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. This can be rented at ASU Bookstore ISBN #978-1-259-91387-7
   2. I think there are on-line versions available as well. Check ASU Bookstore.

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!
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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</table>
| Mon Aug 26 | 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 Aug 28 | Ch 1 continued                                                        |
| Fri Aug 30 | 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 Sept 2 | University Holiday- No classes (Labor Day Holiday)                   |
| Wed Sept 4 | 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 Sept 6 | 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 Sept 9 | 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 Sept 11 | Ch 5 continued                                                      |
| Fri Sept 13 | Ch 6 pp 135-170 (Muscles)  
                      The Biomechanics of Human Skeletal Muscle  
                      Learn key terms, properties, and muscle fiber types/characteristics. |
| Mon Sept 16 | Ch 6 continued                                                        |
| Wed Sept 18 | Types of contractions, catch-up and review                          |
| Fri Sept 20 | TEST #1                                                              |
(Tentative syllabus continued)

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity/Task</th>
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<tbody>
<tr>
<td>Mon Sept 23</td>
<td>First critique due&lt;br&gt;Ch 7 The Biomechanics of the Human Upper Extremity&lt;br&gt;Learn key terms and factors affecting mobility, muscles, and biomechanical contributions to injuries in the upper extremities.&lt;br&gt;pp 171-189 (Shoulder movements)</td>
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<td>Wed Sept 25</td>
<td>Ch 7 pp 189-196 (Elbow movements)</td>
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<td>Fri Sept 27</td>
<td>Ch 7 pp 196-203 (Wrist/hand movements)</td>
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<td>Mon Sept 30</td>
<td>Upper body exercise lab and activity</td>
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<td>Wed Oct 2</td>
<td>Catch-up and Review Game</td>
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<tr>
<td>Fri Oct 4</td>
<td>Upper Extremity Test (#2A)</td>
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<tr>
<td>Mon Oct 7</td>
<td>Ch 8 The Biomechanics of the Human Lower Extremity&lt;br&gt;Learn key terms and factors affecting mobility, muscles, and biomechanical contributions to injuries in the lower extremities.&lt;br&gt;pp 215-224 (Hip movements)</td>
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<tr>
<td>Wed Oct 9</td>
<td>Ch 8 The Biomechanics of the Human Lower Extremity&lt;br&gt;pp 224-235 (Knee movements)</td>
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<tr>
<td>Fri Oct 11</td>
<td>Ch 8 The Biomechanics of the Human Lower Extremity&lt;br&gt;pp 235-245 (Ankle/Foot movements) and Lower body exercise lab</td>
</tr>
<tr>
<td>Mon Oct 14</td>
<td>Ch 9 Biomechanics of the Human Spine&lt;br&gt;Learn key terms and factors affecting mobility, muscles, and biomechanical contributions to injuries in the spine.&lt;br&gt;pp 259-296(Spine)</td>
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<tr>
<td>Wed Oct 16</td>
<td>Ch 9 continued and Catch-Up Review Game</td>
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<tr>
<td>Fri Oct 18</td>
<td>Lower Extremity Test (#2B)</td>
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<tr>
<td>Mon Oct 21</td>
<td>2\textsuperscript{nd} critique due&lt;br&gt;Center of Gravity pp 60, 409-414&lt;br&gt;Balance and stability 414-416&lt;br&gt;Levers 400-405</td>
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<tr>
<td>Wed Oct 23</td>
<td>Lever lab and&lt;br&gt;Ch 10 Linear Kinematics of Human Movement pp 297-330&lt;br&gt;Learn key terms related to kinematic variables and projectiles.</td>
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</tbody>
</table>
Fri Oct 25  Ch 10 continued. Worksheet to review concepts.
Mon Oct 28  Ch 10 pp 309-323 (Projectiles and possible lab)
Wed Oct 30  Linear kinematics continued and problems
Fri Nov 1   Ch 11 pp 331-358 (Angular Kinematics of Human Movement)
            Learn key terms and concepts associated to angular kinematics
Mon Nov 4   Ch 11 continued.
Wed Nov 6   Angular kinematics continued and problems
Fri Nov 8   Review game and catch-up
Mon Nov 11  TEST #3
Wed Nov 13  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 Nov 15  Ch 12 continued
Mon Nov 18  Linear kinetics continued and problems for linear kinetics
Wed Nov 20  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 Nov 22  Ch 14 Continued
Mon Nov 25  Ch 14 Continued
Wed Nov 27  Thanksgiving Holiday
Fri Nov 29  Thanksgiving Holiday
Mon Dec 2   Problems in angular kinetics and lab activities in kinetics
Wed Dec 4   Sport Science in action and qualitative movement analysis skills
Fri Dec 6   Movement analysis skill presentation and review
IMPORTANT DATE: Thursday October 1 is the last day to drop a class or withdraw from the University for the Fall 2019 semester.

FINAL EXAM SCHEDULE 2019
10:00 MWF CLASS, your final is Monday December 9 from 10:27 am -12:30 pm.

11:00 MWF CLASS, your final is Wednesday December 11 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
September 23, 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>Journal/Magazine</th>
<th>Database</th>
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<tbody>
<tr>
<td>Academic Leader</td>
<td>National Strength &amp; Conditioning</td>
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<tr>
<td>Athletic Journal</td>
<td>Palaestra</td>
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<tr>
<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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<tr>
<td>British Journal of Physical Education</td>
<td>Physical Education Index</td>
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<tr>
<td>Coaching Clinic</td>
<td>Physician and Sports Medicine</td>
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<tr>
<td>Dance Magazine</td>
<td>Quest</td>
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<tr>
<td>Dance Teach Now</td>
<td>Referee</td>
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<tr>
<td>ERIC</td>
<td>Research Quarterly</td>
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<tr>
<td>Exercise and Sport Sciences Review</td>
<td>Scholastic Coach</td>
</tr>
<tr>
<td>Health Letter</td>
<td>Sports and the Courts</td>
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<tr>
<td>International Gymnast</td>
<td>Sport Discus</td>
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<tr>
<td>International Journal of Sport Biomechanics</td>
<td>Sports Psychologist</td>
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<tr>
<td>Journal of Applied Physiology</td>
<td>Track &amp; Field News Quarterly</td>
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<tr>
<td>Texas Assn. for Health, P.E., &amp; Rec.</td>
<td>Texas Coach</td>
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<tr>
<td>Journal of Exercise and Sport Psychology</td>
<td>Texshare/Ovid</td>
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<tr>
<td>Journal of Health Education</td>
<td>The Physical Educator</td>
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<tr>
<td>Journal of Motor Behavior</td>
<td>Women’s Coaching Clinic</td>
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<tr>
<td>Journal of Physical Education, Recreation &amp; Dance</td>
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<tr>
<td>Journal of Sport Literature</td>
<td>Journal of Sport Medicine</td>
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<tr>
<td>Journal of Sport Sociology</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? _______ who? __________
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