Instructor: Dr. Kathleen Price (Kathleen.Price@angelo.edu)
Office: Center for Human Performance #108
Office Phone: 325-486-6175
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 the office(s) many more hours than this appears. I serve on both university and community committees and if 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!**

I. Resource Materials
   A. Required Text
      ISBN #978-0-07-352276-0

   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 a 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
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.

V. NO HATS WILL BE WORN IN CLASS. Please learn to be a professional! This is a sign of respect to the professor and to the kinesiology profession.

VI. 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 expected to leave the class and will be counted absent. If you are texting or using a phone for other communication purposes, you will be dismissed from class and counted absent.

Tally of Grades
Major Tests/Final Exam (70%)*each test is worth 17.5% of grade
TEST 1 __________
TEST 2 __________ (there are two parts to this exam, upper and lower)
TEST 3 __________
Final __________

QUizzes/Homework (30%)
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Spring 2018
10 MWF and 11 MWF 3372
TENTATIVE SYLLABUS

Wed Jan 17  Orientation and Introduction
Ch 1 pp 1-25 What is Biomechanics?
Learn key terms, basic concepts, and how biomechanics is used in various professions.

Fri Jan 19  Ch 1 continued

Mon Jan 22  Ch 2 pp 27-58 (Planes, axes, terminology)
Kinematic Concepts for Analyzing Human Motion
Learn key terms for planes, joint movements, and directional terms.

Wed Jan 24  Ch 2 continued and
Ch 4 pp 85-113 (Bones)
The Biomechanics of Human Bone Growth and Development
Learn key terms associated with bone structure, growth and development, and injuries.

Fri Jan 26  Ch 4 continued and
Ch 3 pp 59-84 (Force, weight, mass, volume, pressure, vectors)
Kinetic Concepts for Analyzing Human Motion
Learn key terms, units of measurement, and types of loading/forces present in sport and ADL.

Mon Jan 29  Ch 5 pp 115-142 (Joints)
The Biomechanics of Human Skeletal Articulations
Learn key terms associated with joint structure/movement capabilities, flexibility/ROM, and properties of connective tissue.

Wed Jan 31  Ch 5 continued

Fri Feb 2   Ch 6 pp 143-178 (Muscles)
The Biomechanics of Human Skeletal Muscle
Learn key terms, properties, and muscle fiber types/characteristics.

Mon Feb 5  Ch 6 continued

Wed Feb 7  Types of contractions, catch-up and review

Fri Feb 9   TEST #1

(Tentative syllabus continued)

Mon Feb 12  First critique due  
Ch 7 The Biomechanics of the Human Upper Extremity  
Learn key terms and factors affecting mobility, muscles, and biomechanical contributions to injuries in the upper extremities.  
pp 180-196 (Shoulder movements)

Wed Feb 14  Ch 7 pp 196-204 (Elbow movements)

Fri Feb 16  Ch 7 pp 204-211 (Wrist/hand movements)

Mon Feb 19  Upper body exercise lab and activity

Wed Feb 21  Catch-up and Review Game

Fri Feb 23  Upper Extremity Test (#2A)

Mon Feb 26  Ch 8 The Biomechanics of the Human Lower Extremity  
Learn key terms and factors affecting mobility, muscles, and biomechanical contributions to injuries in the lower extremities.  
pp 223-232 (Hip movements)

Wed Feb 28  Ch 8 The Biomechanics of the Human Lower Extremity  pp 232-244  
(Knee movements)

Fri Mar 2  Ch 8 The Biomechanics of the Human Lower Extremity  pp 244-255  
(Ankle/Foot movements) and Lower body exercise lab

Mon Mar 5  Ch 9 Biomechanics of the Human Spine  
Learn key terms and factors affecting mobility, muscles, and biomechanical contributions to injuries in the spine.  
pp 267-307 (Spine)

Wed Mar 7  Ch 9 continued and Catch-Up Review Game

Fri Mar 9  Lower Extremity Test (#2B)

Mar 10-18  Spring Break
(Tentative syllabus continued)

Mon Mar 19  
2nd critique due
Center of Gravity pp 62, 425-430
Balance and stability 431-433
Levers 416-422

Wed Mar 21  
Lever lab and
Ch 10 Linear Kinematics of Human Movement pp 309-343
Learn key terms related to kinematic variables and projectiles.

Fri Mar 23  
Ch 10 continued
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Mon Mar 26  
Ch 10 pp 321-335 (Projectiles and possible lab)

Wed Mar 28  
Linear kinematics continued and problems pp 336-338

Fri Mar 30  
No Class- Spring Holiday
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Mon Apr 2  
Ch 11 pp 345-372 (Angular Kinematics of Human Movement)
Learn key terms and concepts associated to angular kinematics.

Wed Apr 4  
Ch 11 continued

Fri Apr 6  
Angular Kinematics Review and catch-up
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Mon Apr 9  
TEST #3

Wed Apr 11  
3rd critique due
Ch 12 pp 373-407 (Linear Kinetics of Human Movement)
Learn key terms associated with kinetics including Newton’s Laws, friction, work, power, and energy.

Fri Apr 13  
Ch 12 continued
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Mon Apr 16  
Linear kinetics continued and problems for linear kinetics

Wed Apr 18  
Ch 14 pp 443-468 (Angular Kinetics of Human Movement)
Learn key terms, concepts, and factors related to angular kinetics that influence movement. Introduction and worksheet

Fri Apr 20  
Ch 14 Continued
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(Tentative syllabus continued)

Mon Apr 23       Problems in angular kinetics and lab activities in kinetics
Wed Apr 25       Lab activities in kinetics
Fri Apr 27       Sport Science in action and qualitative movement analysis skills

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Mon Apr 30       Catch-up and review and plan analysis project
Wed May 2        Analysis project work day
Fri May 4        Analysis project presentations

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IMPORTANT DATE:  Monday April 2 is the last day to drop a class or withdraw from the University for the Spring 2018 semester.

FINAL EXAM SCHEDULE
10:00 MWF CLASS, your final is Monday May 7 from 10:27 am -12:30 pm.

11:00 MWF CLASS, your final is Wednesday May 9 from 10:27 am-12:30 pm.

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."
Critique #1

A Biomechanical Analysis of the Speed Skating Start

Angelo State University
Kinesiology 3372
Jane Doe
Dr. Kathleen M. Price
February 12, 2018
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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<tr>
<td>Athletic Journal</td>
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<tr>
<td>American Journal of Health Behavior</td>
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<tr>
<td>Ballet Review</td>
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<tr>
<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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<tr>
<td>Exercise and Sport Sciences Review</td>
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<tr>
<td>Health Letter</td>
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<tr>
<td>International Gymnast</td>
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<tr>
<td>International Journal of Sport Biomechanics</td>
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<tr>
<td>Journal of Applied Physiology</td>
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<tr>
<td>Texas Assn. for Health, P.E., &amp; Rec.</td>
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<tr>
<td>Journal of Exercise and Sport Psychology</td>
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<td>Journal of Health Education</td>
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<tr>
<td>Journal of Motor Behavior</td>
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<tr>
<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** or a **suggested website/source listed in your textbook** 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