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Fall 11-27-2019

## **Faculty Learning Community: Approaches to Teaching in Kinesiology**

Nicole Dabbs

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**California State University, San Bernardino**  
**Department of Kinesiology, College of Natural Sciences**  
**KINE 3200, Principles of Human Movement, Fall 2020**

**Course and Instructor Information**

**Instructor:**  
**Office Location:**  
**Telephone:**  
**Email:**  
**Office Hours:**  
**Class Days/Time:**   Seminar:  
  Lab:  
**Seminar Room:**  
**Laboratory Room:**

**Course Web Site**

<http://blackboard.csusb.edu> To access the website for notes, announcements, discussion items, and grades, go to the website and log in using your student I.D. and password.

**Catalog Description**

**KINE 3200. Principals of Human Movement.**

**3 Units.**

Prerequisites: BIO 2300, BIO 2400

Basic mechanical principles and their application in the study of human movement and an introduction to basic principles of biomechanics.

**Course Description**

Basic mechanical principles and their application in the study of human movement and an introduction to basic principles of biomechanics. Specifically, this course is designed to provide an advanced analysis of human functional anatomy, with primary emphasis being placed on the articular, skeletal, muscular, and nervous systems.

**Course Goals/Objectives**

Upon successful completion of this course, students will be able to:  
Learning Outcome (LO) 1: understand anatomical terminology  
LO 2: understand joint structure and function  
LO 3: musculoskeletal structure and function  
LO 4: applied anatomy relative to human movement  
LO 5: applied anatomy relative to orthopedic injury and rehabilitation  
LO 6: introduce basic kinetic concepts related to Newton's Laws of motion

**Student Learning Objectives/Outcomes**

Upon successful completion of this course, students will be able to:  
Learning Outcome (LO) 1: **Understand** foundational scientific knowledge in kinesiology. (*Aligns with PLO 1 & 2*)  
LO 2: **Evaluate** peer reviewed research in kinesiology. (*Aligns with PLO 1 & 3*)

LO 3: **Evaluate** personal opinions through the utilization of kinesiology research. (Aligns with PLO 1, 2, & 3)

## Required Texts/Readings

### Required Textbook

Title: Manual of Structural Kinesiology – Twentieth Edition  
Author: R.T. Floyd  
ISBN: 978-1-2598-7043-9  
Copyright Year: 2018  
Publisher: McGraw Hill  
(Available in the CSUSB Bookstore)

### Other Equipment

Bring a scientific calculator for participation, quizzes, and exams. Other devices (e.g., graphing calculators, mobile phones, tablets, etc.) will not be permitted during quizzes and exams. Green Scantron forms (882-E) are required. You will need exercise attire (e.g., t-shirt, shorts, active footwear) during relevant lab activities.

### Other Equipment

Students who are enrolled in activity courses or any course that requires physical activity as part of the course curriculum should bring a source of water of every class meeting.

## Grading Policy

**Exams:** Three (3) exams will be administered throughout the term. Each exam will cover topics prior to that day, and students will have 100 minutes to complete it. Students must be present to take the exam; there will be no make-up dates for any exams.

**Quizzes:** Three (3) *unannounced* quizzes will be administered at the beginning of class throughout the quarter. Each quiz will cover topics prior to that day, and students will have 10 minutes to complete it. **Students must be present to take the quiz; there will be no make-up dates for any quizzes. If the student comes to class after the quiz has been handed out they will not be allowed to take the quiz.** The instructor may occasionally administer an online assignment on Blackboard; this will count the same as a quiz.

**Video Project(s):** Students will create a video demonstrating musculoskeletal exercises. Students will be expected to explain primary movers, agonists/antagonist, origin/insertion, type of muscle action required. All students are expected to create their own video. Videos will be evaluated by a peer. Instructor will evaluate 4 videos at random throughout the term.

**Attendance/Participation:** This class requires active participation; each student is expected to participate in the physical activities covered throughout the term. If you are more than 15 minutes late to class you will not be allowed to participate in the class for that day due to the disruption to the class progress and will miss any points for assignments for that day. The student can only attend the class section(s) they are enrolled in and may not attend other class section(s). Attendance will be taken randomly over the course of the term. If a student is not present they will not receive credit.

### Grading Scale:

Attendance/Participation:	240 points each	=	240 points	(24% of final grade)
Exams:	2 x 100 points each	=	200 points	(20% of final grade)
Final:	1 x 200 points each	=	200 points	(20% of final grade)
Quizzes	3 x 20 points each	=	60 points	(6% of final grade)

Video Project: (grade)	3 x 100 points	=	300 points	(30% of final grade)
Optional (Asgmt, Presentation, Participation)	1 x 10 points	=	10 points	(1% of final grade)
	<b>Total</b>	=	<b>1,030 points</b>	<b>(103% final grade)</b>

1000 – 930 = A	899 – 870 = B+	799 – 770 = C+	699 – 670 = D+	≤ 599 = F
929 – 900 = A-	869 – 830 = B	769 – 730 = C	669 – 630 = D	
	829 – 800 = B-	729 – 700 = C-	629 – 600 = D-	

**Note on Grading Policy:** Learning is an active process and the student is responsible for his or her own experience. Due to limited class meetings per term, the course must proceed as scheduled. Any work not submitted by the due date as a result of an absence—including medical, university-related, family-related, or personal reasons—will not be excused. There will be no make-up dates for any of the items listed above. No work will be accepted after the due date. If an emergency arises, you must notify the instructor prior to each due date.

### University Policies

#### Americans with Disabilities Act (ADA) (Accessibility) Statement:

It is the policy of California State University, San Bernardino to make reasonable accommodations for qualified students with disabilities, in accordance with the Americans with Disabilities Act (ADA). If you are in need of an accommodation for a disability in order to participate in this class, please contact Services to Students with Disabilities at UH-183, (909) 537-5238.

#### California State University, San Bernardino Diversity Statement:

California State University, San Bernardino (CSUSB) seeks a campus climate that welcomes, celebrates, and promotes respect for the entire variety of human experience. In our commitment to diversity, we welcome people from all backgrounds and we seek to include knowledge and values from many cultures in the curriculum and extra-curricular life of the campus community.

#### University Policies on Course Withdrawal, Cheating and Plagiarism:

Cheating and Plagiarism will not be tolerated and will result in failing grade for the assignment/exam. See Academic Regulations and Procedures in the University Bulletin of Courses for the University policies on course withdrawal, cheating, and plagiarism.

#### Department Professional Standards and Expectations of Students:

The Kinesiology Department at California State University, San Bernardino strives for optimal student success during their academic programs and in prospective jobs and/or post-graduate degree programs. We as a department have high ethical and professional standards that help promote an environment where all individuals have the opportunity to succeed academically, professionally, and personally. We expect these standards to be followed on campus and in the classroom and at any external events or schools where you are representing CSUSB's Kinesiology Department. Some of these standards include: accountability of attending class on time and coming prepared, having respect for your peer and instructors, taking responsibility for your actions or lack of actions, practicing academic integrity, communicating appropriately via email in a professional manner (i.e., address professors correctly, identify what class you are in, use professional language), and strive to improve verbal professional communication with peers and instructors. More specific standards and expectations can be found on the Kinesiology Department website, <http://kine.csusb.edu/mission>.

#### Dropping and Adding:

You are responsible for understanding the policies and procedures about add/drops, academic renewal, etc. ([see CSUSB Bulletin](#)).

### Course Schedule Lecture Schedule

(Note: subject to change)

<b>Week</b>	<b>Topic</b>
1	Ch. 1 Foundations of Structural Kinesiology Activity: Chart 15, 16, 17 @ end of the chapter
2	Ch. 2 Neuromuscular Fundamentals Activity: Chart 2, 4 @ end of the chapter
3	Ch. 3 Basic Biomechanical Factors and Concepts Activity: Chart 1, 19 @ end of the chapter <b>Exam 1</b>
4	Ch. 4 The Shoulder Girdle Activity: Chart 2, 3, 4 & worksheet 1 @ end of the chapter
5	Ch. 5 The Shoulder Joint Activity: Chart 7, 8, 6 & worksheet 1 @ end of the chapter
	Weight Room Trip – Demonstrate Movements and Discuss Assignment: Video a movement and explain (peer-to-peer)
6	Video Presentations (peer-to-peer grading)
7	Ch. 6 The Elbow and Radioulnar Joints Activity: Chart 4, 7, 8, & worksheet 1 @ end of the chapter
8	Ch. 7 The Wrist and Hand Joints Activity: Chart 4, 5 & worksheet 1 @ end of the chapter
	Weight Room Trip – Demonstrate Movements and Discuss Assignment: Video a movement and explain (peer-to-peer)
9	Video Presentations (peer-to-peer grading)
10	Ch. 8 The Hip Joint and Pelvic Girdle Activity: Chart 4, 5, 9 & worksheet 1 @ end of the chapter <b>Exam 2</b>
11	Ch. 9 The Knee Joint Activity: Chart 6, 7, 8 & worksheet 1 @ end of the chapter
12	Ch. 10 The Ankle and Foot Joints Activity: Chart 5, 8, 9 & worksheet @ end of chapter
	Weight Room Trip – Demonstrate Movements and Discuss Assignment: Video a movement and explain (peer-to-peer)
13	Video Presentations (peer-to-peer grading)
14	Ch. 11 The Trunk and Spinal Column Activity: Chart 6, 7 & worksheet 1 @ end of chapter
15	Ch. 12 Muscular Analysis of Selected Exercises and Related Concepts Activity: Chart 10, Upright Row and Dip Exercise worksheet @ end of chapter
16	<b>Exam 3</b>

\*\*This syllabus is a sample outline not an official working document