



TEXAS A&M
UNIVERSITY
CENTRAL TEXAS™

COURSE SYLLABUS
EPHP 3303 ANATOMICAL KINESIOLOGY: FALL 2021

COURSE DATES, MODALITY, AND LOCATION

This course is offered in a hybrid format meeting on campus one day per week and online through the Texas A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com/>].

Dates/Times: Tuesdays from 9:30 – 10:45am. Students have the choice when to complete course work within the framework and specified due dates set by the instructor. Some assignments may be completed and/or due during scheduled class time such as laboratory assignments.

Location: Warrior Hall 311 and Online

INSTRUCTOR AND CONTACT INFORMATION

Instructor: Dr. Chris Poole

Office: Warrior Hall, 322Q

Phone: (254) 519-5794

Email: poole33@tamuct.edu

Office Hours: Tuesday 1-4pm and Wednesday 9am-2pm

I am also available to meet via Zoom if a face-to-face meeting is desired most days of the week. Please email me (poole33@tamuct.edu) to set up a time.

Mode of instruction and course access:

The delivery of the course content will be delivered using an in person and online model (hybrid class). Students will need internet access and a computer and/or smart phone to access all course material and to complete all required assignments for the course. Students will be exposed to online lectures, reading assignments, and quizzes to facilitate lower levels of learning (i.e. knowledge, remembering and understanding) Higher levels of learning (application, analyzing, and evaluation) intended to guide assimilation of that content into practice will be explored through discussions/video demonstrations and exam questions. Class time will be devoted to supplementing lectures and to complete laboratory assignments that will apply key concepts and principles. Students are expected to be active participants in the learning process.

This course uses the A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com/>].

Student-instructor interaction:

Students are encouraged to use email as the primary method to contact the course instructor. I will usually respond within 24 hours to any student emails sent between normal business hours Monday-Friday. Please see Office Hours section for information regarding face-to-face meetings.

WARRIOR SHIELD**Emergency Warning System for Texas A&M University-Central Texas**

Warrior Shield is an emergency notification service that gives Texas A&M University-Central Texas the ability to communicate health and safety emergency information quickly via email, text message, and social media. All students are automatically enrolled in Warrior Shield through their myCT email account.

Connect to Warrior Shield by 911Cellular [<https://www.tamuct.edu/police/911cellular.html>] to change where you receive your alerts or to opt out. By staying enrolled in Warrior Shield, university officials can quickly pass on safety-related information, regardless of your location.

Fall 2021 Return to Campus Plan. For the most recent campus information regarding COVID-19 see the Texas A&M University-Central Texas [Fall 2021 Return to Campus Plan](https://www.tamuct.edu/covid19/) [<https://www.tamuct.edu/covid19/>]

COURSE INFORMATION

Course Overview and description: This course will provide a foundation of human anatomy as it pertains to movement and performance. The course will focus on anatomical structures throughout the body as well as the biomechanical concepts behind human movement.

Course Objective: The purpose of this course is to study the application of basic mechanics of human motion to physical education activities. Includes a study of gross anatomy with application of the anatomical and mechanical principles involved in human movement.

Student Learning Outcomes (LO):

1. Identify major bones and major joints of the body.
2. Identify the major muscles of the body and explain their primary contributions to movement.
3. List the muscles that produce the primary movements for all the major joints of the body.
4. Analyze basic movements in terms of muscle actions.
5. Define and describe basic kinesiological concepts (planes/axes of movement, types of joint movements, levers, etc).
6. Explain basic biomechanical principles as it applies to human movement.

Competency Goals Statements (certification or standards): n/a

Required Reading and Textbook(s):

Floyd, R.T. Manual of Structural Kinesiology, 20th Edition. McGraw Hill 2018. 978-1-259-87043-9

COURSE REQUIREMENTS

Written Examinations: All written examinations will be delivered via Canvas on the designated dates. Exams will include questions in various formats including multiple choice, True/False, short answer and/or essays. In addition, all examinations may be cumulative and will be explained by the course instructor. The instructor holds the decision of where the students are permitted to take the exams, whether it be in the classroom during scheduled meeting times or at another location.

EXAMINATION ATTENDANCE

All examinations must be taken on the date and at the time scheduled by the course coordinator. ***Any student missing a scheduled exam will receive a 0 for that exam.*** In the cases of extenuating circumstances, the student may petition for delayed or early examination. (Note: the early option is only available for written examinations). Requests for an alternate examination period need to be submitted electronically to the course coordinator at least ***14 days in advance of the scheduled exam.***

For unanticipated events (illnesses, car accident, etc.), students should notify the course coordinator by email and by phone as soon as feasible. Appropriate documentation (Doctor's note etc.) at the discretion of the course coordinator will need to be provided before an examination is re-scheduled.

EXAMINATION POLICY

The following items are not allowed during testing:

- Breaks / Bathroom breaks (If student needs to leave the classroom for any reason (including to use the bathroom) they must submit their exam whether or not it is completed)
- Book bags, handbags or any other bag of materials (bags to be placed in the front or side of the testing room)
- No food or drink on the desk or in the surrounding area
- No technology / electronic devices other than the computer used for testing (only if the exam is given through a computer-based program). This includes smart watches, cell phones, tablets, PDAs, etc.
- No hats or other large accessories
- No earphones / headphones

The following items may only be used as indicated by the course instructor and must be turned into the faculty upon completion of the examination:

- Blank sheet of paper (checked prior by instructor)
- Pen/pencil used to write on paper (checked prior by instructor)
- Ear plugs (checked prior by instructor)

Written Quizzes: Written quizzes will be incorporated into the course as shown on the course outline. Students will be given a time limit to complete each quiz.

Assignments/Labs: Students will complete several assignments and labs during the course.

All assignments will be described in writing in advance with detailed expectations and a grading rubric, if applicable. Assignments will relate back to the topics being covered in the lecture at the time. The labs will primarily take on a video and/or power point format where students will perform exercise demonstrations with regard to appropriate muscle actions.

Presentation: Students will record a presentation that analyzes a selected athletic movement pattern. The movement will be chosen by the student, and they will be asked to research the movement and prepare a brief presentation that includes the following: a demonstration of the movement, identification of the muscles involved, biomechanical analysis of the movement, and possible risk factors for improper performance of the movement. Students will be graded on their presentation as well as the accuracy of the information. A detailed grading rubric will be made available to the students in advance.

GRADING POLICY: The student will be graded as follows:

<u>Item</u>	<u>Weight</u>
Exam I	100 points
Exam II	100 points
Quizzes	40 points
Assignments/Labs/Discussion	100 points
<u>Presentation</u>	<u>60 points</u>
Total	400 points

Letter Grade Conversion

360 – 400 points (90% - 100%) = A

320 – 359 points (80% - 89%) = B

280 – 319 points (70% - 79%) = C

240 – 279 points (60% - 69%) = D

Below 240 points (< 60%) = F

Grading Criteria Rubric and Conversion

Specific rubrics to be used for grading will be made available when the assignment is posted.

Posting of Grades

- Grades for assignments, quizzes, exams, and projects will be posted on the Canvas Grade book for students to access. In addition to individual item grades, a running cumulative course grade will be available to view.
- All assignments, quizzes, exams, and projects will be graded within 1 week of the due date, unless otherwise specified by the professor.

COURSE OUTLINE AND CALENDAR

Complete Course Calendar

COURSE SCHEDULE: 1ST 8-WEEK TERM

WEEK 1 – August 23 – August 27

- SYLLABUS
 - Read syllabus and watch course introduction
- TASKS/ASSIGNMENTS
 - Read Chapters 1,2, and 3 (Foundations, Neuromuscular, and Biomechanics)
 - Watch Video(s)
 - Complete Discussion: Planes of Movement

WEEK 2 – August 30 – September 3

- TASKS/ASSIGNMENTS
 - Read Chapters 4 and 5 (Shoulder Girdle and Joint)
 - Watch Video(s)
 - Complete Shoulder Lab
 - Complete Quiz 1

WEEK 3 – September 6 – September 10

- TASKS/ASSIGNMENTS
 - Read Chapters 6 and 7 (Elbow, Wrist, and Hand)
 - Watch Video(s)
 - Complete Elbow and Wrist Labs

WEEK 4 – September 13 – September 17

- TASKS/ASSIGNMENTS
 - Read/Review Chapter 12 (Only Upper Extremity Analysis and Exercises)
 - Watch Video(s)
 - Complete Assignment: Upper Extremity Analysis
 - Complete Quiz 2
 - Review Material for Exam 1

WEEK 5 – September 20 – September 24

- TASKS/ASSIGNMENTS
 - Complete Exam 1
 - Read Chapter 8 (Hip and Pelvic Girdle)
 - Watch Video(s)
 - Complete Hip Lab

WEEK 6 – September 27 – October 1

- TASKS/ASSIGNMENTS
 - Read Chapters 9 and 10
 - Watch Video(s)
 - Complete Knee and Ankle/Foot Labs

WEEK 7 – October 4 – October 8

- TASKS/ASSIGNMENTS
 - Read Chapter 11 and 12 (Trunk and Spinal Column, Lower Extremity Analysis)

- Watch Video(s)
- Complete Trunk Lab
- Complete Quiz 3
- Work on Video Presentation

WEEK 8 – October 11 – October 15

- TASKS/ASSIGNMENTS
 - Complete Video Presentation
 - Exam Review
 - Complete Exam 2

Important University Dates:

- August 25, 2021 – Deadline for Add, Drop, and Late Registration for the First 8-week Term
- August 30, 2021 – Deadline to Drop First 8-week classes with no record
- October 1, 2021 – Deadline to Drop First 8-week classes with a Quit (Q) or Withdraw (W)

TECHNOLOGY REQUIREMENTS AND SUPPORT

Technology Requirements

This course will use the A&M-Central Texas Instructure Canvas learning management system. **We strongly recommend the latest versions of Chrome or Firefox browsers. Canvas no longer supports any version of Internet Explorer.**

Logon to A&M-Central Texas Canvas [<https://tamuct.instructure.com/>] or access Canvas through the TAMUCT Online link in myCT [<https://tamuct.onecampus.com/>]. You will log in through our Microsoft portal.

Username: Your MyCT email address. Password: Your MyCT password

Canvas Support

Use the Canvas Help link, located at the bottom of the left-hand menu, for issues with Canvas. You can select “Chat with Canvas Support,” submit a support request through “Report a Problem,” or call the Canvas support line: 1-844-757-0953.

For issues related to course content and requirements, contact your instructor.

Online Proctored Testing

A&M-Central Texas uses Proctorio for online identity verification and proctored testing. This service is provided at no direct cost to students. If the course requires identity verification or proctored testing, the technology requirements are: Any computer meeting the minimum computing requirements, plus web camera, speaker, and microphone (or headset). Proctorio also requires the Chrome web browser with their custom plug in.

Other Technology Support

For log-in problems, students should contact Help Desk Central

24 hours a day, 7 days a week

Email: helpdesk@tamu.edu

Phone: (254) 519-5466

[Web Chat](http://hdc.tamu.edu): [<http://hdc.tamu.edu>]

Please let the support technician know you are an A&M-Central Texas student.

UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES

Drop Policy

If you discover that you need to drop this class, you must complete the [Drop Request](#) Dynamic Form through Warrior Web.

[<https://dynamicforms.ngwebsolutions.com/casAuthentication.ashx?InstID=eaed95b9-f2be-45f3-a37d-46928168bc10&targetUrl=https%3A%2F%2Fdynamicforms.ngwebsolutions.com%2Fsubmit%2FForm%2Fstart%2F53b8369e-0502-4f36-be43-f02a4202f612>].

Faculty cannot drop students; this is always the responsibility of the student. The Registrar's Office will provide a deadline on the Academic Calendar for which the form must be completed. Once you submit the completed form to the Registrar's Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled, FOLLOW-UP with the Registrar's Office immediately. You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid and/or VA educational benefits.

Academic Integrity

Texas A&M University-Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. All academic misconduct concerns will be referred to the Office of Student Conduct. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

For more [information regarding the Student Conduct process](#), [<https://www.tamuct.edu/student-affairs/student-conduct.html>].

If you know of potential honor violations by other students, you may [submit a report](#), [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0].

Academic Accommodations

At Texas A&M University-Central Texas, we value an inclusive learning environment where every student has an equal chance to succeed and has the right to a barrier-free education. The Office of Access and Inclusion is responsible for ensuring that students with a disability receive

equal access to the university's programs, services and activities. If you believe you have a disability requiring reasonable accommodations, please contact the Office of Access and Inclusion, WH-212; or call (254) 501-5836. Any information you provide is private and confidential and will be treated as such.

For more information, please visit our [Access & Inclusion](https://tamuct.instructure.com/courses/717) Canvas page (log-in required) [https://tamuct.instructure.com/courses/717]

Important information for Pregnant and/or Parenting Students

Texas A&M University-Central Texas supports students who are pregnant and/or parenting. In accordance with requirements of Title IX and related guidance from US Department of Education's Office of Civil Rights, the Dean of Student Affairs' Office can assist students who are pregnant and/or parenting in seeking accommodations related to pregnancy and/or parenting. Students should seek out assistance as early in the pregnancy as possible. For more information, please visit [Student Affairs](https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html) [https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html]. Students may also contact the institution's Title IX Coordinator. If you would like to read more about these [requirements and guidelines](http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf) online, please visit the website [http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf].

Title IX of the Education Amendments Act of 1972 prohibits discrimination on the basis of sex and gender—including pregnancy, parenting, and all related conditions. A&M-Central Texas is able to provide flexible and individualized reasonable accommodation to pregnant and parenting students. All pregnant and parenting students should contact the Associate Dean in the Division of Student Affairs at (254) 501-5909 to seek out assistance. Students may also contact the University's Title IX Coordinator.

Tutoring

Tutoring is available to all A&M-Central Texas students, on a remote online basis. Visit the Academic Support Community in Canvas to view schedules and contact information. Subjects tutored on campus include Accounting, Advanced Math, Biology, Finance, Statistics, Mathematics, and Study Skills. Student success coaching is available online upon request.

If you have a question regarding tutor schedules, need to schedule a tutoring session, are interested in becoming a tutor, success coaching, or have any other question, contact Academic Support Programs at (254) 501-5836, visit the Office of Student Success at 212F Warrior Hall, or by emailing studentsuccess@tamuct.edu.

Chat live with a tutor 24/7 for almost any subject from on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log in and receive online tutoring support at no additional cost. This tool provides tutoring in over 40 subject areas except writing support. Access Tutor.com through Canvas.

University Writing Center

University Writing Center: Located in Warrior Hall 416, the University Writing Center (UWC) at Texas A&M University—Central Texas (A&M—Central Texas) is a free service open to all A&M—Central Texas students. For the Fall 2021 semester, the hours of operation are from 10:00 a.m.-

5:00 p.m. Monday thru Thursday in Warrior Hall 416 (with online tutoring available every hour as well) with satellite hours available online only Monday thru Thursday from 6:00-9:00 p.m. and Saturday 12:00-3:00 p.m.

Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. By providing a practice audience for students' ideas and writing, our tutors highlight the ways in which they read and interpret students' texts, offering guidance and support throughout the various stages of the writing process. In addition, students may work independently in the UWC by checking out a laptop that runs the Microsoft Office suite and connects to WIFI, or by consulting our resources on writing, including all of the relevant style guides. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the UWC is here to help!

Students may arrange a one-to-one session with a trained and experienced writing tutor by making an appointment via WOnline at <https://tamuct.mywconline.com/>. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the UWC, need any assistance with scheduling, or would like to schedule a recurring appointment with your favorite tutor by making an appointment via WOnline at <https://tamuct.mywconline.com/>. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the UWC, need any assistance with scheduling, or would like to schedule a recurring appointment with your favorite tutor.

University Library

The University Library provides many services in support of research across campus and at a distance. We offer over 200 electronic databases containing approximately 400,000 eBooks and 82,000 journals, in addition to the 96,000 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.

Research assistance from a librarian is also available 24 hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place virtually through WebEx, Microsoft Teams or in-person at the library. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group work spaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and

laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our [Library website](http://tamuct.libguides.com/index) [http://tamuct.libguides.com/index].

OPTIONAL POLICY STATEMENTS

A Note about Sexual Violence at A&M-Central Texas

Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at TAMUCT, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Student Wellness and Counseling (254-501-5955) located on the second floor of Warrior Hall (207L).

Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don't agree with their behaviors and tell survivors we will support them. Your actions matter. Don't be a bystander; be an agent of change. For additional information on campus policy and resources visit the [Title IX webpage](https://www.tamuct.edu/compliance/titleix.html) [https://www.tamuct.edu/compliance/titleix.html].

Behavioral Intervention

Texas A&M University-Central Texas cares about the safety, health, and well-being of its students, faculty, staff, and community. If you are aware of individuals for whom you have a concern, please make a referral to the Behavioral Intervention Team. Referring your concern shows you care. You can complete the [referral](https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2) online [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2].

Anonymous referrals are accepted. Please see the [Behavioral Intervention Team](https://www.tamuct.edu/bit) website for more information [https://www.tamuct.edu/bit]. If a person's behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5800.

INSTRUCTOR POLICIES.

CLASSROOM USE OF ELECTRONIC DEVICES

Unauthorized and/or distracting use of electronic devices will not be tolerated in the classroom. Electronic devices include, but are not limited to, computers, cell phones, pagers, smart watches, and Tablets. Examples of unauthorized use include: "Instant-Messaging"; inappropriate internet browsing/surfing; playing games; talking on cell phones; e-mailing. Students are expected to turn off audio notification for cell phones and pagers. ***A student who engages in distracting or unauthorized use of electronic equipment in class is considered to be in violation of the MU DPT professional behaviors and will be asked to immediately leave class.*** Being dismissed from class will count as an absence. Further sanctions will be applied for repeat offenses.

COMPUTER ISSUES

Many students utilize personal laptops or tablets for note and examination taking, and for

submitting assignments electronically to Canvas or other online programs. If a student should have issues regarding submission of assignments due to technical computer issues (i.e. computer malfunction, network outage, etc.), the student is responsible for submitting the assignment on time. They should email or phone their course instructor to notify them of the issue and attempt to submit the assignment via email or other means as decided by the course instructor. Submission of a late assignment due to technical computer issues as described above will follow the Late Work Policy. No exceptions will be made for technical problems involving the internet, email, or Canvas.

If a student has technical issues and requires an additional computer/laptop for examination, it is their responsibility to notify the course instructor to attain the necessary equipment. Notification should be given at least 24 hours prior to the examination date/time, if possible.

LATE WORK

Students should turn assignments in by their due date and time as indicated by the course instructor or syllabus. In the event that assignments are turned in after the appropriate designated date/time without prior approval by the course instructor, the following course policy applies:

- On the first offense, the student will receive a decrease in their grade on the assignment by one letter grade in addition to any missed points on the assignment.
- On the second late offense, or any thereafter, the student will receive a "0" for the assignment.

No exceptions will be made for technical problems involving the internet, email, or Canvas. Emergency or illness are some of the only exceptions to this policy. All potential exceptions will be dealt with on an individual basis.

EXAMINATION REVIEW

Students will be provided with one opportunity to review their examination. The review will be at the discretion of the course coordinator. Students are not permitted to copy, write, reproduce, photograph or identify in any way examination questions, answers and/or rationale (hard or electronic format) provided during an examination/quiz review and will be considered an honor code violation if done so.

Copyright Notice.

Students should assume that all course material is copyrighted by the respective author(s). Reproduction of course material is prohibited without consent by the author and/or course instructor. Violation of copyright is against the law and Texas A&M University-Central Texas' Code of Academic Honesty. All alleged violations will be reported to the Office of Student Conduct.

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