KNES 3513 X10 Scientific Foundations of Human Movement

Course Syllabus Fall 2024

Dr. Julie Wood

Contact Information

- Office: Bridwell 322
- Hours: 10:00-12:00 TR, 10:30-12:00 W, or Email for Appointment
- Email: julie.wood@msutexas.edu

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 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 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.

Student Expectations

- COURSE CONTENT: Students are responsible for reading/viewing 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.
- ORIGINAL WORK: Students are expected to submit original work. Generative AI and plagiarism are not acceptable. Refer to course grading rubrics for point deductions.
- 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 does not excuse you. A grade of zero will be recorded.
- LATE ASSIGNMENTS: Late assignments will not be accepted. 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: I expect you to take the initiative to contact me via email if you have questions about the class or an assignment.
- PROFESSIONAL CONDUCT: I expect any interaction or communication we have to be professional and respectful.

Assessment

Assignments	Points	Due Date
Learning Activity 1	25	Friday September 6
Exam 1	34	Friday September 13
Learning Activity 2	25	Friday September 20

Exam 2	40	Friday September 27
Learning Activity 3	25	Wednesday October 2
Exam 3	40	Friday October 4
Learning Activity 4	25	Friday October 11
Exam 4	38	Friday October 18
Learning Activity 5	25	Wednesday October 23
Exam 5	40	Friday October 25
Learning Activity 6	25	Friday November 1
Exam 6	36	Friday November 8
Learning Activity 7	25	Friday November 15
Exam 7	40	Friday November 22
Learning Activity 8	25	Wednesday December 4
Exam 8	40	Friday December 6
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