



Fall 2017

Meeting days: T, TH	Instructor: Josh Dexheimer, PhDc, CSCS, USAW, PES
Meeting times: Sect. 1: 10am-11:50am Sect. 2: 12:30pm-2:20pm	Phone: 951-536-0250
Meeting location: KIN 2	E-mail: jdexheim@pointloma.edu
Final Exam: Oct. 17 th	Office location and hours: Taylor Hall #103; Monday and Thursday 8am-10am or by appointment

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

An in-depth study of the structure and function of neuro-musculo-skeletal components of the human body in motion.

COURSE LEARNING OUTCOMES

- 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.
- Design movement analysis techniques and report simple and complex motion in anatomically and kinesiology specific contexts and draw conclusions about the effectiveness, efficiency and safety of those motions.

COURSE SCHEDULE AND ASSIGNMENTS

I. Course Grading

- Quizzes (12 @ 5pts each): 60pts
- Final: 120pts
- Midterm: 60pts
- Reading Quizzes (10 @ 5pts): 50pts
- Video Project: 100pts
- Labs (9 @ 15pts, 1 @ 18pts, 1 @ 9pts): 162pts
- **Total: 552pts**

Total: 775pts

II. Educational Opportunities

1. **Video Recording and Analysis:** Each student will record themselves or a friend and perform an analysis of a movement performed in class. Students will articulate, through breakdown analysis, the muscle actions eliciting the movement during different phases. ([PLO.4](#))
2. **Chapter quizzes:** Regular chapter quizzes will be given to test knowledge of the readings in textbook and will be due the night after class.
3. **Final exam:** The final exam will be a cumulative test designed to measure students' knowledge and application of functional movement anatomy.
4. **Textbook Reading (Learn Smart; LS):** Regular reading assignments will be assigned and due prior to class from the textbook (Learn Smart eBook) in order to come prepared for the upcoming classes and be able to participate in the discussions and perform well on quizzes.
5. **Labs:** Each class meeting will consist labs to provide application of topics discussed in class.

Tentative Course Schedule

DATE PRESENTED	CLASS CONTENT	ASSIGNMENT DUE
Aug 31 st	Ch. 1 Foundations of Structural Kinesiology	RQ Ch. 1 Due 9/5: 11:59pm Quiz Due 9/2: 11:59pm
Sept 5 th	Ch. 2. Neuromuscular Fundamentals	Lab #1 Due: 11:59pm RQ Ch. 2 Due: 11:59pm Ch. 2 Quiz Due: 11:59pm
Sept 7 th	Ch. 4 The Shoulder Girdle	Lab #2 Due: 9:59am LS Due: 9:59am Quiz Due: 11:59pm
Sept 12 th	Ch. 5 The Shoulder Joint	Lab #4 Due: 9:59am RQ Ch. 5 Due: 9:59am Quiz Due: 11:59pm
Sept 14 th	Ch. 6 The Elbow and Radioulnar Joints	Lab #5 Due: 9:59am RQ Ch.6 Due: 9:59am Ch. 6 Quiz Due: 11:59pm
Sept 19 th	Ch. 7 The Wrist and Hand Joints	Lab #6 Due: 9:59am RQ Ch. 7 Due: 9:59am Ch. 7 Quiz Due: 11:59pm
Sept 21 st	Review	Lab #7 Due: 9:59am
Sept 26 th	Midterm	
Sept 28 th	Ch. 9 The Hip Joint and Pelvic Girdle	RQ Ch. 9 Due: 9:59am Ch. 9 Quiz Due: 11:59pm
Oct 3 rd	Ch. 10 The Knee Joint	Lab #9 Due: 9:59am RQ Ch. 10 Due: 9:59am Ch. 10 Quiz Due: 11:59pm
Oct 5 th	Ch. 11 The Ankle and Foot Joints	Lab #10 Due: 9:59am RQ Ch. 11 Due: 9:59am Ch. 11 Quiz Due: 11:59pm
Oct 10 th	Ch. 12 The Trunk and Spinal Column	Lab #11 Due: 9:59am RQ Ch. 12 Due: 9:59am Ch. 12 Quiz Due: 11:59pm
Oct 12 th	Review	Lab #12 Due: 9:59am
Oct 17 th	Final	

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

1. R.T. Floyd. *Manual of Structural Kinesiology, 19th Edition*. ISBN: 0073369292.

ASSESSMENT AND GRADING

Grade scale:	
A=93-100	C=73-76
A-=92-90	C-=70-72
B+=87-89	D+=67-69
B=83-86	D=63-66
B-=80-82	D-=60-62
C+=77-79	F=0-59

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in according to the specified time in Canvas. Late assignments/quizzes will be docked 20% with assignments/quizzes turned in over a week late receiving a 0.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site. 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 ACCOMMODATIONS 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 ATTENDANCE 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.