

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

American Public University System

The Ultimate Advantage is an Educated Mind

Department of Sport and Health Sciences
SPHE 421
Kinesiology
3 Credit Hours
8 weeks
Prerequisite(s): None

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Instructor Information

Instructor:

Email:

Course Description (Catalog)

Kinesiology develops a practical understanding of the neuromotor system in relation to anatomical structures responsible for human movement along with their respective functions. Students will learn how to analyze movement and determine specific muscles responsible for a particular movement along with the associated joint action and neural control mechanisms. Students will contrast movements and exercises to determine their appropriateness and fit for specific and common goals in real world settings. Additionally, students will discuss Kinesiology principles and critical concepts as they relate to athletics, rehabilitation, and recreational exercise. The course will also explore how to improve human performance through effective exercise and training program design. Students learn concepts in this course which apply in coaching, athletics, rehabilitation, and fitness settings.

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Course Scope

This course is designed to introduce the structures of human anatomy and explain how these structures are involved in human movement. In addition to numerous illustrations within the text, there are hands-on experiences performed on yourself or a partner to enhance the learning of human anatomy. Also, learning experiences are suggested to further emphasize the material presented. Sample questions are included to help you prepare for testing material learned in each anatomical area covered. On successful completion of the course, you should be able to identify and understand the anatomical structures essential for human movement.

Course Objectives

On successful completion of this course, you should be able to do the following:

1. Identify the major muscles of the human body that cross the joints.
2. Identify the bones of the human body and their anatomical landmarks.
3. Identify the ligaments that attach the bones and form the major joints of the human body.
4. Identify the major nerves of the human body.
5. Identify and describe joint actions, axes of rotation, and planes of movement in simple single joint activities and more complex multi-joint motor performances.
6. Describe the fundamental movements created in the human body's joints by the muscles that cross the joints.
7. Define the basic structures (e.g., motor unit, muscle spindle, and proprioceptors) of the neuromuscular system.
8. Explain how reflexes (e.g., stretch reflex, reciprocal inhibition) affect human movement.
9. Describe how motor unit recruitment and rate coding regulate muscle force production.
10. Explain the reasons for different joint actions and ranges of motion using knowledge of joint structure, stability, and mobility.
11. Explain how to develop exercise programs that can be applied in fitness, rehabilitation, and athletic training settings.
12. Compare and contrast common exercises based on muscle action to determine their suitability for specific exercise program design.

Course Delivery Method

This course, delivered via distance learning, will enable students to complete academic work in a flexible manner, completely online. Course materials and access to an online learning management system will be made available to each student. All online assignments are due by Sunday evening of the week as noted. This includes Forum questions (accomplished in groups through a threaded Forum), individual assignments (submitted for review to the Faculty Member), and all tests and quizzes. Assigned faculty will support the students throughout this eight-week course.

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Course Resources

Required Course Textbook:

Book Number	Authors	Book Title	Publication Info	ISBN
SPHE421-0	Behnke, R.S.	Kinetic Anatomy (3rd ed)	Champaign, IL: Human Kinetics	

Additional Web Resources:

In addition to the required course text, the following public domain Websites are useful. Please abide by the university’s academic honesty policy when using Internet sources. Note that Web site addresses are subject to change.

Site Name	Web Site URL/Address
American Council on Exercise	www.acefitness.org
IDEA Health and Fitness Association	www.ideafit.com
National Strength and Conditioning Association	www.nscf-lift.org

Evaluation Procedures

Reading Assignments:

As upper division students I anticipate that you will all read the required text reading weekly. Text reading will be covered in forums and assignments.

Supplemental Readings:

During our course you may be asked to read material outside of your text. This may include original research articles, review articles, or some other website source. These readings will covered in a variety of places, including forums, assignments, and a term paper.

Forum Assignments:

Throughout the course you will write responses to Forum prompts. These responses, also called **Posts**, will involve analyzing readings, comparing and contrasting the views of authors, and critiquing arguments presented by the readings or the class. Posts will be graded for accuracy of interpretation, rigor of argument, and clarity of expression. Unless otherwise noted, the following standards apply. Your initial post must be **300 or more words** in length. Developing conversations with at least **TWO** of your classmates is required as part of your grade for each question. The responses should be at least **200 words** in length. Initial posts should be made by **Thursday evening at 12 EST** of each week. Each Forum is worth 10 points.

Responses and posts should abide by the University Netiquette policy. The purpose of the Forum activities is to expand your learning opportunities by engaging in academic and thought-provoking asynchronous conversation with your classmates and instructor. The instructor’s role is to facilitate the learning process by participating in the discussions and moving conversations by promoting an advanced level of inquiry.

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Homework Assignments:

Assignments will be evaluated based on the individual grading rubrics provided with each assignment.

Quizzes:

Eight quizzes will be used to evaluate your overall performance in the classroom. These will be MC and T/F question quizzes that will cover the text book reading material.

Final Project:

The detailed guidelines and grading rubric for the Term Paper are provided with the Term Paper.

Graded Instrument	Points
Week 1 - Introductory Forum	10
- Forum #1	10
Quiz #1	10
Week 2 - Forum #2	10
- Writing Assignment #1	25
- Quiz #2	10
Week 3 - Forum #3	10
- Quiz #3	10
Week 4 - Forum #4	10
-Quiz #4	10
Week 5 – Forum #5	10
- Quiz #5	10
Week 6 – Forum #6	10
- Quiz #6	10
- Writing Assignment #2	25
Week 7 – Forum #7	10
- Final Project	40
Quiz #7	10
Week 8 – Forum #8	10
- Quiz #8	10

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Total	260
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Please see the [Student Handbook](#) to reference the University's [grading scale](#).

8 Week Course Outline

<u>Week</u>	<u>Topic(s)</u>	<u>Learning Objective(s)</u>	<u>Reading(s)</u>	<u>Assignment(s)</u>
1	Structures Movement	<u>6,7,8,9</u>	Chapter 1, Behnke Chapter 2, Behnke	1) Introduction Forum 2) Forum 1 3) Quiz #1: Chapters 1 -2.
2	The Shoulder & The Elbow and Forearm Original Research Article(s)	<u>1,2,3, 4,5,6,7</u>	Chapter 3, Behnke Chapter 4, Behnke	1) Forum 2 2) Writing Assignment #1 1) Quiz #2: Chapters 3 - 4
3	The Wrist and Hand & Nerves and Blood Vessels of the Upper Extremity	<u>1,2,3,4,5</u>	Chapter 5, Behnke Chapter 6, Behnke	2) Forum 3 3) Quiz # 3: Chapters 5 -6
4	The Head & The Spinal Column and Pelvis &	<u>1,2,3,4,5,6,7</u>	Chapter 7, Behnke Chapter 8, Behnke	1) Forum 4 2) Quiz #4: Chapters 7 – 8
5	The Thorax & Nerves and Blood Vessels of the Spinal Column and Thorax	<u>1,2,3,4,5</u>	Chapter 9, Behnke Chapter 10, Behnke	1) Forum 5 2) Quiz #5: Chapters 9 - 10
6	The Hip and Thigh &	<u>1,2,3,4,5</u>	Chapter 11, Behnke Chapter 11, Behnke	1) Forum 6 2) Quiz #6: Chapters

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	The Knee Joint			11 – 12 3) Writing Assignment #2
7	The Lower Leg, Ankle, and Foot & Nerves and Blood Vessels of the Lower Extremity	<u>1,2,3,4,5,6,7, 10, 11, 12</u>	Chapter 13, Behnke Chapter 14, Behnke	1) Forum 7 2) Final Project (Essays) 3) Quiz #7: Chapters 13 - 14
8				1) Forum 8 2) Quiz #8: Chapters 1 -14

Library Guide

Request a Library Guide for your course (<http://apus.libguides.com/index.php>)

The AMU/APU Library Guides provide access to collections of trusted sites on the Open Web and licensed resources on the Deep Web. These are specially tailored for academic research at APUS:

- Program Portals contain topical and methodological resources to help launch general research in the degree program. To locate, search by department name or navigate by school.
- Course Lib-Guides narrow the focus to relevant resources for the corresponding course. To locate, search by class code (e.g., SOCI111) or class name.

If a guide you need isn't available yet, let us know by emailing the APUS Library:

librarian@apus.edu.