

CSRF 6346

Human Kinetics



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Office Hours: by appointment

Course Information

Course Description

This course serves as an overview of kinesiology including: exercise physiology, motor behavior, and biomechanics related to sport preparation and human performance. This course will assist the student in preparing for various certifications offered by the American College of Sports Medicine, the National Strength and Conditioning Association, and other recommended organizations.

Course Credits

Three credit hours

Prerequisite and Co-requisite Courses

None

Prerequisite Skills

Example: Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the CSRF 6346.

Program Outcomes

Upon completion of the program of study for the Coaching, Sport, Recreation and Fitness degree, the graduate will be prepared to apply the knowledge and skills required to analyze human movement, both quantitatively and qualitatively, and use biomechanical principles to improve sport performance

Student Learning Outcomes

| Student Learning Outcome By completing all course requirements, students will be able to: | Assignment(s) or activity(ies) validating outcome achievement: |
|---|---|
| Identify talent and profiles for specific sports | Exams, quizzes, and laboratories |
| demonstrate the ability to assess and modify physical capacities for improved sport performance | Exams, quizzes, and laboratories |
| develop skills for assessment and modification of sport techniques using biomechanical principles | Exams, quizzes, and laboratories |

Course Delivery

This is a face-to-face course with learning resources and supplemental materials posted in Blackboard. This includes lecture, discussion, and practical experience through various laboratory assignments.

Required Texts and Materials

None

Recommended Texts and Materials

None

Technology Requirements

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- Internet Access
- Understand the use of Blackboard

Topic Outline

1. Branches of Biomechanics
2. Components of Biomechanics
3. Types of Force
4. Linear Kinematics
5. Linear Kinetics
6. Work, Energy, and Power
7. Torques and Moments of Force
8. Angular Kinematics
9. Angular Kinetics
10. Fluid Mechanics
11. Stress and Strain
12. Neurological Aspects of Biomechanics
13. Muscular Influence on Biomechanics
14. Qualitative vs. Quantitative Biomechanical Analysis
15. Application of Biomechanical Principles

Communication

Faculty will usually respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number in your subject line.

Grading

Evaluation and Grades

Course grades will be determined as indicated in the table below.

| Assessment | Points of Total Grade |
|---------------------|-----------------------|
| Laboratories | 100 |
| Quizzes | 100 |
| Comprehensive Exams | 300 |
| Total Points | 500 |
| | |

Grading System

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:

A = 450-500 points

B = 400-449 points

C = 350-339 points

F = < 350 points

Teaching Strategies

The course will include instructional videos, PowerPoint presentations, and practical experience through various laboratory assignments. Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (beyond the materials and lectures presented in the course) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material with their peers.

Assignment and Activity Descriptions

Exams and Quizzes

Scheduled comprehensive exams (300 points) and topic quizzes (100 points) will be announced throughout the semester and consist of multiple-choice questions. Questions will be taken from the weekly assignments and PowerPoint presentations.

Laboratory Assignments

Scheduled laboratory assignments (100 points) centered around anatomical, physiological, and biomechanical issues will be announced throughout the semester. Each one is designed to enhance your understanding of the concepts presented in the other materials provided in the course.

POLICY ON MISSED EXAMS AND QUIZZES AND LABORATORY DUE DATES

Exam, quiz, and laboratory assignment dates are shown in the course schedule. Please keep in mind that these are tentative dates and are subject to change. Students will be given adequate notice as to any changes that may occur. Faculty reserves the right to determine if a make-up will be allowed and/or to deduct points if not completed. Exceptions to this policy are on a case by case basis and in alignment with Angelo State University policy.

General Policies Related to This Course

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)¹
- [Angelo State University Catalog](#)²

Student Responsibility

The following classroom policies and student responsibilities will be enforced:

1. There will be **NO** use of cell phones (including TEXT MESSAGING) or any other unauthorized electronic equipment during exams and quizzes and is strictly prohibited.
2. It is the student's responsibility for the information presented and provided in the course. If necessary, the professor should be contacted at the **beginning** of the session for clarification of student expectations.
3. All students are encouraged to set up a virtual appointment with the professor **as needed** throughout the duration of the course. The **purpose** of the appointment is to provide additional assistance in understanding the concepts presented in the course.
4. There are **NO extra credit** opportunities in this course. Therefore, please do not inquire about such and/or raising your grade particularly at the end of the semester.
5. If you have a scheduled personal trip during the day of the final, you will need to **drop** the course or **cancel** the trip. The final will only be given on the day in which it is scheduled by the university. There are **NO** exceptions unless you are required to be present at a university sponsored event.

Academic Integrity

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university's [Statement of Academic Integrity](#).³

Accommodations for Students with Disabilities

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the [Student Disability Services website](#).⁴ The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs
325-942-2047
dallas.swafford@angelo.edu
Houston Harte University Center, Room 112

Incomplete Grade Policy

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 [Grading Procedures](#)⁵ for more information.

Student Absence for Observance of Religious Holy Days

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for [Observance of Religious Holy Day](#)⁶ for more information.

Copyright Policy

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

Syllabus Changes

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student's responsibility to look for such communications about the course daily.

Title IX at Angelo State University

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: www.angelo.edu/title-ix.

End of Syllabus

¹ <https://www.angelo.edu/student-handbook/>

² <https://www.angelo.edu/catalogs/>

³ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁴ <https://www.angelo.edu/services/disability-services/>

⁵ <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

⁶ <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>