

This is a SouthArk Master Syllabus. The course syllabus distributed by the instructor may include additional requirements, must be followed by the student in the given term, and is considered to supersede the Master Syllabus.

Course Number

BIOL 2304/L

Course Title

Kinesiology lecture and lab

Course Description

Kinesiology is the study of musculoskeletal anatomy, posture and movement of the human body. An understanding of the muscular system with regard to origin, insertion, and action of muscles, serves as the basis by which to study planes, axes of movements, the range and quality of functional movements, the actions of levers within the human body, and how muscular contraction affects movements, posture, and gait. Successful completion of this course is required for admission to the Physical Therapist Assistant and Occupational Therapist Assistant Programs

College Mission

South Arkansas Community College promotes excellence in learning, teaching, and service; provides lifelong educational opportunities; and serves as a cultural, intellectual, and economic resource for the community.

College Wide Student Learner Outcomes

Critical Thinking

Responsibility

Communication

ACTS Course

Program Course

Prerequisite for OTA and PTA programs

ACTS outcomes

Program outcomes

Course Learner Outcomes

CLO #	Course Outcomes	Unit Outcomes/ Competencies	ACTS outcomes	Program Outcomes	Critical Thinking	Communication	Responsibility	Assessment
CLO 1	Demonstrate knowledge of movement terminology including anatomical position, planes, axes, and descriptions of movements, and torques and levers of the human body.	I A,B,C,D				C1		Unit I lecture and lab written and practical exams.
CLO 2	Discuss the articulations and classifications of joints.	II A,B,C,D				C1		Unit I lecture and lab written and practical exam.
CLO 3	Explain various muscular contraction mechanics including agonist/antagonist, types of contractions, passive/active insufficiency, and length-tension	III A,B,C,D				C1		Written questions, both multiple choice and essay from each unit

	relationship.							
CLO 4	Identify, written and verbally, bony landmarks and musculature of joints throughout the human body.	II and IV A,B,C,D			CT 1	C1 and 2	R2	Written and practical exam for each unit
CLO 5	Identify origin, insertion, action and innervations of muscles throughout the human body.	IV A,B,C,D,E,F ,G,H				C1 and 2	R2	Unit exams for each joint
CLO 6	Discuss the basic neuroanatomy as related to movement of muscles.	I E				C1		Unit I lecture and lab written and practical exams.

Unit Outcomes/ Competencies/ Objectives

Units – There will be a unit test when we finish each unit.

Unit I – Chapters 1-7 and will include: anatomical position, planes, axes, bones, joints, nerves, levers

Unit II -- Shoulder girdle and shoulder joint. Chapters 8-9

Unit II – Elbow and wrist. Chapters 10 and 11

Unit III – Hand Chapter 12

Unit IV – Hip and Knee Chapters 17 and 18

Unit V – Ankle, Foot, Neck and Trunk Chapters 19, 14, and part of 15

I. Movement terminology

- A. Anatomical position
- B. Planes of movement
- C. Axes of movement
- D. Descriptions of movements
- E. Nervous system, torques / levers

II. Articulations

- A. Fibrous
- B. Cartilaginous
- C. Synovial joints
- D. Classifications of joints

III. Muscle Mechanics

- A. Agonist / antagonist / synergist
- B. Types of muscle contractions (concentric, eccentric, isometric)
- C. Length-tension relationship
- D. Active and passive insufficiency

IV. Specific Joint Kinesiology

- A. Shoulder
 - 1. Identification of bony landmarks and musculature
 - 2. Musculature origin, insertion, action, innervation, and function
- B. Elbow
 - 1. Identification of bony landmarks and musculature
 - 2. Musculature origin, insertion, action, innervation, and function
- C. Forearm, wrist, and hand
 - 1. Identification of bony landmarks and musculature
 - 2. Musculature origin, insertion, action, innervation, and function

D. Pelvis and hip

1. Identification of bony landmarks and musculature
2. Musculature origin, insertion, action, innervation, and function

E. Knee

1. Identification of bony landmarks and musculature
2. Musculature origin, insertion, action, innervation, and function

F. Ankle and foot

1. Identification of bony landmarks and musculature
2. Musculature origin, insertion, action, innervation, and function

G. Trunk

1. Identification of bony landmarks and musculature
2. Musculature origin, insertion, action, innervation, and function

H. Neck and head

1. Identification of bony landmarks and musculature
2. Musculature origin, insertion, action, innervation, and function

I. Respiration

1. Identification of musculature of respiration
2. Musculature origin, insertion, action, innervation, and function

Assessment Description(s)

Written exams and practical exam will be used to assess outcomes.

Please note: Students must pass the lab component of Kinesiology to pass the course. Students must also pass the lecture component to pass the class.

1. Students are required to read all assigned materials.
2. Students are responsible for their own learning.
3. Students shall attend all classes on time. To earn full credit for class work of any kind, students shall actively participate in classroom activities including discussions, group assignments, and individual assignments. All late work will be penalized 20%.
4. The following grading scale is based on student performance on examinations, projects, assignments, and labs:
90 - 100 A
80 - 89 B
70 - 79 C
60 - 69 D
below 60 F
5. In lecture and in lab there will be a test at the end of each unit.
6. In lecture quizzes and homework will be added together and averaged at the end of the semester as a "homework" grade and will count the same as a unit test. Students are expected to be prepared for one or more quizzes each class period, either at the beginning or end of class. There are no make-up quiz grades.
7. In lecture, there will be a muscle notebook due at the end of each unit. All students will have a three-ring binder for a "muscle notebook". Work done in each unit will be graded. At the end of the semester, the "Muscle Notebook" grade will count the same as a Unit Test grade. Directions for the muscle notebook are below:
8. The final lecture average will make up 75% of the final course grade. The final lab average (for Laboratory section) will make up 25% of the final grade for the course.
9. Students must pass the lab component of Kinesiology to pass the course. Students must also pass the lecture component to pass the class.
10. Each laboratory meeting is worth 50 points. Lab homework and/or a lab quiz may be used to count as the daily lab attendance/participation grade. Appropriate dress will also be checked and counted as part of the 50 points. To earn the total 50 points for each lab meeting the student must be on time, stay the entire class period, have homework in lab notebook up-to-date (at the beginning of the period), dress appropriately, and must participate in class. The final "Attendance and participation" score will constitute $\frac{1}{2}$ of the final lab grade. At the end of each unit, there will be a lab test; lab test scores are averaged to make up the remaining $\frac{1}{2}$ of the final lab grade. One-half of the final lab average is calculated by averaging all written unit exams in lab.
11. The Attendance and Participation points in lab will not be made up.
12. Please see the program director for PTA or OTA for your grade requirements for each program.
13. Attendance is required. Students are expected to attend class regularly. Students arriving late, leaving early, leaving in the middle of class will be counted absent. Any student missing more than 1 lab class is considered to have excessive absences. Instructors may have a student withdrawn for excessive absences, see page 27 of the current SACC catalog. When a student is dropped from lab, he or she is also dropped from lecture.

14. Please communicate with your instructor prior to absences or as soon as possible following an absence. To make up any course work due to absence, the student must have a written excuse stating the date and time of the absence along with the reason for the absence. The written excuse needs to be handed to the teacher upon the student's return to class. Any course work, tests or homework to be made up is at the discretion of the instructor. Students are expected to be prepared for exams as they are assigned. A grade no higher than 80% will be possible for exams or course work finished and/or handed in late for any reason. A reasonable amount of time will be no longer than 1 week. After 1 week make-up tests may not be allowed and the student will receive a "0" on the test.

15. Work in lecture and in lab is due at the beginning of the period, otherwise, it is considered late.

LAB

1. Class participation will involve identification of landmarks on students' bodies. Each student is expected to actively participate with class members in identification of landmarks on one another. Signed release for such is required for participation in the course. Students must be clean and as sanitary as possible, wash your hands, wear clean clothes, not have any "extra" odors either good or not good.

2. Appropriate lab attire is required: shorts and T-shirts. Shirts will be required to be removed, male and female. Students are advised to wear clothing that will allow palpation of landmarks on the upper body. For women, bathing suit tops, muscle shirts, sports/jog bras, camisole tops are appropriate. Men are asked to wear tops that make palpation of the upper back and shoulders possible. Wash hands and no eating or drinking in lab. No caps.

3. Final lab grade will constitute 25% of the final grade for the course. Students must pass the lab component of Kinesiology to pass the course.

4. Attendance and participation in lab is 50 points each week. At the end of the semester, Attendance and participation will constitute 1/2 of the final lab grade. Lab classes cannot be made up.

Examination Policies:

1. Lecture tests and Lab tests will be announced at least a week in advance. Students are responsible for coming to class and paying attention to assignments. Students are asked to check blackboard regularly for announcements or other information they may need before coming to class.

2. Make-up exams must be taken within a reasonable time period preferably before the exam is handed back to class. Have a written statement with the date and time of absence with the reason for the absence ready to hand in to the teacher. Students are responsible for arranging a time to take makeup tests. All make up work will be penalized 80% and will be given at the discretion and the convenience of the instructor. Students are encouraged not to miss an exam. Students missing more than one exam may be asked to see the counselor or drop the course. Extenuating circumstances will be taken into consideration for all make-up work.

2. Missed quizzes will not be made up.

3. All tests are returned for a brief period for the student to review. If there are corrections on the grade, the student must have it done on the date the test is reviewed. If the student wishes a copy of his/her grades, it is the student's responsibility to record the grade at the time the test is briefly returned.

4. All test papers will remain the property of the instructor. Please make an appointment with your instructor to discuss your grades.

Instructional Methodology

This class will be taught with a combination of lecture and demonstration with overhead, internet if appropriate, skeleton and live model, class discussion, and question and answer with student participation. Students will be asked to present to the class by demonstrating, using the blackboard, overhead, or computer. Lab activities include palpation of muscles, joints, and bony landmarks, drawing of muscles and bony landmarks, and performing physical activities to find answers to lab questions.

Materials and Technological Requirements

Required Textbooks:

1. Clinical Kinesiology and Anatomy, 5th edition, by Lynn S. Lippert; Copyright 2011; published by F.A. Davis Company; ISBN 0-8036-2363-1 or ISBN 978-0-8036-2363-7.

Website – www.fadavis.com

2. Kinesiology Laboratory Manual for Physical Therapist Assistants, 2nd edition, by Mary Alice Duesterhaus Minor and Lynn S. Lippert; F.A. Davis Publisher, copyright 2011, ISBN (needs to be added)

3. Each student must have his/her own lab book.

4. Lab books must be new; they may not contain any previous semester's writing or work. Students who are repeating this class must have a new lab book. Lab books must be brought to lecture as well as lab.
5. Students are asked to bring red and blue-colored pencils to each class, lecture and lab.
6. Students will be required to have a 3-ring binder for a muscle notebook. The description of the muscle notebook is on the next page.

Class Attendance Policy

Students are expected to attend all classes in which they are enrolled. If a student is absent from a class session, it is the student's responsibility to make arrangements to complete or make up any work missed. No make-up work for missed classes will be allowed without the approval of the instructor. Students who enroll late must assume all responsibility for work missed. Classes not attended as a result of late enrollment may be counted toward excessive absences. Students not attending the entire class period may be counted absent for that period. An instructor may drop students with a grade of "WE" if students have been absent for an excessive number of days. Warning letters will be sent to the students advising them of the consequences of nonattendance and urging them to contact their instructors immediately. Excessive absences are defined as follows:

Regular Semester

Courses which meet once a week.....	2 absences
Courses that meet twice per week	3 absences
Courses that meet four times per week.....	5 absences

Summer Session

Courses that meet four times per week in a five week session	3 absences
Courses which meet two evenings per week in a 10 week session.....	3 absences

Students enrolled in special programs or individualized instruction should contact their program director/instructor regarding specific attendance requirements for the program/course. Some of the selective-admission, health-science programs have specific criteria regarding attendance. Students are encouraged to refer to program policies in these matters.

Jury Duty/Military/Official School Function

Scheduled absences are those that occur due to college-related activities or as a result of summons to jury duty or military duty. Classes missed as a result of scheduled absences will not be counted as excessive absences if the instructor is notified and provided documentation prior to the absence(s). Make-up work for scheduled absences will be at the discretion of the instructor.

In all instances, documentation must be provided to the instructor within 24 hours of receipt. Documentation should come from an appropriate party on letterhead or other official stationery with a signature and contact information. Documentation should list the corresponding dates of the leave.

Medical leave

For medical-related absences, documentation must include written notice from the treating medical professional documenting time needed off related to medical reasons and time student may resume classes. The medical reason does not need to be listed on the documentation; the documentation must include only that there is a medical reason, the amount of time the student needs to be absent, and the time the student should be able to return to classes. Students who elect to work at home while on excused leave must meet with their instructors to make arrangements to do so. Working on coursework while on medical leave is not a requirement but can be requested by students. If students request that they be allowed to work at home while on an excused leave, the instructor will make every reasonable effort to ensure that the student is able to do so.

For students who have a medical condition necessitating time off or accommodation:

- 1) They may work at home on assignments if they choose to if on medical leave approved by a medical professional
- 2) Receive appropriate accommodations related to coursework (i.e., excused from labs with potentially harmful chemicals, have a larger desk, etc.)
- 3) Resume their studies where they left off once they return to classes
- 4) Be allowed to make up any missed work related to medical leave
- 5) Receive incompletes on their transcripts until coursework is completed, according to the incomplete grade contract.
- 6) Be given a reasonable time frame in which to complete missed coursework

Academic Honesty Policy

Students enrolled at South Arkansas Community College are expected at all times to uphold standards of integrity. Students are expected to perform honestly and to work in every way possible to eliminate academic dishonesty. Academic dishonesty includes cheating and plagiarism, which are defined as follows:

- Cheating is an attempt to deceive the instructor in his/her effort to evaluate fairly an academic exercise. Cheating includes copying another student's homework, class work, or required project (in whole or in part) and/or presenting another's work as the student's own. Cheating also includes giving, receiving, offering, and/or soliciting information on a quiz, test, or examination.
- Plagiarism is the copying of any published work such as books, magazines, audiovisual programs, electronic media, and films or copying the theme or manuscript of another student. It is plagiarism when one uses direct quotations without proper credit or when one uses the ideas of another without giving proper credit. When three or more consecutive words are borrowed, the borrowing should be recognized by the use of quotation marks and proper parenthetical and bibliographic notations.

If, upon investigation, the instructor determines that the student is guilty of cheating or plagiarism, the following penalties will apply:

- The student will receive a penalty of no less than a zero on the work in question.
- The instructor will submit a Student Academic Misconduct Form, written report of the incident, to the appropriate dean.
- The dean will submit form to Vice President for Learning to determine disciplinary action.
- The Vice President for Learning will determine whether further disciplinary action will be taken.
- All decisions may be appealed for review through the college's academic appeals procedure.

Equal Opportunity-Affirmative Action Statement

South Arkansas Community College does not discriminate on the basis of age, race, color, creed, gender, religion, marital status, veteran's status, national origin, disability, or sexual orientation in making decisions regarding employment, student admission, or other functions, operations, or activities.

Library Services

Library Homepage: <http://southark.libguides.com/homepage> Library Contact: LibraryStaff@southark.edu or 870.864.7115

Procedures to Accommodate Students with Disabilities:

If you need reasonable accommodations because of a disability, please report this to the Vice President of Student Services with proper documentation. . VPSS Contact: 870.875.7262

The Early Alert System

In an effort to ensure student retention and success, South Arkansas Community College employs an Early Alert System to identify and support at-risk students as soon as possible in a given semester. The intent of Early Alert is to provide this assistance while there is still time to address behaviors or issues that have the potential of preventing students from completing their courses and degree plans. Students referred through the Early Alert System will be required to work on a corrective action plan with their student advising coach and to include attendance accountability and mandatory academic tutoring either in the academic division or in the Testing and Learning Center (TLC).

Once the Student Advising Coach has met with the referred student, and again when the student has met the prescribed corrective actions, the coach will update the Early Alert System so that the instructor is kept informed of the progress in resolving issues.

Behavioral Review Team

At South Arkansas Community College (SouthArk), we are committed to proactive leadership in student wellbeing and campus safety. By focusing on prevention and early intervention with campus situations that involve any person experiencing distress or engaging in harmful or disruptive behaviors, the BRT will serve as the coordinating hub of existing resources to develop intervention and support strategies and offer case management. Students, faculty, staff, and campus guests are encouraged to report any person on campus who is a concern. BRT Contact: 870.875.7262 BRT@southark.edu

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