

Course Calendar
KNES 3513 X10 Scientific Foundations
FALL 2026

August 24 Course Materials

Assignment

Read the course materials posted on D2L in the module entitled Course Materials. Materials posted include the syllabus, course calendar, and any other documents appropriate for this course.

Purchase the Textbook

The textbook is required reading for this course and you should have it in hand by the beginning of the second week of the semester.

August 31 Anatomy: Language & Basic Terminology

Required Reading

Chapter 3 What is Anatomy?

Learning Activity 1

(Due Date: Wednesday September 2, 11:59 pm.)

Complete Learning Activity 1 on Planes, Movements and Types of Joints. The learning activity is worth 25 points. Submit the assignment to the appropriate dropbox on D2L.

September 7 Anatomy: Bones, Joints & Muscles

Required Reading

Chapter 4 The Pieces of the Body Puzzle

Learning Activity 2

(Due Date: Wednesday September 9, 11:59 pm.)

Complete Learning Activity 2 on Actions, Muscles and Joint Injuries. The learning activity is worth 25 points. Submit the assignment to the appropriate dropbox on D2L.

September 14

Exam 1

(Due Date: Wednesday September 16, 11:59 pm.)

Exam 1 covers the material presented in chapters 3 and 4, and is worth 50 points.

September 21 Physiology: Muscle Structure & Function

Required Reading

Chapter 5 Muscle Structure & Function

Learning Activity 3

(Due Date: Wednesday September 23, 11:59 pm.)

Complete Learning Activity 3 on Muscle Contraction and Muscle Fiber Types. The learning activity is worth 25 points. Submit the assignment to the appropriate dropbox on D2L.

September 28 Physiology: Working Muscles

Required Reading

Chapter 6 Muscles at Work

Learning Activity 4

(Due Date: Wednesday September 30, 11:59 pm.)

Complete Learning Activity 4 on Muscle Action and Influencing Factors. The learning activity is worth 25 points. Submit the assignment to the appropriate dropbox on D2L.

October 5

Exam 2

(Due Date: Wednesday October 7, 11:59 pm.)

Exam 2 covers the material presented in chapters 5 and 6, and is worth 50 points.

October 12

No assignment

October 19 Physiology: Energy for Muscular Activity

Required Reading

Chapter 7 Energy for Muscular Activity

Learning Activity 5

(Due Date: Wednesday October 21, 11:59 pm.)

Complete Learning Activity 5 on Activities and Energy Systems. The learning activity is worth 25 points. Submit the assignment to the appropriate dropbox on D2L.

October 26 Physiology: Heart & Lungs

Required Reading

Chapter 8 The Heart & Lungs at Work

Learning Activity 6

(Due Date: Wednesday October 28, 11:59 pm.)

Complete Learning Activity 6 on Exercising at Altitude and in the Heat. The learning activity is worth 25 points. Submit the assignment to the appropriate dropbox on D2L.

November 2

Exam 3

(Due Date: Wednesday November 4, 11:59 pm.)

Exam 3 covers the material presented in chapters 7 and 8, and is worth 50 points.

November 9 Biomechanics: Motion, Levers & Newton's Laws

Required Reading

Chapter 9 The Science of Biomechanics (pp. 172-187)

Learning Activity 7

(Due Date: Wednesday November 11, 11:59 pm.)

Complete Learning Activity 7 on Newton's Laws of Motion. The learning activity is worth 25 points. Submit the assignment to the appropriate dropbox on D2L.

November 16 Biomechanics: Fluids, Balance & Skill Analysis

Required Reading

Chapter 9 The Science of Biomechanics (pp. 187-200)

Learning Activity 8

(Due Date: Wednesday November 18, 11:59 pm.)

Complete Learning Activity 8 on Balance, Stability and Qualitative Analysis. The learning activity is worth 25 points. Submit the assignment to the appropriate dropbox on D2L.

November 23 Thanksgiving

November 30

Exam 4

(Due Date: Wednesday December 2, 11:59 pm.)

Exam 4 covers the material presented in chapter 9, and is worth 50 points.