

Midwestern State University
Department of Athletic Training and Exercise Physiology
EXPH 1803 Anatomical Kinesiology
(3 credit hours)

Day and Time: Lecture: Monday/Wednesday/Friday 11:00 - 11:50 am

Location: Room 111, Ligon Coliseum

Instructor: Michael W. Olson, Ph.D.

Email: michael.olson@msutexas.edu

Telephone: 940-397-4053

Office: 215 Ligon Coliseum

Office Hours: M/W: 9:00 - 10:00am; T/TH 9:00 – 10:30am

Important Dates:

First Day of Class	Monday, January 10
Martin Luther King Jr. Day Observed	Monday, January 17 (no class)
Spring Break	March 12 - 20
Last Day to Withdraw	Monday, March 21
Easter Break	Thursday April 14 through Sunday April 17 (No Class)
Exam I	Wednesday, February 2 (in class)
Exam II	Wednesday, March 2 (in class)
Exam III	Wednesday, March 30 (in class)
Final Exam	Monday, May 2: 10:30am – 12:30 pm (in person)

Textbook: The following text is required for the course. Material presented in class will NOT be exclusively from the text, but will enhance the contents introduced in the readings.

Manual of Structural Kinesiology, 20th edition, Floyd, McGraw-Hill, N.Y., N.Y., 2017, ISBN: 9781260237757

Grading Scale:

90 – 100 **A**; 80 – 89.99 **B**; 70 – 79.99 **C**; 60 – 69.99 **D**; 0 – 59.99 **F**

Course Objectives:

- become familiar with movement terminology
- introduce the structures of the musculoskeletal system and how these structures interact to provide functional movement
- introduce joint classifications
- introduce skeletal muscle function and structures
- introduce neural centers and pathways controlling movements
- understand the advantages and disadvantages of certain musculoskeletal interactions
- introduce biomechanical concepts of the musculoskeletal system

Course Evaluation: Evaluation of the course material will be broken down between four (4) exams throughout the semester and 10 labs. Each exam will be cumulative as the information attained early in the semester will be relevant to proceeding material. All exams will be in-class and worth 80% of your overall grade. All labs will be on Fridays and will count as 20% of the overall grade.

Exams: 4 exams totaling 80% of final grade

Exam I	25%
Exam II	25% (~ 75% material after Exam I)
Exam III	25% (~ 75% material after Exam II)
FINAL	<u>25%</u> (Cumulative)
	100%

Labs: 10 labs totaling 20% of final grade

This course is based on building a foundation from previous material. If you attain a grade on the FINAL EXAM that is better than your average score from the previous exams, then you will receive that letter grade for you exam grade. For example, if your three (3) exam grades average to a C letter grade, and you do well on the final exam (a B letter grade), then you will have earned the higher letter grade. This grade will then be used to as the exam grade in calculating your final course grade. YOU MUST TAKE ALL PRECEDING EXAMS TO QUALIFY FOR THIS OPPORTUNITY.

Tentative Course Schedule:

Week	Dates	Content
1	Jan 10-14	Welcome, Introduction, Chapter 1: Planes of Movement and Axes of Rotation
2	Jan 19-22 Jan 21	Chapter 1: Movement Terminology/Types of Joints/Movements Friday Lab (Planes/Movements)
3	Jan 24-26 Jan 28	Chapter 1: Introduction to Osteology/Osteology Friday Lab (Osteology)
4	Jan 31 Feb 2 Feb 4	Chapter 1: Osteology (cont) EXAM I Chapter 2: Muscle and Nerve/Neuromuscular Function
5	Feb 7-9 Feb 11	Chapter 2: Muscle and Nerve Function (cont) Friday Lab (Muscle & Nerve)
6	Feb 14-16 Feb 18	Chapter 2: Central and Peripheral Nervous Systems Friday Lab (Nervous System)
7	Feb 21-23 Feb 25	Chapter 3: Biomechanical Concepts related to the Body Friday Lab (Biomechanics/Levers)
8	Feb 28 Mar 2 Mar 4	Exam Review Exam II Chapter 4/5: Shoulder Girdle and Shoulder Joint
9	Mar 7 Mar 9 Mar 11	Chapter 4/5: Shoulder Girdle and Should Joint (cont) Chapter 6: Elbow and Radioulnar Joints Friday Lab (Shoulder)

Spring Break

10	Mar 21-23 Mar 25	Chapter 7: Hand and Wrist Joints (cont) Friday Lab (Hand & Wrist)
11	Mar 28 Mar 30 Apr 1	Exam Review EXAM III Chapter 12: Trunk and Spinal Column
12	Apr 4-6 Apr 8	Chapter 12: Trunk and Spinal Column (cont) Friday Lab (Trunk & Spine)
13	Apr 11-13 Apr 15	Chapter 9: Hip and Pelvic Girdle Holiday Break
14	Apr 18-20 Apr 22	Chapter 10: Knee Joint Friday Lab (Hip/Pelvis & Knee)
15	Apr 25-27 Apr 29	Chapter 11: Ankle and Foot Friday Lab (Ankle & Foot)
16	Final Exam	Monday May 2 from 10:30am-12:30pm

Attendance

Attendance at class is **compulsory** if you intend on performing well in this course. Attendance will be taken for each class period. If you are not feeling well, I encourage you to stay away from the classroom. Lectures will not be recorded so it is your responsibility to get notes from fellow classmates. Remember, if you plan on doing well in this, or any other course, you need to study outside of class three (3) hours for each credit hour of a course. Since this is a 3-credit hour course, you should be studying outside of class for 9 hours during the week and staying current with the materials presented.

While in the classroom, social distancing will be practiced. Wearing masks is not mandatory/required while in the classroom and the building.

Classroom Policies: It is assumed that everyone enrolled in this course is here to pursue further knowledge in the area of human movement. The following list provides what will be expected by the instructor and should also be expected by the students:

1. Attendance in class is expected. If you will not be able to participate in a class session please notify the instructor **PRIOR** to your absence in a timely manner. Only those with excuses that are related to University events (academic, athletic, etc.) or religious purposes may make-up work. If you have an excused absence and will not be available for an exam (**EXCLUDING** the **FINAL EXAM**) you must take the exam **PRIOR** to your absence (**NO EXCUSES!!**). Those individuals who do not have an excuse for an absence will receive a zero score for that day's evaluation. If you fail to inform the instructor in a timely manner of your absence, then any make-up work performed will be worth 50% of the original work.

2. Turn off all cell phones, pagers, and any other electronic devices before class begins. It is disrupting to other students, and disturbing to the instructor if these electronic devices are active during the class period.
3. If you have a question that was not answered during the class period please feel free to stop by my office or email me your question (see front page).
4. Neither academic dishonesty nor plagiarism will be tolerated and as such, disciplinary action will be issued in accordance with university guidelines.

Services for Students With Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Clark Student Center, Room 168, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please go to <http://www.mwsu.edu/student-life/disability>.

Extra Credit

There will be several impromptu activities related to our class or department throughout the semester. If you participate in those activities, you will receive extra credit to the EXAM point total from participating of **research project, conference/thesis presentation, or/and study halls, etc.**

College Policies

Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by WATC. Adult students may smoke only in the outside designated-smoking areas at each location.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.