 16	Basic Biomechanics	
September 18	Trunk and Spinal Column	Chapter 12
September 20	**Project Day**	**Online**
September 23	Trunk and Spinal Column	
September 25	Written Exam 1	
September 27	Head and Neck	**Online**
September 30	**No class meeting**	
October 2	Head and Neck	
October 4	**Project Day**	**Online**
October 7	Shoulder Girdle	**Analysis Assignment #1 Due (Neck/Spine)**
October 9	Shoulder Girdle	Chapter 4
October 11	Shoulder Joint	Chapter 5 **Online**
October 14	Shoulder Joint	
October 16	Shoulder Joint	
October 18	Elbow	Chapter 6 **Online**
October 21	Elbow	
October 23	Wrist and Hand	Chapter 7
October 25	**Project Day**	**Online**
October 28	Wrist and Hand	
October 30	Analysis of Upper Extremity Ex	Chapter 8
November 1	Analysis of Upper Extremity Ex	**Online**
November 4	Review Day	
November 6	Written Exam 2	
November 8	Hip Joint, Pelvic Girdle	**Online Analysis Assignment #2 due (Upper Extremity)**
November 11	**Veterans Day- No Class Meeting**	Chapter 9
November 13	Hip Joint, Pelvic Girdle	
November 15	Knee	Chapter 10 **Online**
November 18	Knee	
November 20-22	**Thanksgiving Holiday**	
November 25	Knee	Chapter 11
November 27	Ankle/Foot	
November 39	Ankle/Foot	**Online**
December 2	Ankle/Foot	
December 4	Analysis of Lower Extremity Ex	Chapter 13
December 6	Review Day	**Assignment #3 due (Lower Extremity)**
December 13	**Final Exam 8:00-10:00am**	Friday