

 <b>POINT LOMA</b> NAZARENE UNIVERSITY	Department of Kinesiology <b>KIN 6015 - Biomechanical and Neurological Basis of Human Movement</b> <b>Number of Units: 3</b>
<b>Spring 2025</b>	

<b>Meeting days:</b> Tuesday, Thursday	<b>Instructor:</b> <a href="#">Arnel Aguinaldo, PhD, ATC, CPSS, FACSM ("Dr. A")</a> <b>Email:</b> <a href="mailto:aaguinal@pointloma.edu">aaguinal@pointloma.edu</a> <b>Co-Instructor:</b> Avery Takata, MS <b>Email:</b> <a href="mailto:atakata@pointloma.edu">atakata@pointloma.edu</a>
<b>Meeting times:</b> 5:30 PM - 8:00 PM	<b>Meeting location:</b> BAL 150 + Biomechanics Lab (labs only)
<b>Final Exam:</b> <a href="#">Final Exam</a> March 9	<a href="#">Virtual Office Hours</a>

### 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

This class focuses on various kinematic, kinetic, and neuromuscular concepts and how they are used in the qualitative and quantitative analysis of human movement. This course is designed for advanced study in 3D motion analysis and electromyography techniques. The intent of this course is to provide students with an extensive knowledge concerning quantitative analysis of human motion and the concepts and equipment to collect objective quantifiable data to be used for clinical or research purposes.

### INSTITUTIONAL LEARNING OUTCOMES (ILO)

**1. Learning, Informed by our Faith in Christ**

Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.

**2. Growing, In a Christ-Centered Faith Community**

Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.

**3. Serving, In a Context of Christian Faith**

Students will serve locally and/or globally in vocational and social settings.

**PROGRAM LEARNING OUTCOMES (PLO)**

The Point Loma Nazarene University MS-KIN graduate will be able to:

1. Appraise current research data in Kinesiology and integrate it into professional practice to solve relevant problems and make effective decisions.
2. Work independently and with a team to persuasively communicate essential information in their discipline.
3. Demonstrate appropriate breadth of knowledge of the background and principle research in their specialization in order to conduct an independent research project.
4. Serve various populations, integrating compassionate care and the Christian faith with their professional practice.
5. Pursue an active and growing involvement in their discipline by achieving advanced certification and/or membership in a related professional organization.

**COURSE LEARNING OUTCOMES (CLO)**

1. You will apply the basic principles of kinematics in quantifying and describing joint movement.
2. You will identify the concepts of linear and angular kinetics and their effects on human movement.
3. You will demonstrate knowledge of basic neuromuscular mechanisms relevant to joint motion and ways to evaluate them through electromyographic (EMG) methods.
4. You will implement proper techniques involved in the set-up, data collection, data analysis, and interpretation of 3D motion analysis.
5. You will implement proper techniques involved in the set-up, data collection, data analysis, and interpretation of surface electromyography (EMG).
6. You will communicate effectively through written and oral formats the quantitative analysis of selected movement tasks through biomechanical and EMG analysis.
7. You will demonstrate a comprehensive understanding of human movement through kinematic, kinetic, and EMG analysis.

## CREDIT HOUR INFORMATION

It is anticipated that students will spend a minimum of 50 participation hours per credit hour on their course work. As a graduate course, students can expect the work in this class to be significant, and students should plan on spending 18-22 hours a week engaged in the course. The estimated time expectations for this course are shown below:

Assignments	Pre-Course Hours	Course Hours	Post-Course Hours
Online Participation in discussions, groups, etc.	--	50	--
Writing	--	50	--
Other assignments and learning activities	1	40	1
Exams and Quizzes	--	8	--
Total Course Hours	150		

## COURSE ASSIGNMENTS

**In-Video Quizzes:** There will be multiple in-video quizzes worth 5 points each to be scheduled throughout the quad using Canvas Studio. These quizzes will vary in difficulty depending on the readings covered in class but they gauge your knowledge of the material to be discussed in class.

**Mid-Term Exam:** A mid-term exam will be administered via Canvas in Week 5 and will consist of multiple choice, T/F, and essay type questions, covering the fundamentals of linear and angular biomechanics of motion as well as muscle mechanics.

**Final Exam:** A “take-home” comprehensive exam will be administered on the scheduled final exam date consisting of multiple-choice, T/F, and essay type questions, addressing material covered over the entire course. The exam will be available the week before it is due.

**Lab Reports:** There will be 6 labs total throughout the course. These sessions will give you hands-on experience in using state-of-the-art motion analysis, force plate, and surface EMG systems. Your performance in each lab will be assessed with a one-page report to be submitted the week after the lab, worth 10 points each.

**Team Pilots:** You will be assigned to a team of 6-7 students, with whom you will collaborate on discussions and a research pilot throughout the course. The pilot will involve collecting data with the systems in the Biomechanics Lab (one team is physically allowed in the lab at a time at designated times) as well as data analysis, interpretation, and write-up. Topics may include, but not limited to, gait analysis, throwing, footwear testing, and kicking. This pilot is a great opportunity to test out the methods to be implemented for your thesis or capstone project. Each team will be required to submit a written manuscript and present a brief talk on your pilot.

**Participation:** Included as part of this grade are live in-class discussions as well as the three discussion boards (weeks 2, 4, 6) related to your group's pilot study.

## REQUIRED RESOURCES

- [Uchida, T. & Delp, S. \(2020\). \*Biomechanics of Movement\*. Cambridge, MA: The MIT Press.](#)
- [QAcademy training videos and guides](#) (Qualisys, Göteborg, Sweden)
- [Theia3D guides](#) (Theia Markerless, Kingston, ON)
- *Trigno EMG System* User's Guide (Delsys, Natick, MA)
- Visual3D Tutorials
- Handouts will be provided throughout the quad via Canvas.

## RECOMMENDED RESOURCES

- Cleather, D. (2021). ***Force: The Biomechanics of Training***. Prague, Czech Republic: KMA Press
- Enoka, R. (2015). ***Neuromechanics of Human Movement***. Fifth Edition. Champaign, IL: Human Kinetics.
- Lieber, R. (2010). ***Skeletal Muscle Structure, Function, and Plasticity***. Baltimore, MD: Williams & Wilkins.
- Perry, J. (1992). ***Gait Analysis: Normal and Pathological Function***. Thorofare, NJ: Slack Incorporated.
- Robertson, et al. (2014). ***Research Methods in Biomechanics***. Second Edition. Champaign, IL: Human Kinetics.

This course also utilizes the following online tools (free of charge for students) to facilitate student engagement and enhance your learning experience:

- - Zoom video conferencing will be used for synced meetings and virtual office hours

*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. All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.*

## ASSESSMENT AND GRADING

### *Grading*

ASSESSMENT	PERCENTAGE	COURSE OBJECTIVES
In-Video Quizzes	15	1,2,3,7
Mid-Term Exam	15	1,2,3,
Final Exam	25	1,2,3,5,7
Lab Reports	10	3,4,5
Pilot	25	1-7
Participation	10	1-7
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Total	100	

### Grading Schema

GRADE	MAX	MIN
A	100 %	to 94.0%
A-	< 94.0 %	to 90.0%
B+	< 90.0 %	to 87.0%
B	< 87.0 %	to 84.0%
B-	< 84.0 %	to 80.0%

C+	< 80.0 %	to 77.0%
C	< 77.0 %	to 74.0%
C-	< 74.0 %	to 70.0%
D+	< 70.0 %	to 67.0%
D	< 67.0 %	to 64.0%
D-	< 64.0 %	to 61.0%
F	< 61.0 %	to 0.0%

Students must complete the required program hours in the major (program) from Point Loma Nazarene University with a minimum grade of “C” in each course and an overall 2.00 grade point average.

### **STATE AUTHORIZATION**

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student’s responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

### **CONTENT WARNING**

I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive various types of information. In this course, all of the class content, including that which may be intellectually or emotionally challenging, has been intentionally curated to achieve the learning goals for this course. The decision to include such material is not taken lightly. These topics include pathological movement, epidemiology, and injury etiology. If you encounter a topic that is intellectually challenging for you, it can manifest in feelings of discomfort and upset. In response, I encourage you to come talk to me or your friends or family about it. Class topics are discussed for the sole purpose of expanding your intellectual engagement in the area of sports medicine, and I will support you throughout your learning in this course.

### **TRIGGER WARNING**

I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive several types of information. In this course, we will cover a variety of topics, some of which you may find triggering. These topics include pathological movement, epidemiology, and injury etiology. Each time this topic appears in a reading or unit, it is

marked on the syllabus. The experience of being triggered versus intellectually challenged are different. The main difference is that an individual must have experienced trauma to experience being triggered, whereas an intellectual challenge has nothing to do with trauma. If you are a trauma survivor and encounter a topic in this class that is triggering for you, you may feel overwhelmed or panicked and find it difficult to concentrate. In response, I encourage you to take the necessary steps for your emotional safety. This may include leaving class while the topic is discussed or talking to a therapist at the Counseling Center. Should you choose to sit out on discussion of a certain topic, know that you are still responsible for the material; but we can discuss if there are other methods for accessing that material, and for assessing your learning on that material. Class topics are discussed for the sole purpose of expanding your intellectual engagement in the area of sports medicine, and I will support you throughout your learning in this course.

### **INCOMPLETES AND LATE ASSIGNMENTS**

All assignments are to be submitted/turned in by the beginning of the class session when they are due, including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

### **PLNU COPYRIGHT POLICY**

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### **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.

### **ARTIFICIAL INTELLIGENCE (AI) POLICY**

You are allowed to use Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, Marmot, Botowski) to generate ideas, but you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. If you have any doubts about using AI, please gain permission from the instructor.

### **PLNU ACADEMIC ACCOMMODATIONS POLICY**

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic

Center. (DRC@pointloma.edu or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

### **Hybrid Format**

At Point Loma Nazarene University, attendance is required at all scheduled classes. Adult Degree Completion courses are taught in the hybrid format, which means some class meetings will be face-to-face and some will be online.

Attendance in the face-to-face classes is to be for the entire time of the class. Arriving late or leaving early will be considered a partial absence. A day of attendance in an online class is determined as contributing a substantive note, assignment, discussion, or submission that adds value to the course as determined by the instructor. Three days of attendance are required each week. (It may be any three days during the week.)

### **Face-to-face Portion of the Hybrid course**

In blended or hybrid courses, if a student misses one face-to-face class then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses two face-to-face classes, the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

### **Online Portion of the Hybrid Course**

If a student misses two online classes (fails to contribute to a discussion board) during the course, then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses three online classes (fails to contribute to a discussion board by the due date) during the course, then the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

1 missed F2F class = warning

2 missed F2F classes = de-enrollment

2 missed online classes = warning

3 missed online classes = de-enrollment

### **Online Format**

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students who do not attend at least once in any 3 consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

### **Asynchronous Attendance/Participation Definition**

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

### **SPIRITUAL CARE**

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our graduate students to encounter God and grow in their Christian faith. There are resources for your Christian faith journey available at the [Graduate & Professional Student Spiritual Life web page](#).

### **LANGUAGE AND BELONGING**

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Your suggestions are encouraged and appreciated. Please let me know ways to improve the

effectiveness of the course for you personally, or for other students or student groups. To help accomplish this:

- If you have a name and/or set of pronouns that differ from those that appear in your official PLNU records, please let me know!
- If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.
- I (like many people) am still in the process of learning about diverse perspectives and identities. If something was said in class (by anyone) that made you feel uncomfortable, please talk to me about it.

Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

You may also report an incident(s) using the [Bias Incident Reporting Form](#).

## **SEXUAL MISCONDUCT AND DISCRIMINATION**

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the Title IX Office at [pointloma.edu/Title-IX](http://pointloma.edu/Title-IX). Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at [counselingservices@pointloma.edu](mailto:counselingservices@pointloma.edu) or find a list of campus pastors at [pointloma.edu/title-ix](http://pointloma.edu/title-ix).

## **USE OF TECHNOLOGY**

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible) to complete exams online.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

## **LOMA WRITING CENTER**

The Loma Writing Center exists to help all members of the PLNU community cultivate transferable writing skills to engage their academic, professional, personal, and spiritual communities. We work toward this goal by conducting one-on-one consultation sessions, supporting writing education across the PLNU community, and participating in ongoing writing center research.

Getting feedback from the Loma Writing Center while you're in the process of working on an assignment is a great way to improve the quality of your writing and develop as a writer. You are encouraged to talk with a trained writing consultant about getting started on an assignment, organizing your ideas, finding and citing sources, revising, editing for grammar and polishing final drafts, and more. For information about how to make in-person or online appointments, see Loma Writing Center webpage or visit the Loma Writer Center on the first floor of the Ryan Library, room 221.