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
      Choices……
      1. Do you want a Bound Text Book? This type book is only for rent!
         This can be rented through McGraw-Hill Publishers. ISBN #978-1-259-91387-7
      2. Would you prefer a Loose Leaf Version? This can be purchased at ASU Bookstore. ISBN# 9781260137392

   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 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 4 absences will result in a deduction of 10 points from the final course average.

More than 6 absences will result in a deduction of 20 points 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. 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.

Attendance BONUS for Borderline Grades
Attendance is recorded every day. Attendance may be taken by roll call or by the submission of an in-class activity. If you are not in class when attendance is recorded or when the in-class assignment is submitted then an absence for the day will be recorded. Excused absences require documentation prior to the absence and are only recognized for school sponsored activities, religious holy days, or military training. At the end of the semester attendance will be considered for students who are on the borderline of a higher letter grade (For example, students with an 89%, 79%, 69%, or 59%).

The following formula will be applied:
Two or fewer absences = 1 additional point added to final grade
Note: 8 or more unapproved absences will result in automatic failure of the course. No grades will be rounded up after bonus points are added.
(Example- 89.9 average = B)

***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!
Mon Jan 14  Orientation and Introduction
Ch 1 pp 1-25 What is Biomechanics?
Learn key terms, basic concepts, and how biomechanics is used in various professions.

Wed Jan 16  Ch 1 continued

Fri Jan 18  Ch 2 pp 27-56 (Planes, axes, terminology)
Kinematic Concepts for Analyzing Human Motion
Learn key terms for planes, joint movements, and directional terms.

Mon Jan 21  University Holiday- No classes (Martin Luther King Day)

Wed Jan 23  Ch 2 continued and
Ch 4 pp 83-108 (Bones)
The Biomechanics of Human Bone Growth and Development
Learn key terms associated with bone structure, growth and development, and injuries.

Fri Jan 25  Ch 4 continued and
Ch 3 pp 57-82 (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 28  Ch 5 pp 109-133 (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 30  Ch 5 continued

Fri Feb 1  Ch 6 pp 135-170 (Muscles)
The Biomechanics of Human Skeletal Muscle
Learn key terms, properties, and muscle fiber types/characteristics.

Mon Feb 4  Ch 6 continued

Wed Feb 6  Types of contractions, catch-up and review

Fri Feb 8  TEST #1
Mon Feb 11  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 171-189 (Shoulder movements)

Wed Feb 13  Ch 7 pp 189-196 (Elbow movements) 

Fri Feb 15  Ch 7 pp 196-203 (Wrist/hand movements) 

Mon Feb 18  Upper body exercise lab and activity 

Wed Feb 20  Catch-up and Review Game 

Fri Feb 22  Upper Extremity Test (#2A) 

Mon Feb 25  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 215-224 (Hip movements)

Wed Feb 27  Ch 8 The Biomechanics of the Human Lower Extremity   pp 224-235 
(Knee movements)

Fri Mar 1  Ch 8 The Biomechanics of the Human Lower Extremity   pp 235-245 
(Ankle/Foot movements) and Lower body exercise lab 

Mon Mar 4  Ch 9 Biomechanics of the Human Spine 
Learn key terms and factors affecting mobility, muscles, and 
biomechanical contributions to injuries in the spine. 
pp 259-296(Spine)

Wed Mar 6  Ch 9 continued and Catch-Up Review Game 

Fri Mar 8  Lower Extremity Test (#2B) 

Mar 9-17  Spring Break 

Mon Mar 18  2\textsuperscript{nd} critique due  
Center of Gravity pp 60, 409-414 
Balance and stability 414-416 
Levers 400-405
Wed Mar 20  Lever lab and
Ch 10 Linear Kinematics of Human Movement pp 297-330
Learn key terms related to kinematic variables and projectiles.

Fri Mar 22  Ch 10 continued. Worksheet to review concepts.

Mon Mar 25  Ch 10 pp 309-323 (Projectiles and possible lab)

Wed Mar 27  Linear kinematics continued and problems

Fri Mar 29  Ch 11 pp 331-358 (Angular Kinematics of Human Movement)
Learn key terms and concepts associated to angular kinematics

Mon Apr 1   Ch 11 continued.

Wed Apr 3   Angular kinematics continued and problems

Fri Apr 5   Review game and catch-up

Mon Apr 8   TEST #3

Wed Apr 10  3rd critique due
Ch 12 pp 359-391 (Linear Kinetics of Human Movement)
Learn key terms associated with kinetics including Newton’s Laws,
friction, work, power, and energy.

Fri Apr 12  Ch 12 continued

Mon Apr 15  Linear kinetics continued and problems for linear kinetics

Wed Apr 17  Ch 14 pp 427-452 (Angular Kinetics of Human Movement)
Learn key terms, concepts, and factors related to angular kinetics that
influence movement. Introduction and worksheet

Fri Apr 19  TBA

Mon Apr 22  Problems in angular kinetics and lab activities in kinetics

Wed Apr 24  Sport Science in action and qualitative movement analysis skills

Fri Apr 26  Sport Science in action and qualitative movement analysis skills

Mon Apr 29  Sport Science in action and qualitative movement analysis skills

Wed May 1  Movement analysis skill presentation
Fri May 3    Review for final exam

IMPORTANT DATE: March 28 is the last day to drop a class or withdraw from the University for the Spring 2019 semester.

FINAL EXAM SCHEDULE
10:00 MWF CLASS, your final is Monday May 6 from 10:27 am -12:30 pm.

11:00 MWF CLASS, your final is Wednesday May 8 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 11, 2019

****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!!!
**Suggested Journals and Databases for Article Critiques**

<table>
<thead>
<tr>
<th>Academic Leader</th>
<th>National Strength &amp; Conditioning</th>
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<tr>
<td>Athletic Journal</td>
<td>Palaestra</td>
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<td>American Journal of Health Behavior</td>
<td>Parks and Recreation</td>
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<tr>
<td>Ballet Review</td>
<td>Perceptual and Motor Skills</td>
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<td>British Journal of Physical Education</td>
<td>Physical Education Index</td>
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<td>Coaching Clinic</td>
<td>Physician and Sports Medicine</td>
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<td>Dance Magazine</td>
<td>Quest</td>
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<td>Dance Teach Now</td>
<td>Referee</td>
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<td>ERIC</td>
<td>Research Quarterly</td>
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<td>Exercise and Sport Sciences Review</td>
<td>Scholastic Coach</td>
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<td>Health Letter</td>
<td>Sports and the Courts</td>
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<td>International Gymnast</td>
<td>Sport Discus</td>
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<td>International Journal of Sport Biomechanics</td>
<td>Sports Psychologist</td>
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<td>Journal of Applied Physiology</td>
<td>Track &amp; Field News Quarterly</td>
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<td>Texas Assn. for Health, P.E., &amp; Rec.</td>
<td>Texas Coach</td>
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<td>Journal of Exercise and Sport Psychology</td>
<td>Texshare/Ovid</td>
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<td>Journal of Health Education</td>
<td>The Physical Educator</td>
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<td>Journal of Motor Behavior</td>
<td>Women’s Coaching Clinic</td>
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<td>Journal of Physical Education, Recreation &amp; Dance</td>
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<td>Journal of Sport Literature</td>
<td>Journal of Sport Medicine</td>
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Please note that you **MUST** use a **professional journal** 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