

2015

# Kinesiology 186 Human Movement Summer 2015 Online

Elizabeth Frasca

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# KIN 186 ONLINE SYLLABUS – SUMMER 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:** Elizabeth “Beth” Frasca

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

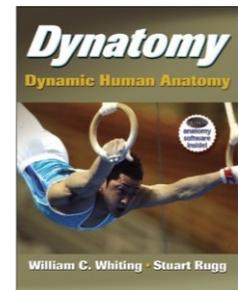
**Phone:** 217-390-0611

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

**Online Office Hours:** Online Thursdays from 8-9pm and other times by appointment.

**TEXT/MATERIALS (REQUIRED):**

- *Dynatomy, 2<sup>nd</sup> edition. Publisher: Human Kinetics*
- *Digital Still Camera and Video Camera (Cell phone is fine)*
- *Tape Measure*



**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 X 148.

\*If you believe you have a disability for which you may need an academic accommodation (e.g. an alternate testing environment, use of assistive technology or other classroom assistance), please contact: Cathy Robinson, Room X148, 217-353-2082, [crobinson@parkland.edu](mailto:crobinson@parkland.edu)

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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) **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.
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## COURSE POLICIES

1. **Attendance.** Since this is an online class you will not be expected to show up physically to a classroom, but students are expected to log into Cobra at least 2 times per week and they are also expected to check their Parkland E-mail account and Cobra every Monday and Wednesday.
2. **Withdrawals.** After the first week of class, I am required to assess your attendance. If you have not completed the required material and/or 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 responsible for your own withdrawal by the specified date.
3. **Computer-Based Exams Taken in COBRA.** A 30-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. You will receive a point total for each quiz, but no letter grade. *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 complete their quiz in CORBA by 8pm on the due date. Please note that all answers must be spelled correctly and you must use proper English in order to receive full credit – NO TEXTING LANGUAGE!*
4. **Discussion Points.** Discussions will be a part of all the labs and other topics that are covered in class. You are expected to follow the guidelines that are given for each discussion. Proper English must be used (no texting language) and you have to respect everyone's opinions. If you feel that something has been said to upset you or offends you, please email the instructor directly and direct them to the offensive language. The instructor will handle the information from there.
5. **Labs Submitted in Cobra - Due before the next lab period.** There are eight graded labs and one "introductory lab". Unfortunately, regardless of circumstances, makeup labs are not available. However, I understand that "life happens" and there may be a family emergency, a car accident, an illness, and technical issues etc. that prevent you from completing your lab on time. With that in mind, the lowest lab grade will be dropped. Labs will be graded on accuracy. Late 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
  - Online class discussions
  - And more!
6. **Special Project and Presentation.** As a component of one special project, you will volunteer. You can either choose to volunteer in the community or with Parkland PUSH (Parkland United for Student Health) 10+ hours. Getting started early is encouraged.
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 (30 pts each x 5) – Lowest score dropped!...	150 points
Labs (20pts x 8) – Lowest score dropped! .....	140 points
Discussion Points (10pts x 6) – Lowest score dropped!	50 points
Other Assignments (15pts x 4) .....	60 points
Special Project/Presentation .....	60 points
Comprehensive Final Exam.....	40 points
<b>Total.....</b>	<b>500 points</b>

<b>Grade</b>	<b>Points</b>
A	450-500 pts
B	400-449.5
C	350-399.5
D	300-349.5
F	<300

ITEM	BOOK CHAPTERS	TOPIC	DUE – BY 11:59PM
<b>CONSENT FORM</b>	IN COBRA (NOT BOOK)	CONSENT FOR LAB	MON 6/15 IN COBRA
<b>INTRO LAB</b>	TABLE OF CONTENTS	LAB CONCEPTS AND PRACTICE	SUN 6/21 IN COBRA
<b>LAB 1</b>	PG 23-33 & 81-93	ANATOMY AND MOVEMENT	SUN 6/21 IN COBRA
<b>LAB 2</b>	PG 23-33 & 81-93	OT / PT	SUN 6/28 IN COBRA
<b>MODULE 1 QUIZ</b>	CHAPTER 1	ANATOMY AND MOVEMENT	SUN 6/28 IN COBRA
<b>LAB 3</b>	PG 202-203	MEDICINE AND TECHNOLOGY	SUN 6/28 IN COBRA
<b>MODULE 2 QUIZ</b>	CHAPTER 2	THE SKELETAL SYSTEM	SUN 7/5 IN COBRA
<b>LAB 4</b>	PG 18-20 & 207-223	PLANES AND AXIS	SUN 7/5 IN COBRA
<b>LAB 5</b>	PG 86, 139 & 140	ELECTROMYOGRAPHY	SUN 7/12 IN COBRA
<b>MODULE 3 QUIZ</b>	CHAPTER 3	JOINTS	SUN 7/12 IN COBRA
<b>LAB 6</b>	PG 86, 139 & 140	MUSCLE MOVEMENT LAB	SUN 7/12 IN COBRA
<b>MODULE 4 QUIZ</b>	CHAPTERS 4 & 5	MUSCLES & ADAPTATIONS	SUN 7/19 IN COBRA
<b>LAB 7</b>	PG 40 & 115	RANGE OF MOTION	SUN 7/19 IN COBRA
<b>MODULE 5 QUIZ</b>	CHAPTER 6	BIOMECHANICS	SUN 7/26 IN COBRA
<b>LAB 8</b>	PG 142-149	POSTURE AND BALANCE	SUN 7/26 IN COBRA
<b>SEMESTER PROJECT</b>	--	VOLUNTEERISM PPT & PRESENTATION	SUN 8/2 IN COBRA
		REPLY TO CLASSMATES IN DISCUSSION SECTION	WED 8/5 IN COBRA
<b>MODULE 6 QUIZ</b>	CHAPTERS 7 & 10	MOVEMENT ASSESSMENT	SUN 8/2 IN COBRA
<b>FINAL</b>	ALL MATERIAL	ALL TOPICS	SUN 8/2 IN COBRA

**\* ABOVE IS MERELY A TABLE OF DUE DATES. SEE COBRA FOR A FULL CALENDAR OF EVENTS.**

**\*\*All Assignments and quizzes are due by 11:59pm on the date listed!\*\***

