

KNES 3513 X10 Scientific Foundations of Human Movement
Course Syllabus Fall 2026
Dr. Julie Wood

Contact Information

- Office: Bridwell 322
- Hours: 10:30-12:00 MTWR; Anytime the office door is open or by appointment.
- Email: julie.wood@msutexas.edu

Contact Preference

My preferred method of communication is by email. I check my email throughout the day (MTWRF), so you can expect to hear back from me usually within a few hours of receiving your message. I generally do not respond during the evening hours or over the weekend. If you should call and leave a message, I would appreciate it if you would also send me an email as I most often do not pay attention to the phone.

Course Description

Basic concepts and principles of anatomical kinesiology, biomechanics, and exercise physiology are introduced and applied to the study of motor skill acquisition and performance. (Prerequisite: Junior/Senior standing.)

Textbook

Klavora, P. (2019). Foundations of Kinesiology: Studying Human Movement and Health (3rd ed.). Toronto, ON M5S 2K7 Canada: Kinesiology Books Publisher.

Learning Outcomes

- Students will demonstrate general knowledge of anatomical structures and physiological systems that control normal functioning of the human body at rest and in motion. (SHAPE 1.1; SBEC II 004)
- Students will demonstrate general knowledge of physiological concepts and principles that guide the development of optimal fitness and performance. [SHAPE 1.1; SBEC II 004, 005; TEKS 116.12(b)(8)(A), 116.12(b)(10)(B), 116.13(b)(8)(A), 116.13(b)(8)(B), 116.14(b)(8)(A), 116.14(b)(8)(B), 116.14(b)(10)(B), 116.15(b)(8)(B), 116.16(b)(8)(A), 116.16(b)(10)(B), 116.17(b)(8)(A), 116.17(b)(8)(B), 116.17(b)(10)(B), 116.26(b)(8)(A), 116.26(b)(8)(B), 116.26(b)(10)(A), 116.26(b)(10)(B), 116.27(b)(8)(A), 116.27(b)(8)(B), 116.62(c)(1)(A), 116.62(c)(3)(C), 116.62(c)(3)(D), 116.62(c)(3)(F), 116.62(c)(5)(D), 116.63(c)(3)(B)]
- Students will identify and explain biomechanical concepts and principles essential for understanding the dynamics of bodies and objects in motion. [SHAPE 1.1; SBEC I 002; TEKS 116.12(b)(2)(A), 116.13(b)(3)(B), 116.13(b)(4)(C), 116.14(b)(3)(A), 116.14(b)(3)(B), 116.15(b)(1)(B), 116.15(b)(3)(A), 116.15(b)(3)(B), 116.15(b)(3)(G), 116.16(b)(1)(B), 116.16(b)(3)(B), 116.16(b)(3)(E), 116.16(b)(3)(G), 116.16(b)(4)(C), 116.17(b)(1)(B), 116.17(b)(2)(A), 116.17(b)(3)(B), 116.17(b)(3)(E), 116.17(b)(3)(G), 116.26(b)(1)(B), 116.26(b)(2)(A), 116.26(b)(3)(A), 116.26(b)(3)(B), 116.26(b)(3)(E), 116.26(b)(3)(G), 116.26(b)(4)(B), 116.27(b)(1)(B), 116.27(b)(3)(E),

116.27(b)(3)(G), 116.28(b)(1)(B), 116.28(b)(2)(A), 116.28(b)(3)(A), 116.28(b)(3)(B), 116.28(b)(3)(E), 116.28(b)(3)(G), 116.28(b)(4)(B), 116.62(c)(1)(B)]

- Students will identify and apply anatomical and mechanical factors to selected motor patterns and sport skills. (SHAPE 1.1; SBEC I 002)
- Students will explore and discuss the use of scientific concepts and principles as an element of best practice in teaching and coaching. (SHAPE 1.1; SBEC I 002)

Course Essentials

Syllabus

The syllabus provides general information about the course, assignment expectations and requirements, and assessment information.

Course Calendar

The course calendar is the road map for this course. The course calendar identifies: (1) the topics to be studied, (2) the chapter reading assignments, (3) the assessment activities to be completed, and (4) the completion dates for the assessments.

Textbook

The textbook is required reading for this course. Reading assignments and assessments are connected directly to the text. This is an excellent text written in a straightforward manner, with photos, diagrams, and graphs that serve to increase understanding.

Desire-to-Learn (D2L)

This course is delivered on the MSU Texas online platform D2L. Each student is expected to be familiar with this platform as it is the source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Texas Homepage.

Learning Modules

The content for this course is organized into modules on D2L. The modules can be found listed in the course browser on the course homepage. There is a module for course materials followed by 8 learning modules. Learning modules contain the chapter learning activities.

Graded Assignments

Learning Activities

Eight learning activities are required throughout the semester that give you an opportunity to apply concepts and principles to various activities. Learning activities might include discussion questions, skill analyses, and case studies. Each learning activity is worth 25 points for a total of 200 points.

Exams

Exams over the course content have been created to assess your understanding and ability to apply basic concepts of anatomy, physiology, and biomechanics. Exams are composed of discussion questions relevant to the various chapters. There are 4 exams and each exam is worth 50 points for a total of 200 points.

Student Expectations

- **COURSE CONTENT:** Students are responsible for reading assigned material.
- **SCHOLARLY RESEARCH:** Students are responsible for locating scholarly material through the MSU library or other online scholarly sources when needed to complete assignments.
- **PLAGIARISM:** Students are expected to submit original work. Please do not copy the work of others without providing proper citations.
- **USE OF ARTIFICIAL INTELLIGENCE (AI)**
If you should choose to use AI tools to complete your assignments, please be sure to indicate the tool you used at the end of the assignment.
- **WRITING CONVENTIONS:** Written assignments should be double spaced using 12-point font. Copying and pasting information is not acceptable.
- **CITATIONS AND REFERENCES:** When references are requested, citations and reference information should be complete and formatted following APA guidelines. The APA manual 7th edition can be found online at [Purdue Owl APA](#) or [American Psychological Association](#).
- **ASSIGNMENT SUBMISSION:** Be sure to submit the correct document to the assignment drop box. Submitting incorrect or blank documents will result in a grade of zero.
- **LATE ASSIGNMENTS/EXAMS:** A grace period of 24 hours is allowed for late submissions if you wish to receive credit for completing the assignment/exam. Submissions will not be accepted after the 24-hour grace period and a grade of zero will be recorded.
- **RESUBMISSIONS:** There are no redoes for assignments or exams.
- **EXTRA CREDIT:** There are no opportunities for extra credit.
- **QUESTIONS:** Please stop by the office or contact me via email if you have questions about the class or an assignment.

Assessment

Assignments, Points, Due Dates

Assignments	Points	Due Date
Learning Activity 1	25	Wednesday September 2
Learning Activity 2	25	Wednesday September 9
Exam 1	50	Wednesday September 16
Learning Activity 3	25	Wednesday September 23
Learning Activity 4	25	Wednesday September 30
Exam 2	50	Wednesday October 7
Learning Activity 5	25	Wednesday October 21
Learning Activity 6	25	Wednesday October 28
Exam 3	50	Wednesday November 4
Learning Activity 7	25	Wednesday November 11
Learning Activity 8	25	Wednesday November 18
Exam 4	50	Wednesday December 2
Total Points	400	

Final Grade Determination

Grade	Points	Percent
A	360-400	90-100
B	320-359	80-89
C	280-319	70-79
D	240-279	60-69
F	000-239	00-59