

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

Day and Time: Lecture: Monday/Wednesday/Friday 10:00 - 10:50 am

Location: Room 175, Dillard

Instructor: Michael Olson, Ph.D.

Email: michael.olson@msutexas.edu

Telephone: 940-397-4053

Office: 215 Ligon Coliseum

Office Hours: M/W: 1:30 – 2:30pm; T/TH 9:00 – 11:00pm

Important Dates:

First Day of Class	Monday, August 22
Last Day to Drop	Monday October 24 (4pm)
Thanksgiving Break	Tuesday, November 22 at 10pm through Sunday November 27 (No Class)
Exam I	Wednesday, September 14
Exam II	Wednesday, October 12
Exam III	Wednesday, November 9
Final Exam	Wednesday, December 7 (10:30am-12:30pm)

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, 21st edition, Floyd & Thompson, McGraw-Hill, N.Y., N.Y., 2020, ISBN: 978-1260575637

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 nine (9) labs. Each exam will be cumulative as the information attained early in the semester will be relevant to proceeding material. All exams will be online 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: 9 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 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 for the exam portion. YOU MUST TAKE ALL PRECEDING EXAMS TO QUALIFY FOR THIS OPPORTUNITY.

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.

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 credits to the EXAM point total from participating of **research project, conference/thesis presentation, or/and study halls, etc.**

Tentative Course Schedule:

Week	Dates	Content
1	Aug 22-26	Welcome, Introduction, Chapter 1: Planes of Movement and Axes of Rotation
2	Aug 29-Sept 2 Sept 2	Chapter 1: Movement Terminology Chapter 1: Types of Joint and Joint Movements Lab
3	Sept 7-9	Chapter 1: Introduction to Osteology/Osteology
4	Sept 12 Sept 14 Sept 16	Chapter 1: Osteology (cont) EXAM I Chapter 2: Muscle and Nerve/Neuromuscular Function
5	Sept 19-23 Sept 23	Chapter 2: Muscle and Nerve Function (cont) Lab
6	Sept 26-28 Sept 30	Chapter 2: Central and Peripheral Nervous Systems Lab
7	Oct 3-7 Oct 7	Chapter 3: Biomechanical Concepts related to the Body Lab
8	Oct 10 Oct 12 Oct 14	Exam Review, Introduction of Shoulder Girdle and Shoulder Joint Exam II Chapter 4/5: Shoulder Girdle and Shoulder Joint
9	Oct 17 Oct 19 Oct 21	Chapter 4/5: Shoulder Girdle and Should Joint (cont) Chapter 6: Elbow and Radioulnar Joints Lab

10	Oct 24 Oct 26 Oct 28	Chapter 6: Elbow and Radioulnar Joint (cont) Chapter 7: Hand and Wrist Joints Lab
11	Oct 31 Nov 2 Nov 4	Chapter 7: Hand and Wrist Joints (cont) Chapter 12: Trunk and Spinal Column Lab
12	Nov 7 Nov 9 Nov 11	Chapter 12: Trunk and Spinal Column (cont) Exam II Chapter 9: Hip and Pelvic Girdle
13	Nov 14 Nov 16 Nov 20	Chapter 9: Hip and Pelvic Girdle (cont) Chapter 10: Knee joint Lab
14	Nov 21	Chapter 10: Knee Joint (cont)
15	Nov 28- 30 Dec 2	Chapter 11: Ankle and Foot Lab
16	Final Exam	Wednesday Dec 7 (10:30am-12:30pm)

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.