

2015

# Kinesiology 186 Human Movement Spring 2015

Joe Bails

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# KIN 186 SYLLABUS – SPRING 2015

**COURSE TITLE:** Human Movement

**DESCRIPTION:** Introduction to human movement through development of skills and knowledge relative to structure and function of the human body.

**PREREQUISITES:** No prerequisite. However, a basic understanding of the human body will aid in your application of the material.

**INSTRUCTOR:** Joe Bails

**E-mail:** All course faculty in Cobra – or [jbails@parkland.edu](mailto:jbails@parkland.edu)

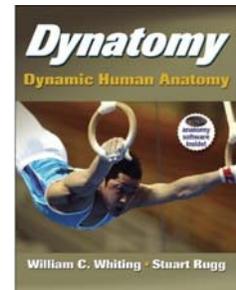
**Phone:** 217-351-2285

**Office:** L240/X103 at Parkland College in Champaign

**Student Hours:** 9-9:50 on Thursday (and any other time by appointment)

**TEXT/MATERIALS (REQUIRED):**

- *Dynatomy. 2<sup>nd</sup> edition. Publisher: Human Kinetics*
- iClicker is a REQUIRED purchase for all core kinesiology courses.



**Useful Websites:**

Parkland's Homepage: [www.parkland.edu](http://www.parkland.edu)

My Parkland (student e-mail, semester grades, registration, etc) <https://my.parkland.edu/>

Parkland On-line: <http://online.parkland.edu/>

Direct link to Cobra (class platform): <https://cobra.parkland.edu/>

**CAS – Center for Academic Success**

If you find yourself needing assistance of any kind to complete assignments, stay on top of readings, study for tests, or just to stay in school, please contact one of the following staff at the Center for Academic Success <http://www.parkland.edu/resources/cas/>

**Disability Services**

Students with approved accommodations through the Office of Disability Services are expected to meet privately with instructors to discuss accommodations listed on their Disability Services ID card. (e.g. Extended time on exams, notes, etc.) This personal introduction officially marks the beginning of your accommodations for the semester. Instructors should be allowed to view your Disability Services ID card and note approved accommodations. Reader/Scribe and Extended Time Testing Accommodations are not accessible in the classroom. Students should work with Disability Services staff to schedule tests/quizzes with accommodations. Call Disability Services at 217-353-2338 or visit us in U 264.

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**MINIMUM COURSE OBJECTIVES:**

- Describe how human movement is achieved.
- Compare quantitative to qualitative analysis of human movement.
- Apply human movement principles to muscles, joints, and bones.
- Give feedback on exercises that would achieve specific movements.
- Investigate human movement in the body planes.
- This is not all--you will learn a lot more!

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***A Code of Conduct Reminder from the Parkland College Dean of Students***

All Parkland Students are expected to be responsible for their behavior. This includes monitoring your language and your behavior all around the campus, including in and out of classes. Please, think before you act! You are expected to respect yourself, your fellow students and your instructors. You have joined the Parkland College academic community. Be a good member of the community. View the Student Policy and Procedures Manual and Conduct Code on line at [www.parkland.edu/studentLife/policies](http://www.parkland.edu/studentLife/policies)

Questions or concerns – Call the Office of the Dean of Students at 353-2048

***Academic Honesty***

Parkland College's values include honesty, integrity, and responsibility. Students, faculty, and staff are all expected to maintain academic integrity in their work and take collective responsibility for preventing violations of intellectual ownership. Academic dishonesty is unacceptable, and the institution is committed to helping students learn these values through development and growth. Personal commitment, honest work, and honest achievement are necessary characteristics for an educated person. The process of determining the consequences of academic dishonesty begins with the faculty member and may proceed to include the department chair and/or the Office of the Vice President for Academic Services. All incidents of academic dishonesty, including developmental or punitive action, should be referred in writing to the Office of the Vice President for Academic Services. Academic Honesty can be broadly defined as performing academic work without cheating, fabrication, or plagiarism:

- a. Cheating: Using or attempting to use unauthorized materials, information, or study aids in any academic activity. Submitting as one's own work term papers, homework, and examinations that are not one's own work or for which a student received unauthorized help. Copying the work of another, or allowing another to copy one's own work, without proper acknowledgment.
- b. Fabrication: Falsifying or inventing any information or citation in an academic activity.
- c. Plagiarism: External information borrowed and directly quoted must be indicated by use of quotation marks, and any changes, omissions, or addition to the direct quotation must be shown in bracket, and the source documented. All cited external information that has been paraphrased and summarized must also be documented.
- d. Collaboration: Students at Parkland College are encouraged to work together on group projects, study, and other activities. However, work submitted to fulfill an assignment not specifically identified as a group activity must be substantially the work of the author. Instructors should provide guidelines to students to maintain the academic integrity of these collaborative activities. Collaboration beyond this constitutes academic misconduct.

## COURSE POLICIES

1. **Attendance.** On time attendance and regular participation using the iClicker is required to earn discussion points. The iClicker and book should be purchased and brought to the first day of class. If a student is late more than twice, it will be marked as an absence. Three or more unexcused absences will result in a 40 point deduction from a student's overall course points. Students are also expected to check their Parkland E-mail account and Cobra every Tuesday.
2. **Withdrawals.** After the first week of class, I am required to assess your attendance. If you have not attended class, you will be dropped with no refund of tuition or fees. After the first week of class, you should plan to withdraw yourself if you want to withdraw from the course. You are ultimately responsible for your own withdrawal by the withdrawal date (May 1).
3. **Computer-Based Exams Taken in the Natural Sciences Testing Center.** A 40-point quiz will be given upon the completion of module. A total of six quizzes will be given. The lowest quiz score will be dropped. *If a quiz is missed, unfortunately, there will not be an opportunity to make up a module quiz without documentation and instructor approval. Students must be in their seat in the testing center no later than 1:30 pm on/prior to the due date as the quiz closes at 2 pm the day it is due. IMPORTANT: you must bring a quarter to lock up your backpack and your **student ID** for testing.*
4. **Discussion Points.** Each class period, you will be expected to actively participate in the class discussion using iClickers and contributing support information verbally or in writing. Discussion points can be graded on both participation and accuracy.
5. **Labs Submitted in Cobra - Due before the next lab period.** There are twelve graded labs and one "introductory lab". Unfortunately, regardless of circumstances, makeup labs are not available due to restrictions on equipment and time. However, I understand that "life happens" and there may be a family emergency, a car accident, an illness etc. that prevent you from attending. With that in mind, the lowest 2 lab grades will be dropped. Labs will be graded on accuracy. Late labs are not accepted.  
**The 20 points from the lab can be composed of a combination of the following:**
  - Pre/Post-lab worksheet
  - Lab activities with critical thinking lab-related questions
  - Practical exam questions
  - iClicker questions
  - And more!
6. **Special Project and Presentation.** As a component of one special project, you will volunteer during the spring semester. You can choose to volunteer in the community or with Parkland PUSH (Parkland United for Student Health) for at least 10 hours. **Get started early.**
7. **Final Exam.** Parkland College requires that a final exam be given during final exam week. There will be no early finals or make-up finals given, except in cases of medical emergencies or a death in the family. Once documentation has been provided and is filed at Parkland, an alternate final time can be arranged. Please plan schedules to avoid conflict with the final.

8. **Slow Computers/Bad Connections.** If you have a problem associated with a slow connection and/or a bad computer connection, please, contact me within an hour of the problem but more than an hour prior to any deadline so I can help with anything that may hinder your success in the course.

**METHODS OF ASSESSMENT:**

|                                    |                   |
|------------------------------------|-------------------|
| Quizzes (40 pts each x 5).....     | 200 points        |
| Labs (20pt x 10).....              | 200 points        |
| Discussion Points.....             | 25 points         |
| Special Project/Presentation ..... | 75 points         |
| Comprehensive Final Exam.....      | 100 points        |
| <b>Total</b> .....                 | <b>600 points</b> |

|              |               |
|--------------|---------------|
| <b>Grade</b> | <b>Points</b> |
| A            | 540-600 pts   |
| B            | 480-539.5     |
| C            | 420-479.5     |
| D            | 360-419.5     |
| F            | <360          |

| ITEM                    | BOOK CHAPTERS        | TOPIC                     | DUE -- 2 PM                            |
|-------------------------|----------------------|---------------------------|--|
| <b>CONSENT FORM</b>     | IN COBRA (NOT BOOK)  | CONSENT FOR LAB           | THURS 1/15 IN COBRA                    |
| <b>INTRO LAB</b>        | TABLE OF CONTENTS    | LAB CONCEPTS AND PRACTICE | THURS 1/22 IN COBRA                    |
| <b>LAB 1</b>            | PG 23-33 & 81-93     | ANATOMY AND MOVEMENT      | THURS 1/29 IN COBRA                    |
| <b>MODULE 1 QUIZ</b>    | CHAPTER 1            | ANATOMY AND MOVEMENT      | TUE 2/3 IN T.C. (L161)                 |
| <b>LAB 2</b>            | PG 18-20 & 207-223   | PLANES AND AXIS           | THURS 2/5 IN COBRA                     |
| <b>LAB 3</b>            | PG 23-33 & 81-93     | OT / PT                   | THURS 2/13 IN COBRA                    |
| <b>MODULE 2 QUIZ</b>    | CHAPTER 2            | THE SKELETAL SYSTEM       | TUE 2/17 IN T.C. (L161)                |
| <b>LAB 4</b>            | PG 18-20 & 207-223   | CREATE AN EXERCISE VIDEO  | THURS 2/19 IN COBRA                    |
| <b>LAB 5</b>            | PG 40 & 115          | RANGE OF MOTION           | THURS 3/5 IN COBRA                     |
| <b>MODULE 3 QUIZ</b>    | CHAPTER 3            | JOINTS                    | TUE 3/10 IN T.C. (L161)                |
| <b>LAB 6</b>            | PG 86, 139 & 140     | MUSCLE MOVEMENT           | THURS 3/12 IN COBRA                    |
| <b>LAB 7 (ONLINE)</b>   | PG 202-203           | MEDICINE AND TECHNOLOGY   | THURS 3/19 IN COBRA                    |
| <b>MODULE 4 QUIZ</b>    | CHAPTERS 4 & 5       | MUSCLES & ADAPTATIONS     | TUE 3/31 IN T.C. (L161)                |
| <b>LAB 8</b>            | PG 86, 139 & 140     | ELECTROMYOGRAPHY          | THURS 4/2 IN COBRA                     |
| <b>LAB 9</b>            | PG 142-149           | POSTURE AND BALANCE       | THURS 4/9 IN COBRA                     |
| <b>MODULE 5 QUIZ</b>    | CHAPTER 6            | BIOMECHANICS              | TUE 4/14 IN T.C. (L161)                |
| <b>LAB 10</b>           | PG 137               | MUYBRIDGE W/PRESENTATION  | THURS 4/16 IN COBRA                    |
| <b>LAB 11</b>           | CHAPTER 6            | BIOMECHANICS              | THURS 4/23 IN COBRA                    |
| <b>MODULE 6 QUIZ</b>    | CHAPTERS 7 & 10      | MOVEMENT ASSESSMENT       | TUE 4/28 T.C. (L161)                   |
| <b>SEMESTER PROJECT</b> | --                   | VOLUNTEERISM              | TUE 4/28 PPT - COBRA AND PRESENTATIONS |
| <b>LAB 12</b>           | PG 49 & CHAPTER 9    | FOOT ERGONOMICS           | THURS 4/30 IN COBRA                    |
| <b>FINAL</b>            | <b>ALL MATERIALS</b> | <b>ALL TOPICS</b>         | <b>11 AM FRI 5/8 IN CLASS</b>          |

**\* ABOVE IS MERELY A TABLE OF DUE DATES (MAY BE SUBJECT TO CHANGE). SEE COBRA FOR A FULL CALENDAR OF EVENTS.**