

2015

Kinesiology 186 Human Movement Fall 2015

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COURSE TITLE: Human Movement

DESCRIPTION: Introduction to human movement through development of skills and knowledge relative to structure and function of the human body.

PREREQUISITES: No prerequisite. However, a basic understanding of the human body will aid in your application of the material.

INSTRUCTOR: Joe Bails

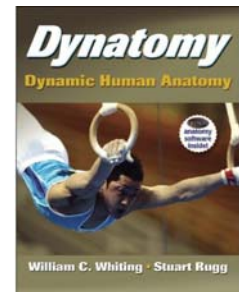
E-mail: Course Faculty in Cobra – or jbails@parkland.edu

Phone: 217-351-2285 / **Cell:** _____

Office & Office Hours: L240, Thursday 12-12:50 pm – also by appointment

TEXT/MATERIALS (REQUIRED):

- *Dynatomy. 2nd edition. Publisher: Human Kinetics*
- iClicker is a REQUIRED purchase for all core kinesiology courses.



CAS – Center for Academic Success

If you find yourself needing assistance of any kind to complete assignments, stay on top of readings, study for tests, or just to stay in school, please contact one of the following staff at the Center for Academic Success <http://www.parkland.edu/resources/cas/>

Disability Services

Students with approved accommodations through the Office of Disability Services are expected to meet privately with instructors to discuss accommodations listed on their ID card. (Extended time on exams, notes, etc.). Students should work with Disability Services staff to schedule tests/quizzes with accommodations. Call Disability Services at 217-353-2338 or go to U260.

MINIMUM COURSE OBJECTIVES:

- Describe how human movement is achieved.
- Compare quantitative to qualitative analysis of human movement.
- Apply human movement principles to muscles, joints, and bones.
- Give feedback on exercises that would achieve specific movements.
- Investigate human movement in the body planes.
- This is not all--you will learn a lot more!

COURSE POLICIES

1. **Attendance.** On time attendance and regular participation (group work, discussions, labs, and iClicker use) is required. The iClicker and book should be purchased and brought to the first week of class. If a student is late more than twice, it will be marked as an absence. Three or more unexcused absences will result in a 30 point deduction from a student's overall course points. Students are also expected to check their Parkland E-mail and Cobra weekly.
2. **Withdrawals.** After the first week of class, I am required to assess your attendance. If you have not completed the required material and/or have not attended class, you will be dropped with no refund of tuition or fees. After the first week of class, you should plan to withdraw yourself if you want to withdraw from the course. You are ultimately responsible for your own withdrawal by the withdrawal date (Dec. 4)
3. **Computer-Based Exams Taken in the Natural Sciences Testing Center (L161).** A 40-point quiz will be given upon the completion of each module. A total of six quizzes will be given. The lowest quiz score will be dropped. *If a quiz is missed, unfortunately, there will not be an opportunity to make up a module quiz without documentation and instructor approval. Students must be in their seat in the testing center no later than 3:30 on/prior to the due date as the quiz closes at 4 pm the day it is due. IMPORTANT: you must bring your student ID for testing and a quarter to store your belongings.*
4. **Discussion Points.** Each class period, you will be expected to actively participate in the class discussion using iClickers and contributing support information verbally or in writing. Discussion points can be graded on both participation and accuracy.
5. **Labs Submitted in Cobra - Due before the next lab period.** There are nine graded labs and one "introductory lab". Unfortunately, regardless of circumstances, makeup labs are not available. However, I understand that "life happens" and there may be a family emergency, a car accident, an illness, etc. that prevent you from attending. With that in mind, the lowest lab grade will be dropped. Labs will be graded on accuracy. Late labs are not accepted.
The 25 points from the lab can be composed of a combination of the following:
 - Pre/Post-lab questions
 - Lab activities with critical thinking lab-related questions
 - iClicker questions
6. **Special Project and Presentation.** As a component of one special project, you will join a student organization on campus and volunteer. Check out <http://www.parkland.edu/studentLife/clubs.aspx> to get more information on student life at Parkland. You can either choose to volunteer in the community or with Parkland PUSH (Parkland United for Student Health) at least 7 hours. **Get started early!**

7. **Final Exam.** Parkland College requires that a final exam be given during final exam week. There will be no early finals or make-up finals given, except in cases of medical emergencies or a death in the family. Once documentation has been provided and is filed at Parkland, an alternate final time can be arranged. Please plan schedules to avoid conflict with the final.
8. **Slow Computers/Bad Connections.** If you have a problem associated with a slow connection or a bad computer connection, please, contact me as soon as possible so I can help with anything that may hinder your success in the course.

METHODS OF ASSESSMENT:			GRADE	POINTS
Quizzes (40 pts each x 5*)	200 points		A	540-600
Labs (25 pts x 8*)	200 points		B	480-539.5
Discussion Points	25 points		C	420-479.5
Special Project/Presentation	75 points		D	360-419.5
Comprehensive Final Exam	100 points		F	< 360
Total	600 points			

ITEM	BOOK CHAPTERS	TOPIC	DUE -- 4 PM
CONSENT FORM	IN COBRA	CONSENT FOR LAB	THUR 8/27 IN COBRA
INTRO LAB	TABLE OF CONTENTS	LAB CONCEPTS AND PRACTICE	THUR 9/3 IN COBRA
LAB 1	PG 23-33 & 81-93	ANATOMY AND MOVEMENT	THUR 9/10 IN COBRA
MODULE 1 QUIZ	CHAPTER 1	ANATOMY AND MOVEMENT	THUR 9/10 IN T.C. (L161)
LAB 2	PG 23-33 & 81-93	OT / PT	THUR 9/17 IN COBRA
MODULE 2 QUIZ	CHAPTER 2 & 3	SKELETAL SYSTEM & JOINTS	THUR 9/24 IN T.C. (L161)
LAB 3	PG 18-20 & 207-223	PLANES AND AXIS	THUR 10/1 IN COBRA
LAB 4 (ONLINE)	PG 202-203	MEDICINE & TECHNOLOGY	THUR 10/8 IN COBRA
MODULE 3 QUIZ	CHAPTER 4 & 5	MUSCLES & ADAPTATIONS	THUR 10/22 IN T.C. (L161)
LAB 5	PG 86, 139 & 140	MUSCLE MOVEMENT	THUR 10/22 IN COBRA
LAB 6	PG 86, 139 & 140	ELECTROMYOGRAPHY	THUR 10/29 IN COBRA
MODULE 4 QUIZ	CHAPTERS 6	BIOMECHANICS	THUR 11/5 IN T.C. (L161)
LAB 7	PG 40 & 115	RANGE OF MOTION	THUR 11/12 IN COBRA
LAB 8	PG 142-149	POSTURE AND BALANCE	THUR 11/19 IN COBRA
MODULE 5 QUIZ	CHAPTER 7 & 8	POSTURE/BALANCE & MODE	THUR 11/19 IN T.C. (L161)
SEMESTER PROJECT	--	VOLUNTEERISM	TUE 12/1 PPT IN COBRA
LAB 9	--	GAIT ANALYSIS	THUR 12/3 IN COBRA
MODULE 6 QUIZ	CHAPTER 10	MOVEMENT ASSESSMENT	THUR 12/3 T.C. (L161)
PRESENTATIONS		VOLUNTEERISM	12/1, 12/3, 12/8, 12/10
FINAL	ALL MATERIAL	ALL TOPICS	2 PM THUR 12/17 (X103)