Course Syllabus Fall 2023

KNES 3513 X10 Scientific Foundations of Human Movement
Dr. Julie Wood
August 28 – December 16

Contact Information
- Office: Bridwell 322
- Hours: 10:00-12:00 TWR or Email for Appointment
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Contact Preference
My preferred method of communication is by email. I check my email throughout the day (MTWR), 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 006)

- Students will demonstrate general knowledge of physiological concepts and principles that guide the development of optimal fitness and performance. [SHAPE 1.1; SBEC II 006, 007; 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 003; 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 003)

- 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 003)

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 program 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 chapter power point slides, learning activities, and grading rubrics.

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.

Exams

Exams for learning modules 1-8 have been created to assess your understanding and ability to apply basic concepts of anatomy, physiology, and biomechanics. Questions relate directly to the content of each chapter in the textbook. Exams are composed of different types of questions (true-false, multiple choice, fill in the blank) of varying levels of difficulty.

Instructor Beliefs

I thought it might be important to share with you some of my beliefs about teaching and my approach to working with students who I meet along this journey of life. I am beginning my 48th year of teaching in higher education, which means you were not in anyone's "thoughts" when I began my career.

That said, what do I believe about you as we begin this semester?

1. I believe you are growing into the very best person you can be.
2. I believe you will give your best effort to meet the challenges you experience in my class.
3. I believe the assignments you will submit are yours – original work that you have spent time and effort to show the best of you.
4. I believe you will take the initiative to contact (email) me if you have questions about the class or issues with an assignment.

5. I believe you will be open and honest when interacting and communicating with me.
6. I believe you will be successful in your individual way.

Student Integrity

AI Generated Writing

Using ChatGPT and other AI generative programs to compose an assignment are not yet considered acceptable practices. AI generated information is not original work. The machine is giving you information that has been copied from others with no acknowledgement of who authored or created the original material. If you copy and paste AI generated information, you have plagiarized the information given to you by the machine. If you rephrase AI generated information, you have again committed plagiarism because the information is not your original work.

That said, if you decide to use generative AI for parts of an assignment, please read the information at the following two links carefully. The Best Practices article gives you suggestions and guidelines for acceptable use. Keep in mind that AI is not always correct or current or trustworthy. However, you are responsible for the accuracy of all material you include in an assignment. You should locate and cite professional sources that support the AI generative information you use. [Best Practices AI Scientific Manuscripts](#)

Most importantly, you must provide citations and references for all generative AI information used. Since generative AI information is not reproducible, you should save copies of the information you obtained and include those documents in appendices attached to your assignment. Full citation information can be found at the APA How to Cite link. [How to Cite ChatGPT](#)

Plagiarism

All assignments are submitted to Turnitin for plagiarism and AI checks. Next, the instructor will review the plagiarism/AI issues. Many times, scores can be impacted by reference and citation information, and these issues will be disregarded. All paraphrased and quoted information should be cited and a reference for that citation should be included with the assignment or on the reference page. Remember, this is true for AI generated information as well. The APA manual 7th edition can be found online. [Purdue Owl APA](#) or [American Psychological Association](#)

Resolving AI/Plagiarism Issues

I prefer to view AI and plagiarism issues as a learning experience. I understand that you may make mistakes and you may be confused by policies that differ from course to course. It is very important that you read every syllabus and understand all faculty expectations.

So, how will we resolve AI and plagiarism issues in this course.

1. I will return the assignment and ask you to fix the issues noted or redo the entire assignment.
   - If the resubmission is complete and correct, I will record your grade without penalty.
   - If the resubmission is not acceptable, I will send it back again. And again, until we work out the issues in a satisfactory manner. I will then record your grade without penalty.
   - If you should choose not to resubmit an assignment, the original grade earned will be recorded.

2. If you and I have a different view of an issue, meaning I see a problem with AI or plagiarism and you believe my view is mistaken, then we need to meet to discuss the problem. I believe with an open and honest discussion we will be able to resolve the issue. Learning is always possible if we recognize that each of us have something to learn.
   - The resolution we agree to will guide how we proceed, with positive student learning as the intended outcome.

Assessment

Assignments	Points	Due Date
Learning Activity 1	25	Friday September 8
Exam 1	34	Friday September 15
Learning Activity 2	25	Friday September 22
Exam 2	40	Friday September 29
Learning Activity 3	25	Wednesday October 4
Exam 3	40	Friday October 6
Learning Activity 4	25	Friday October 13
Exam 4	38	Friday October 20
Learning Activity 5	25	Wednesday October 25
Exam 5	40	Friday October 27
Learning Activity 6	25	Friday November 3
Exam 6	36	Friday November 10
Learning Activity 7	25	Friday November 17
Exam 7	40	Tuesday November 21
Learning Activity 8	25	Friday December 1
Exam 8	40	Friday December 8
Total Points	508	

Grade	Points	Percent
A	457-508	90-100
B	406-456	80-89
C	355-405	70-79
D	304-354	60-69
F	000-303	00-59