



Midwestern State University
Department of Athletic Training and
Exercise Physiology

EXPH 1803 Anatomical Kinesiology
Spring 2024

Day and Time: Lecture: Monday/Wednesday/Friday - 11:00 - 11:50 am

Location: Room 223, D.L. Ligon Coliseum

Instructor: Brett Crossland, Ph.D.

Email: brett.crossland@msutexas.edu

Telephone: 940-397-4956

Office: 208 Ligon Coliseum

Office Hours: M/T/W/R - 9:00 - 11:00 AM

Important Dates:

First Day of Class - Wednesday, January 17

Spring Break - March 10 - 16 (No Class)

Last Day to Withdraw - Monday, March 25

Easter Holiday - March 29 (No Class)

Exam I - Friday, February 2

Exam II - Wednesday, February 28

Exam III - Friday, April 5

Final Exam - TBD

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

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, five (5) quizzes taken on D2L, and ten (10) labs. Each exam will be cumulative as the information attained early in the semester will be relevant to proceeding material. All exams will be in person and worth 66% of your overall grade. MAKE UP EXAMS WILL NOT BE GIVEN AFTER THE SCHEDULED DATE. All labs will be on Fridays and will count as 17% of the overall grade. Quizzes taken on D2L will account for 17% of total grade.

A. Labs (10 @ 10pts each)	100 pts	17%
B. Quizzes (5 @ 20pts each)	100 pts	17%
C. Exams (4 @ 100pts each)	<u>400 pts</u>	<u>66%</u>
	Total: 600 pts	100%

GRADING SCALE:

Grades will be assigned on the following points needed:

A: $\geq 90.00\%$	≥ 540
B: 80.00-89.99%	480-539
C: 70.00-79.99%	420-479
D: 60.00-69.99%	360-419
F: $\leq 59.99\%$	359 pts and below

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.

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 see: <http://www.mwsu.edu/studentlife/disability>.

Tentative Course Schedule

Week	Date	Topic	Reading	Assignments
1	1/17	Course Introduction	Ch. 1	
1	1/19	Movement Terminology	Ch. 1	Syllabus Quiz # 1 – Due 1/21
2	1/22	Planes of Movement / Axes of Rotation	Ch. 1	
2	1/24	Types of Joints / Joint Movements	Ch. 1	
2	1/26	Lab		Quiz # 2 – Due 1/28
3	1/29	Introduction to Osteology	Ch. 1	
3	1/31	Osteology	Ch. 1	
3	2/2	Exam # 1	Ch. 1	
4	2/5	Muscle and Nerve	Ch. 2	
4	2/7	Neuromuscular Function	Ch. 2	
4	2/9	Lab	Ch. 2	
5	2/12	Nervous System	Ch. 2	
5	2/14	Nervous System Cont.	Ch. 2	
5	2/16	Lab		Quiz # 3 – Due 2/18
6	2/19	Biomechanical Concepts	Ch. 3	
6	2/21	Biomechanical Concepts Cont.	Ch. 3	
6	2/23	Lab		
7	2/26	Exam Review / Shoulder Intro	Ch. 4/5	
7	2/28	Exam # 2	Ch. 2 & 3	
7	3/1	Shoulder Girdle & Joint	Ch. 4/5	
8	3/4	Shoulder Girdle & Joint	Ch. 4/5	
8	3/6	Elbow and Radioulnar Joints	Ch. 6	
8	3/8	Lab		
10	3/18	Elbow and Radioulnar Joints Cont.	Ch. 6	

10	3/20	Hand & Wrist Joints	Ch. 7	
10	3/22	Lab		Quiz # 4 – Due 3/24
11	3/25	Hand & Wrist Joints Cont.	Ch. 7	
11	3/27	Trunk & Spinal Column	Ch. 12	
11	4/1	Lab		
12	4/3	Trunk & Spinal Column Cont.	Ch. 12	
12	4/5	Exam 3		
13	4/8	Hip and Pelvic Girdle	Ch. 9	
13	4/10	Hip and Pelvic Girdle		
13	4/12	Lab	Ch. 9	
14	4/15	Knee Joint	Ch. 10	
14	4/17	Knee Joint Cont.		
14	4/19	Lab	Ch. 10	Quiz # 5 – Due 4/21
15	4/22	Ankle and Foot	Ch. 11	
15	4/24	Ankle and Foot Cont.	Ch. 11	
15	4/26	Lab		
16	4/29	Muscular Analysis of Selected Exercises	Ch. 12	
16	5/1	Muscular Analysis of Selected Exercises		
16	5/3	Review for Final Exam		
	TBD	Final Exam		

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.