Kinesiology 3372
Biomechanics (Kinesiology)
10:00 and 11:00 MWF----Fall 2017

Instructor: Dr. Kathleen Price (Kathleen.Price@angelo.edu)
Office: Center for Human Performance CHP #108
Important Phone Numbers: Dr. Price’s direct line    (325) 486-6175
Kinesiology Department Office    (325) 942-2173

Office Hours:
   MWF   8:30-10:00 MWF and 12:00-12:30 Friday
   TTH   8:30-9:30 and 10:45-11:45 and 1:30-2:00

**Additional hours by appointment. I anticipate being in my office many more hours than this appears. I serve on both university committees and community organizations. If I will be unavailable, I will leave a note on my office door. Please contact me via e-mail or leave a message to contact me. I will get back to you! All class communication will be done through Blackboard and angelo.edu email accounts. Please check these daily!

I. Resource Materials
   A. Required Text
      Hamilton, Nancy et al. Kinesiology: Scientific Basis of Human Motion (12th ed.)

   B. Anatomy Coloring Book- You'll use this again in this course. Some pictures of bones and muscles may be distributed with class notes.

II. Student Learning Outcomes
   A. Students will develop a knowledge and understanding of selected anatomical and mechanical principles. This will be assessed by quizzes, homework, exams, and lab opportunities.

   B. Students will develop an awareness of the importance of mechanics and application of mechanical principles to the study of anatomical structure and analysis of human movement. This will be assessed by lab, website analysis, and formal quizzes and exams.

   C. Students will develop the ability to effectively analyze selected motor patterns. This will be assessed by choosing a skill and critically evaluating the components within the task.
III. Evaluation

3 tests and Final exam----->70%  
Quizzes/Homework--------->30%

Grading Scale

90-100---->A  
70-79---->C  
59-BELOW---->F

80-89 ----> B  
60-69---->D

IV. Attendance Policy and Class Policies

Attendance is necessary to fully understand the concepts and theories introduced in class. ASU functions must have a sponsor note. More than 5 absences will result in a deduction of 10 points from the final course average. More than 7 absences will result in a 20 point deduction from the final course average. No make-ups will be given on major tests unless prior arrangements have been made. Don’t call me the morning of a test and say you need to reschedule. This is not acceptable.

No make-ups will be given for daily quizzes. You will be given an opportunity to drop 3 quiz grades with a critique exchange. You MUST turn in critiques on the day stated on the syllabus. The critique is due at the beginning of class. (typed d-s) A copy of the article must also be turned in to complete the assignment. No late work will be accepted. If you are absent and miss a quiz, it is recorded as a zero. A poor quiz grade can be dropped with this exchange. This is the only method of extra credit.

***Keep track of all grades through Blackboard. If there is an error, please check in with me in a timely manner.

NO HATS WILL BE WORN AT ANY TIME by any student! Please!! Be respectful!

Please respect your classmates and your professor by turning off your cell phone prior to coming into class. If your phone rings during class, you will be asked to leave class and will be counted absent!

NO TEXTING permitted during class! PUT YOUR PHONES AWAY! If you choose to text and I see you, you will be asked to leave and will be counted absent!
Students with Special Needs
"Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made."

Honor Code
"Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook.

*Please advise the professor of an absence for observance of a religious holy day prior to absence. Accommodations will be made.
Mon Aug 28  Orientation and Introduction to course
Introduction to the Study of Kinesiology (Chapter 1 pp 1-15)

Wed Aug 30  Continue with terminology and basics to subdiscipline of biomechanics

Fri Sept 1   The Musculoskeletal System: The Skeletal Framework and Its
Movements (Chapter 2 pp 20-41)
(Planes, axes, terminology- pp 33-39)

Mon Sept 4  Labor Day Holiday

Wed Sept 6  The bones (skeletal changes and types of bones- pp 20-25)

Fri Sept 8   Articulations (classifications, joints stability, range of motion- pp 25-32)

Mon Sept 11 Continue with articulations/joints concepts

Wed Sept 13  The Musculoskeletal System: The Musculature (Chapter 3 pp 42-65)

Fri Sept 15  Muscle structure, function, coordination of muscular system and how to
study the action of muscles

Mon Sept 18  Continue with muscle concepts

Wed Sept 20  Types of contractions, catch-up and review

Fri Sept 22  TEST #1

Mon Sept 25  First critique due
The Upper Extremity: The Shoulder Region (Chapter 5 pp 92-123)

Wed Sept 27  Shoulder continued

Fri Sept 29  The Upper Extremity: The Elbow, Forearm, Wrist, and Hand
(Chapter 6 pp 124-153)
Mon Oct 2   Elbow continued Upper body exercise lab and activity
Wed Oct 4   Upper body exercise lab and activity and Catch-up
Fri Oct 6   Upper Extremity Test (#2A)

Mon Oct 9   The Lower Extremity: The Hip Region (Chapter 7 pp 154-177)
Wed Oct 11  Hip continued
Fri Oct 13  The Lower Extremity: The Knee, Ankle, and Foot
            (Chapter 8 pp 178-211)

Mon Oct 16  Knee, ankle and foot continued
Wed Oct 18  The Spinal Column and Thorax (Chapter 9 pp 212-250)
Fri Oct 20  Lower Extremity Test (#2B)

Mon Oct 23  2nd critique due
            The Center of Gravity and Stability (Chapter 14 pp 360-388)
            COG, balance and levers (Chapter 13 pp 339-348)
            Balance and stability 431-433
            Levers 416-422
Wed Oct 25  Terminology and Measurement in Biomechanics
            (Chapter 10 pp 254-267)
Fri Oct 27  The Description of Human Motion (Chapter 11 pp 268-291)
            Causes, factors, projectiles, linear and angular kinematics

Mon Oct 30  The Description of Human Motion (Chapter 11 pp 268-291)
            Causes, factors, projectiles, linear and angular kinematics
Wed Nov 1  Chapter 11 concepts continue
Fri Nov 3  Chapter 11 concepts continue
(Tentative syllabus continued)

Mon Nov 6  Review and catch-up
Wed Nov 8  TEST #3
Fri Nov 10  3rd critique due
            The Conditions of Linear Motion (Chapter 12 pp 292-328)
            Forces, Newton’s Laws, work, energy, power

Mon Nov 13  Chapter 12 concepts continue
Wed Nov 15  Chapter 12 concepts continue
Fri Nov 17  Possible lab and review of concepts

Mon Nov 20  The Conditions of Rotary Motion (Chapter 13 pp 329-359)
            Torque, moment of inertia, transfer of momentum, centripetal and
            centrifugal forces
Wed Nov 22  Thanksgiving Holiday
Fri Nov 24  Thanksgiving Holiday

Mon Nov 27  Chapter 13 concepts continue
Wed Nov 29  Chapter 13 concepts continue
Fri Dec 1   Qualitative movement analysis skills

Mon Dec 4  Lab and Sport Science in action
Wed Dec 6  Sport Science in action
Fri Dec 8  Catch-Up and Review

IMPORTANT DATE: Friday Nov 3 is the last day to drop a class or withdraw from the
University for the Fall 2017 semester.

FINAL EXAM SCHEDULE
10:00 MWF CLASS, your final is Monday Dec 11 from 10:27 am -12:30 pm.

11:00 MWF CLASS, your final is Wednesday Dec 13 from 10:27 am-12:30 pm.
Critique #1

A Biomechanical Analysis of the Speed Skating Start

Angelo State University

Kinesiology 3372

Jane Doe

Dr. Kathleen M. Price

September 25, 2017

****Notes on format of cover page:
Line 1- Critique #1 (this is which critique # you’re doing....1st, 2nd, or 3rd)
Line 2- This is the title of the article you’ve reviewed.
Line 3- Angelo State University
Line 4- Course #
Line 5- Put YOUR name here!!
Line 6- Put my name here! Dr. Kathleen M. Price
Line 7- This is the date this assignment is due!
Article Critique Requirements:
Critiques must be typed and double-spaced. They should have one-inch margins and have a font size of 12 point. Be sure to proofread your critiques. Please be sure to staple critiques prior to class. Be prepared to discuss the articles in class.

What must be included?
Cover Page: The following items should appear on the title page:
Critique #, article title, Angelo State University, Kinesiology 3372, Kinesiology/Biomechanics, your name, my name, and the date. This information should be centered on the cover page.

Page 2: Annotation: This is a brief, yet concise, summary of the main points of the article. This should be one page double-spaced.

Page 3: Critique: This is a statement of your feelings concerning the article. Was it good, bad, or well written? Be sure to identify the strengths and weaknesses of the article. How does this information relate to what has been discussed in class or is in the text? Be specific. This should be two paragraphs double-spaced.

Page 4: Reference: Use the APA format from the following example to cite the article and journal you used for your critique. Be sure to double space the reference!


Page 5: Xeroxed copy of article: A complete copy of the article must accompany each critique. **DO NOT TEAR ARTICLES OUT OF THE JOURNALS!!!**
<table>
<thead>
<tr>
<th>Suggested Journals and Databases for Article Critiques</th>
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<tbody>
<tr>
<td>Academic Leader</td>
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<td>Athletic Journal</td>
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<td>American Journal of Health Behavior</td>
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<td>Ballet Review</td>
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<td>British Journal of Physical Education</td>
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<td>Coaching Clinic</td>
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<td>Dance Magazine</td>
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<td>Dance Teach Now</td>
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<td>ERIC</td>
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<td>Exercise and Sport Sciences Review</td>
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<td>Health Letter</td>
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<td>International Gymnast</td>
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<td>International Journal of Sport Biomechanics</td>
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<td>Journal of Applied Physiology</td>
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<td>Texas Assn. for Health, P.E., &amp; Rec.</td>
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<td>Journal of Exercise and Sport Psychology</td>
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<td>Journal of Health Education</td>
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<td>Journal of Motor Behavior</td>
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<td>Journal of Physical Education, Recreation &amp; Dance</td>
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<td>Journal of Sport Literature</td>
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<td>Journal of Sport Sociology</td>
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Please note that you **MUST** use a [professional journal](https://www.example.com) for this assignment. Sports Illustrated, Muscle Magazine, Vogue, Time, etc., are not considered professional journals. Please check with me if you are in doubt about the authenticity of a periodical that you plan to use for this assignment.
KIN 3372 INFORMATION SHEET

Name ___________________________
CID # ___________________________
E-MAIL ADDRESS ______________________________
Address (not PO Box) ___________________________
Phone _______________________________________
Birthdate ______________________________

Do you have a job during the semester? _____
If yes, where? _______ How many # hrs/wk? ______

Are you involved in athletics or other ASU extracurricular events that may cause you to miss class? _______ which one? __________

Hometown __________________________________________

Career Aspirations (What will you be doing in 7 years?)

_____________________________________________________
_____________________________________________________
_____________________________________________________

Do you have any relatives who are teachers? ______ who? __________

What semester did you take Anatomy? ______
Grade in Anatomy (Bio 2423) ________ Professor ________________

“Academic dishonesty in this course will not be tolerated. If you are suspected of cheating in this course, you will be asked to meet with a committee of the Kinesiology department faculty to determine if you are guilty of cheating. If you are found to be guilty of academic dishonesty, you will be given a grade of F in the course. A letter regarding your academic dishonesty may also be placed in your permanent file in the Registrar’s Office. The Kinesiology faculty hopes that this penalty is severe enough to discourage cheating in any form. Please don’t force us to make an example out of you.”

Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook.

I have received and understand the requirements of this course and the academic honesty policy.

_______________________________________ Signature