SEMESTER: Fall 2017
COLLEGE: School of Health and Sports Science
DEPARTMENT: Kinesiology
FACULTY:

Dr. Melissa Thomas, Ed.D, ATC
Weaver 214 C
Phone: 251-442-2324
Email: mthomas@umobile.edu
Office hours: Monday 1:00-3

Tuesday 10:00-11:00 and 12-

Wednesday 1:30-3:00

Thursday 10:00-2

COURSE: KIN 301 Kinesiology and Correctives
CREDIT: 3 SEMESTER HOURS

DEFINITION OF CREDIT HOUR:

One credit hour is equivalent to fifteen hours of faculty instruction and a minimum of thirty hours of student reading and work on other assignments in addition to class time. Online classes involve equivalent amounts of time for instruction and coursework.

PREREQUISITE (if any): None

COURSE DESCRIPTION:

Analysis of the mechanics of human motion. This course deals with a study of the skeletal system, the muscular system, the nervous system, and the basic principles underlying motor skill.

COURSE OBJECTIVES:

CAATE Competencies assigned to KIN 301 in Appendix I
After taking this course, the student will be expected to demonstrate knowledge of:

2. Biomechanical principles of physical activity for analyzing human movement, motor behavior, and learning.
3. Structural anatomy and functional physiology as it relates to human movement and physical activity.
4. Applied kinematics and kinesiological principles to address and correct poor mechanics and malfunction in basic human movement.
5. Explain and identify the mechanical aspects of movement including the major topics of stability, joint action, planes of motion, axes of motion, joint structure and function, and internal and external forces.
6. Identify the major muscles, their action at the joints both from the anatomical and non-anatomical positions, origin, insertion, and nerve innervation, and the bones of the human body.
7. Discuss the relationship of muscles, ligaments, tendons and the nervous system to human movement.
8. Measure the joint's range of motion in the principle axes of motion, as well as the appropriate planes, and state the appropriate means for improving the range of motion.
9. Demonstrate the importance of muscle origin and angle of insertion to facilitate human movement.
10. Analyze the technique of a sports or movement patterns in terms of joint actions, and anatomical and muscular aspects.
11. Demonstrate the knowledge of muscle actions, function, strength and health through manual muscle testing.
12. Demonstrate an understanding of the types of muscle contraction (i.e., concentric, eccentric, isometric) and the muscles responsible for certain exercises and sports skills.
13. Discuss the basic structures (e.g., motor unit, muscle spindle and proprioceptors) of the neuromuscular system.
14. Explain and identify the anatomic bases for reflex acts and to name and define examples of reflexes (e.g., stretch reflex, righting and support reflexes, and reciprocal inhibition or co-contraction) affecting skeletal movements.

TEXTBOOK(S) AND OTHER MATERIALS:


** Connect Access Card Code- can be purchased through UM bookstore
** Access to umportal.umobile.edu and Canvas
** Access to ramsmail

REQUIRED ACTIVITIES:

1. Attendance is checked for each class and it does count as part of the final grade.
2. Labs will assist you bridge the gap between lecture and hands- on
3. You are encouraged to go to the Learning Center for tutoring so they can help you learn to study for these tests.
4. Dr. Phillip Shouppe will be a lecturer for the Posture Chapter.
5. Connect System will be used as a percentage of homework grade.
6. A comprehensive final will be given.

PARTICIPATION:

Students must come prepared for the lecture and be prepared to explain concepts to the class.

EVALUATION:

Assignments 10%
Tests 50%
Connect work 20%
Attendance 20%

ATTENDANCE POLICY:

The student is expected to attend every class. Your attendance will count towards your final grade.

DROP DATE:

The last day courses may be dropped without the “F” penalty is November 7, 2017

ADA STATEMENT:

It is the policy of the University of Mobile to provide reasonable accommodations for persons with disabilities as defined in Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Eligibility for services requires prior documentation of the disability. The Academic Advisor and the Disability Services Coordinator, Mrs. Julia Lucy, coordinate support services for students with disabilities and are accommodation resources for faculty and administration.

ONLINE COURSE SITE:

A course site for this section can be found in MyUM on the Academic tab, either under My Courses or in Canvas. Faculty members may assign online tests that require identification verification measures. These measures may require additional fees. In order to comply with the Higher Education Act, which requires verification of student identity in online work, all online coursework submitted to the faculty member must be completed by secure login and passcode or sent from the student’s official University E-MAIL ACCOUNT.

TUTORING AND WRITING ASSISTANCE:

Tutoring in a variety of areas and writing assistance are available free of charge to UM students through both UM’s Student Success Center (on-campus peer tutoring service) and Tutor.com (Links to an external site.) (online tutoring service).
Students may schedule tutoring appointments by contacting the Center located in the Adams Building (251.442.2377), and may access Tutor.com (Links to an external site.)Links to an external site, through their MyUM course websites.

COURSE OUTLINE:

Located on Canvas

FINAL EXAM SCHEDULING:

Students are expected to take the final exam on the schedule exam date. Students enrolled in face to face classes need to make all travel arrangements to accommodate the date of the final exam. The final exam should not be given early. The scheduled date for KIN activity classes will have be the last meeting date prior to the final exam week.

OTHER:

Students will be required to adhere to the academic integrity policy and the dress code, which can be found in the Student Handbook. Please practice common courtesy by silencing and storing away cell phones during class periods.

KIN 301

Appendix I

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
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<tbody>
<tr>
<td>CE-4</td>
<td>Describe the principles and concepts of body movement, including normal osteokinematics and arthrokinematics.</td>
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<tr>
<td>CE-5</td>
<td>Describe the influence of pathomechanics on function.</td>
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<tr>
<td>CE-21f</td>
<td>Joint play (arthrokinematics)</td>
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<tr>
<td>TI-17</td>
<td>Analyze gait and select appropriate instruction and correction strategies ... to facilitate safe progression to functional gait pattern.</td>
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<tr>
<td>TI-18</td>
<td>Explain the relationship between posture, biomechanics, and ergodynamics and the need to address these components in a therapeutic intervention.</td>
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