Kinesiology
KIN 325 001
3 Units

Structural Kinesiology

Meeting Days:	T, Th	Instructor:	Jacob R. Goodin, Ph.D., CSCS
Meeting Times:	10:00p to 11:50p	Phone:	(619) 849-2254
Meeting Location(s):	KIN 1	Email:	jgoodin@pointloma.edu
Final Exam:	10/16, 10:00 to 11:50a	Office Hours:	Tue-Fri, 2:30-4:00pm, KIN-6

PLNU Mission
To Teach ~ To Shape ~ To Send
Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

In-depth study of the structure and function of neuro-musculo-skeletal components of the human body in motion. Promotes mastery of anatomical structure and function in order to make useful application to movement analysis, and serves as a framework for advanced study of human movement for work, fitness, and recreation.
Prerequisite: BIO 130

COURSE LEARNING OUTCOMES

In this course, successful students will learn to…

- Apply the language, concepts and procedures of Structural Kinesiology to the evaluation of human movement
- Identify diarthroidial joints and demonstrate the physiological motions of those joints by cardinal and diagonal planes and axes.
- Demonstrate mastery of the structure and function of the skeletal muscle motors and their summary, synergistic effects on kinetic chain dynamics.
- Articulate the design of the central nervous and peripheral nervous systems, sensory organelles' structures and functions, and the structure and physiology of the myoneural junction.
- Illustrate the feedback loops associated with proprioceptive mechanisms and explain their significance to the efficiency and safety of human movement.
- Demonstrate typical and dysfunctional gait, sport and rehabilitation skills.
- Design movement analysis techniques and report simple and complex motion in anatomically and kinesiologically specific contexts and draw conclusions about the effectiveness, efficiency and safety of those motions.

- Contribute to and benefit from team-based learning which simulates the graduate and professional settings of your future.

COURSE GRADING AND ASSIGNMENTS

• Labs	7x10
• Individual Readiness Assessment Test (IRAT)	7x10
• Team Readiness Assessment Test (TRAT)	7x10
• Group Video Assignments (GVA)	7x10
• Practice Exams (online)	7x10
• Final Exam	150

Total: 500 pts

The final grade percentage will be rounded to the nearest percent with grades being recorded as follows:

Grade	Percent	Grade	Percent	Grade	Percent
A	93 - 100	B-	80 - 82.9	D+	67 - 69.9
A-	90 - 92.9	C+	77 - 79.9	D	63 - 66.9
B+	87 - 89.9	C	73 - 76.9	D-	60 - 62.9
B	83 - 86.9	C-	70 - 72.9	F	0 - 59.9

EDUCATIONAL OPPORTUNITIES

Note: All assignments (except for IRATs and TRATs) are to be submitted electronically via Canvas

1) **Labs**: Movement analysis team (MAT) activities with both written and hands-on components designed to facilitate memorization, comprehension and application of the lecture and reading material. One lab sheet per MAT will be submitted (as a Microsoft Word document) via Canvas by the end of class. Some components of these labs:
    i) Topographical anatomy assessment: take turns in roles as model, resister, palpate-er, and observer.
    ii) Written observation
    iii) Short answer questions
    iv) Muscle action tables
    v) Long answer/critical thinking questions

2) **Individual Readiness Assessment Test** (**IRAT**): Assessments are taken at the beginning of each class using scratch-off sheets. Assessments are designed to provide you, your MAT and the professor with feedback on your readiness for the lab topic of the day.
    i) Your 1 answer for each test item is scratched off the answer sheet.
    ii) The assessment is timed to be available for the first 10 minutes of class.
    iii) No provision is made for make-up or late arrival assessments.

3) **Team Readiness Assessment Test** (**TRAT**): Taken after IRAT is completed and turned in. Enhances mastery through team-based learning and discussion to determine correct answers.
    i) Work together to reach a consensus on each answer.
    ii) Your team's 1 answer for each test item is scratched off the answer sheet.
    iii) The correct answer will result in a star shape on the team "Scratcher" form.
    iv) The score for each item is based upon the number of attempts the team takes to get the correct answer
        - 1st attempt = 4pts
        - 2nd attempt= 2 pts
        - 3rd attempt= 1 pt
        - 4th attempt= 0 pt

4) **Group Video Analysis** (**GVA**): A MAT-based assignment following the IRAT and TRAT giving students a chance to identify and discover anatomical structures, actions, and movement concepts. Each week a handout will explain the task(s) and give instructions for video assignment creation.
    i) Read and *understand* the handout as a team.
    ii) Complete each step of the handout as many times as necessary to develop proficiency.
    iii) Record and narrate video task, and submit to Canvas via dropbox by the end of the class period. One video submission per MAT.

5) **Practice Exams**: Online exams taken *individually* at the culmination of each week to test your ability to comprehend and apply material from that week. Some of these questions might show up on the final exam.

6) **Final Exam**: The final exam will be a written test covering material from the entire Quad. Questions will be presented in T/F, multiple choice, short answer, and long answer formats.

7) **Textbook Reading**: Regular reading assignments will be assigned from the textbook in order to come prepared for the upcoming classes and be able to participate in the discussions and perform well on quizzes.

CLASSROOM PREPAREDNESS

- Complete reading assignments as they are assigned
- Study 30 minutes every day
- Consider yourself a valuable member of your MAT
- Engage yourself
- At least one computer and smartphone per MAT
- Dress for light activity

TENTATIVE COURSE SCHEDULE

Please note that this schedule is tentative and subject to change

Wk #	Date	Class Content	Assignment Due
Wk 1	Tue, 8/28	Intro & Review of Concepts: Ch. 1-3 Lecture, Lab 1	Lab 1
	Thu, 8/30	Review of Concepts: Ch. 1-3 IRAT, TRAT, GVA	Group Video Analysis 1
Wk 2	Tue, 9/4	Trunk & Spinal Column: Ch. 12 Lecture, Lab 2	Lab 2
	Thu, 9/6	Trunk & Spinal Column: Ch. 12 TRAT, IRAT, GVA	Group Video Analysis 2
Wk 3	Tue, 9/11	Shoulder Girdle & Joint: Ch. 4 & 5 Lecture, Lab 3	Lab 3
	Thu, 9/13	Shoulder Girdle & Joint: Ch. 4 & 5 TRAT, IRAT, GVA	Group Video Analysis 3
Wk 4	Tue, 9/18	Elbow, Wrist, & Hand: Ch. 6 & 7 Lecture, Lab 4	Lab 4
	Thu, 9/20	Elbow, Wrist, & Hand: Ch. 6 & 7 TRAT, IRAT, GVA	Group Video Analysis 4
Wk 5	Tue, 9/25	Thigh, Hip, & Pelvis: Ch. 9 Lecture, Lab 5	Lab 5
	Thu, 9/27	Thigh, Hip, & Pelvis: Ch. 9 TRAT, IRAT, GVA	Group Video Analysis 5
Wk 6	Tue, 10/2	Knee Joint: Ch. 10 Lecture, Lab 6	Lab 6
	Thu, 10/4	Knee Joint: Ch. 10 TRAT, IRAT, GVA	Group Video Analysis 6
Wk 7	Tue, 10/9	Ankle & Foot Joints: Ch. 11 Lecture, Lab 7	Lab 7
	Thu, 10/11	Ankle & Foot Joints: Ch. 11 TRAT, IRAT, GVA	Group Video Analysis 7
Wk 8	Tue, 10/16	**Final Exam**	

REQUIRED TEXTS AND RECOMMENDED RESOURCES

Required:

Floyd, R. T. *Manual of Structural Kinesiology* (20th ed.). McGraw-Hill Education (2017)

LATE AND INCOMPLETE ASSIGNMENTS

All assignments are to be submitted/turned in according to the specified time in Canvas. Late assignments/quizzes will be docked 20% per day, with assignments/quizzes submitted over 5 days late receiving a 0. Completes will only be assigned in extremely unusual circumstances.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination on its scheduled day, Tuesday, 10/16 at 10:00a in KIN 1. No requests for early examinations or alternative days will be approved.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See Academic Policies for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMODATIONS POLICY

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849- 2486 or by e-mail at drc@pointloma.edu. See Disability Resource Center for additional information.

PLNU ATTENDENCE AND PARTICIPATION POLICY

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See Academic Policies in the Undergraduate Academic Catalog.

TUTORING

The PLNU Tutorial Center is available free of charge for all current, undergraduate PLNU students. It offers tutoring for most subjects, as well as for general help with paper editing, study skills, etc. The Tutorial Center is located on the south end of Bond Academic Center, next to the Study Abroad offices. Tutoring is available by appointment only, may be arranged in person at the Tutorial Center, over the phone at (619) 849 2593, or via email at TutorialServices@pointloma.edu.

OFFICE HOURS

It is important to me that I get to know each of you on an individual level, so stop by and say hi! My official office hours (listed above) are tentative—other meetings or appointments may arise—so schedule 24 hours in advance if you have pressing issues, but feel freedom to stop by whenever you'd like. I have an open door for questions, nerdy training theory discussions, or if you just need someone to listen and pray for you. I often won't have all the answers, but I'm positive we can figure it out together!