

University of Dayton
Department of Health & Sport Science

Course catalog number and title: HSS 409L Kinesiology Lab

Course credit: 1.0 hours

Course meeting times: Tuesdays section 1 10:30-11:45
section 2 12:00-1:45

Course instructor: Derek M. Haas, MS
Office phone: (937) 229-4225
Work phone: (937) 208-3075
E-mail: dhaas1@udayton.edu or dmhaas@mvh.org

Course office hours: after class or by appointment

Course text: Manual of Structural Kinesiology, 18th edition, by R.T. Floyd

Course description: A laboratory course to accompany HSS 409, which stresses the practical application of Kinesiology.

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:

Movement analysis paper	150 points
<u>Lab activities (15)</u>	<u>150 points</u>
Class Total	300 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	Lab topic
28 Aug	course introduction/review of syllabus/defining Kinesiology
4 Sep	foundations of structural Kinesiology <i>Manual of Structural Kinesiology</i> , chapters 1
11 Sep	neuromuscular fundamentals <i>Manual of Structural Kinesiology</i> , chapter 2
18 Sep	the vertebral column and trunk <i>Manual of Structural Kinesiology</i> , chapter 12 shoulder <i>Manual of Structural Kinesiology</i> , chapters 4/5
25 Sep	the elbow and forearm <i>Manual of Structural Kinesiology</i> , chapter 6 the wrist and hand <i>Manual of Structural Kinesiology</i> , chapter 7
9 Oct	the hip joint and pelvic girdle <i>Manual of Structural Kinesiology</i> , chapter 9 The knee <i>Manual of Structural Kinesiology</i> , chapter 10
16 Oct	the ankle and foot joints <i>Manual of Structural Kinesiology</i> , chapter 11

Tentative course schedule:

Date	Lab topic
23 Oct	basic biomechanical factors and concepts <u>Manual of Structural Kinesiology</u> , chapter 3
30 Oct	movement analysis: posture
6 Nov	movement analysis: pushing and pulling
13 Nov	movement analysis: throwing and kicking
20 Nov	movement analysis: locomotion on solid surfaces
27 Nov	movement analysis: locomotion suspended and without support
4 Dec	movement analysis: impact