

University of Dayton
Department of Health & Sport Science

Course catalog number and title: HSS 537 Kinesiology

Course credit: 3.0 hours

Course meeting times: Tuesdays & Thursdays 9:00 to 10:15

Course instructor: Derek M. Haas, MS
Office phone: (937) 229-4225
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Course office hours: Thursdays after class or by appointment

Course text: *Kinetic Anatomy*, 3rd Edition; by Robert S. Behnke

Course description: An investigation of physical principles operative in the performance of physical education activities with attempts to analyze for methods of greater effectiveness and improved performance.

Course objectives:

1. Identify the anatomical structures that enable human motion.
2. Review the physiologic processes, which facilitate human movement.
3. Analyze the mechanics involved in various human activities.

Course attendance policy: The course lectures are designed to convey intermediate-to-advanced level concepts in anatomy, biomechanics, and physiology. Likewise, the purpose of the lab meetings is to practically apply those concepts. **Attendance at all class lectures and labs is strongly encouraged**, as we will cover a voluminous amount of information and data at each meeting. **Furthermore, I ask that you extend the courtesy of being in class on time.** Please note: **attendance is not mandatory however I will be documenting it. You are responsible for obtaining materials and information missed due to absence.**

Course materials policy: Students are required to bring texts, notes, writing utensils and other miscellaneous materials necessary for the course to each class meeting. This includes a scientific calculator. These are generally not found on most wireless devices such as "smart phones".

Learning needs policy: To request academic accommodations due to disability, please contact the Student Learning Services Office, Roesch Library room 027H, (937) 229-2066. If you have a self-identification form from the Student Learning Services Office indicating that you have a disability, which requires accommodation, please present it to me so we can discuss the accommodations you might need in class.

Course grading scale:

93-100%	A
90-92%	A-
87-89%	B+
83-86%	B
80-82%	B-
77-79%	C+
73-76%	C
70-72%	C-
67-69%	D+
63-66%	D
60-62%	D-
<60%	F

Course evaluation:

Exam I	100 points
Exam II (cumulative)	200 points
Exam III	100 points
Final exam (cumulative)	300 points
Movement analysis paper	200 points
<u>Quizzes (10)</u>	<u>200 points</u>
Class Total	1100 points

Derek's rules for this course:

1. Keep this syllabus and refer to it often. This is a contract of sorts, and it outlines our expectations for each other.
2. This is a university and the quality of your work should reflect that fact. Spelling, complete sentences, and descriptive answers are key. If I cannot read it or understand it, I cannot evaluate it.
3. Come ready to think critically, provide cogent reasoning and demonstrate problem solving.
4. I will not ask you for your work, it is your responsibility to submit assignments.
5. Turn off *all* wireless phones, during class time; this includes text messaging! Extend me the courtesy of giving me at least some of your attention and I will give you all of mine.
6. Use my office time, call or e-mail me with questions, talk to me before class; do what it takes to get your concerns heard. I can't help you if you don't approach me.
7. Have fun and learn a lot of things. I like a light-hearted, educational atmosphere in class. Help me achieve this.

Tentative course schedule:

Date	Lecture topic
23 Aug	course introduction/review of syllabus/defining Kinesiology

Part 1. Anatomy and Physiology of Human Motion

28 Aug	the skeletal system <i>Kinetic Anatomy</i> , chapters 1&2
30 Aug	the skeletal system <i>Kinetic Anatomy</i> , chapters 1&2
4 Sep	the muscular system <i>Kinetic Anatomy</i> , chapters 1&2
6 Sep	the muscular system <i>Kinetic Anatomy</i> , chapters 1&2
11 Sep	nervous system influence <i>Kinetic Anatomy</i> , chapters 1&2
13 Sep	nervous system influence <i>Kinetic Anatomy</i> , chapters 1&2
18 Sep	Exam I
20 Sep	the head, vertebral column and pelvis <i>Kinetic Anatomy</i> , chapters, 7&8
25 Sep	the shoulder <i>Kinetic Anatomy</i> , chapters, 3
27 Sep	the elbow and forearm <i>Kinetic Anatomy</i> , chapter 4
2 Oct	the hip and thigh <i>Kinetic Anatomy</i> , chapter 11
4 Oct	no course meeting- Fall break
9 Oct	the knee <i>Kinetic Anatomy</i> , chapter 12
11 Oct	the leg, ankle and foot <i>Kinetic Anatomy</i> , chapter 13

Date	Lecture topic
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Part 2. Biomechanics of Human Motion

16 Oct	Exam II
18 Oct	terms and measurements in biomechanics <i>notes packet 1</i>
23 Oct	the description of human motion <i>notes packet 2</i>
25 Oct	the conditions of linear movement <i>notes packet 3</i>
30 Oct	the conditions of linear movement <i>notes packet 3</i>
1 Nov	the conditions of curvilinear movement <i>notes packet 4</i>
6 Nov	the center of gravity and stability <i>notes packet 5</i>
8 Nov	Exam III

Part 3. Principles and Applications of Human Motion

13 Nov	the standing posture <i>notes packet 6</i>
15 Nov	motion in fitness and exercise <i>notes packet 7</i>
20 Nov	moving objects: pushing and pulling <i>notes packet 8</i>
22 Nov	no course meeting- Thanksgiving break
27 Nov	moving objects: throwing, striking and kicking <i>notes packet 9</i>
29 Nov	locomotion on solid surfaces <i>notes packet 10</i>
4 Dec	locomotion without support <i>notes packet 11</i>
6 Dec	impact <i>notes packet 12</i>
11 Dec*	Final Exam 10:10 to Noon*