Kinesiology (online)
KINES 3092
Spring Semester, 2021
3 Credit Hours

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Location and Time: Online Asynchronous

Course Description:
This course is designed to engage you in the process of learning how to qualitatively analyze the movements of the human body and to discover underlying principles. As a result of integrating information from exercise physiology, biomechanics, and musculoskeletal anatomy you will be better able to help your students/clients perform with optimum safety, effectiveness, and efficiency.

Course Prerequisites:
BIOL 2325 - Human Anatomy

Textbook (online access included):
• Access online book by selecting “Bookshelf” on the course canvas page.
• A hard copy of the book can be obtained at a discounted rate through the University Bookstore.
• If you would like to opt out of using the digital textbook, please find the course on the University class schedule and follow the link provided in the notes section.
Student Learning Outcomes:
By the end of this course, you will be able to:
1. Understand the foundational concepts of exercise physiology, biomechanics, and musculoskeletal anatomy.
2. Explain how exercise physiology, biomechanics, and musculoskeletal anatomy interact to alter the nature of human movement.
3. Evaluate fundamental and skilled human movements by performing kinesiological analyses, identifying common errors in human movement, and prescribing corrections for those errors.
4. Human behaviors that can be used to develop muscular strength, stretch, and/or prevent injury.

Teaching and Learning Methods:
- This is an online course that will include a series of video lectures as well as real-time virtual discussions. Additional learning opportunities will be provided by online TA office hours and weekly “supplemental instruction” (SI) sessions.

Course Policies:
- Students are expected to behave in a respectful manner with fellow classmates, the instructor, and the TA’s during all in-person or online interactions. I will support an atmosphere in which the freedom to ask questions and learn without concern for harassment will be upheld.
- Students are responsible for tracking their own grades throughout the term and for knowing the registration, drop and withdrawal dates for the semester.
- Academic honesty and integrity is expected from all of us as members of the University of Utah community. Cheating, lying, or plagiarism will not be tolerated.
- Course letter grades will be based on cumulative scores from assignments, quizzes, and exams. No extra credit will be given and grades will not be curved or rounded. Letter grades are NOT negotiable.

Instructor’s Policy on Make-up Exams/Quizzes:
Make-ups for missed exams/quizzes will only be allowed under the following conditions:

Athletic or other University-Sponsored Absences
Students must provide travel dates and times via a signed memo from the University-sponsored group prior to the dates of travel.

Military, State, or Federal Service
Students must provide military orders or other documentation of government service prior to absentee dates.

Illness
The instructor must be notified of the illness prior to the scheduled assessment or as soon as possible thereafter. Students must provide a valid medical excuse signed and dated by a physician or physician assistant.

Other Extenuating Circumstances
In all other circumstances, it will be the prerogative of the instructor whether or not a student will be allowed to make-up work. In most circumstances, authentic documentation will be required! Vacations will NOT be accepted as a reasonable circumstance to merit quiz or exam make ups.
In the event that a student is allowed to make-up an exam, the exam must be taken at the UOnline Center. All fees required by the UOnline Center must be paid by the student. The UOnline Center is located in Room 1704 on the first floor of the Marriott Library, (801) 581-6112. Students are expected to be familiar with the Center’s policies. Exam makeups will only be offered AFTER the scheduled due date.

**Evaluation and Assessment:**

- **Exams (4)**
  - Students will take 3 midterm exams and a cumulative final exam. These exams will consist of fill in the blank, essay, chart completion, identification, and other questions designed to assess students working knowledge.
  - All midterm exams will be taken online in Canvas and students will have 2.5 hours to complete each exam. The final exam will also be taken in Canvas with 4 hours to complete. Any portion of the exam that is not complete when it is due will receive a score of “0”.
  - Once exam grades are posted, students will have one week to discuss any grading issues with Dr. Groot.

- **Course Introductory Quiz (1)**
  - This quiz is designed to help student review the important course information and policies from the syllabus so that students know what to expect throughout the semester. *The quiz will open at 12:00am 3 days prior to the first day of the semester and will close at 11:59 pm on Tuesday of the first week of the semester. Students will have an unlimited number of attempts on this quiz within the 7 day window that the quiz is open.*

- **Weekly Online Quizzes (10)**
  - Students will take 10 online quizzes delivered through Canvas. These quizzes will focus on information discussed most recently, but may include questions on any topic previously covered. *Quizzes will be made available at 12:00am Monday mornings, will have a time cap, and will close at 11:59pm Tuesday evenings.*

- **Anatomy Review Quizzes (2)**
  - Two anatomy review quizzes will be taken on canvas PRIOR to the anatomy sections in canvas. The purpose of these quizzes is to encourage students to look back over the anatomy that they have previously learned, so that the online videos can focus more on the application of that anatomical knowledge. The first anatomy quiz will focus on the upper limb and trunk, while the second anatomy quiz will focus on the lower limb. *These quizzes will have a time cap, so it would be a good idea to study prior to beginning the quiz. Anatomy quizzes will be made available at 12:00am Monday mornings, will have a time cap, and will close at 11:59pm Tuesday evenings.*

- **Application Assignments (12)**
  - Application assignments will require students to use the material covered in the online video lectures to answer questions that help them learn to apply the fundamentals of kinesiology. The assignments will be posted on Canvas on Monday mornings (check the dates displayed in the syllabus schedule or on the Canvas calendar) and will be due by 11:59 pm on Friday evening of that same week.
  - *Late assignments will NOT be accepted for any reason* (including computer, Canvas, and internet issues) and will receive an automatic score of “0”. To avoid these issues, complete the assignments with ample time prior to the due date/time, and do not select “submit” until you have checked your work. Assignments should be completed on a computer (not a smart phone) with stable internet service. If having Canvas trouble, follow the help button or call 1-844-527-0328 for Canvas support.
Grade Distribution:

<table>
<thead>
<tr>
<th>Graded Item</th>
<th>Points Each</th>
<th>Total Points</th>
<th>Percentage of Final Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Midterm Exams</td>
<td>40</td>
<td>120</td>
<td>30%</td>
</tr>
<tr>
<td>1 Final Exam</td>
<td>80</td>
<td>80</td>
<td>20%</td>
</tr>
<tr>
<td>1 Introductory Quiz</td>
<td>10</td>
<td>10</td>
<td>2.5%</td>
</tr>
<tr>
<td>10 Quizzes</td>
<td>5</td>
<td>50</td>
<td>12.5%</td>
</tr>
<tr>
<td>2 Anatomy Quizzes</td>
<td>10</td>
<td>20</td>
<td>5%</td>
</tr>
<tr>
<td>12 Application Assign.</td>
<td>10</td>
<td>120</td>
<td>30%</td>
</tr>
</tbody>
</table>

400 total points possible

Grading:

<table>
<thead>
<tr>
<th>Course Percentage</th>
<th>Grade</th>
<th>Course Percentage</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>93% and above</td>
<td>A</td>
<td>73-76.95%</td>
<td>C</td>
</tr>
<tr>
<td>90-92.95%</td>
<td>A-</td>
<td>70-72.95%</td>
<td>C-</td>
</tr>
<tr>
<td>87-89.95%</td>
<td>B+</td>
<td>67-69.95%</td>
<td>D+</td>
</tr>
<tr>
<td>84-86.95%</td>
<td>B</td>
<td>63-66.95%</td>
<td>D</td>
</tr>
<tr>
<td>80-83.95%</td>
<td>B-</td>
<td>60-66.95%</td>
<td>D-</td>
</tr>
<tr>
<td>77-79.95%</td>
<td>C+</td>
<td>59.95% or lower</td>
<td>E</td>
</tr>
</tbody>
</table>

Note: Grades are earned by the student’s work throughout the semester. Once the assigned work is completed and grades are submitted, they can only be changed if the instructor has made a mathematical or recording error. The instructor will not assign additional work after the fact to improve a grade, nor will grades be rounded.
University Policies:

- **The Code of Student Rights and Responsibilities:** The Code of Student Rights and Responsibilities is provided in detail on the University of Utah web page ([http://regulations.utah.edu/academics/6-400.php](http://regulations.utah.edu/academics/6-400.php)). Students have specific rights in the classroom as detailed in the code. The code also specifies proscribed conduct that involves cheating on tests, plagiarism, and/or collusion, as well as fraud, theft, etc. Students should read the Code carefully to become aware of these issues. Students may receive sanctions for violating one or more of these proscriptions. The instructor of this course will enforce the Code in the course; cheating and plagiarism will result in appropriate penalties, such as a failing grade on a specific exam or in the course and/or expulsion from the course. Students have the right to appeal such action to the Student Behavior Committee.

- **The Americans with Disabilities Act:** The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations in this class, reasonable prior notice needs to be given to the Center for Disability & Access (CDA; [http://disability.utah.edu/](http://disability.utah.edu/); 162 Olpin Union Building; 801-581-5020). CDA will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in an alternative format with prior notification to the CDA.

- **Addressing Sexual Misconduct:** Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran’s status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police, contact the Department of Public Safety, 801-585-2677 (COPS).

- **Wellness Statement:** Personal concerns such as stress, anxiety, relationship difficulties, depression, cross-cultural differences, etc., can interfere with a student’s ability to succeed and thrive at the University of Utah. For helpful resources contact the Center for Student Wellness, [http://wellness.utah.edu/](http://wellness.utah.edu/); 801-581-7776.

- **University Safety Statement:** The University of Utah values the safety of all campus community members. To report suspicious activity or to request a courtesy escort, call campus police at 801-585-COPS (801-585-2677). You will receive important emergency alerts and safety messages regarding campus safety via text message. For more information regarding safety and to view available training resources, including helpful videos, visit [http://safeu.utah.edu](http://safeu.utah.edu).

*This syllabus does NOT constitute a contract and is subject to change at any time.*
## Tentative Course Schedule

*Note: This schedule is subject to change at any time*

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading</th>
<th>Assignment Open Dates</th>
<th>Quiz Open Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td>1/19-1/24&lt;br&gt;Intro. To Kinesiology&lt;br&gt;Osteology &amp; Arthrology</td>
<td>p. 1-2, 368-370, p. 5-27</td>
<td>Intro Quiz</td>
<td></td>
</tr>
<tr>
<td><strong>Week 2</strong></td>
<td>1/25-1/31&lt;br&gt;Skeletal Muscle Structure and Sarcomeres&lt;br&gt;Excitation Contraction Coupling (Motor Neuron)</td>
<td>p. 37-40, 47, p. 56-58</td>
<td>Assignment 1</td>
<td>Quiz 1</td>
</tr>
<tr>
<td><strong>Week 3</strong></td>
<td>2/1-2/7&lt;br&gt;Excitation Contraction Coupling (Skeletal Muscle)&lt;br&gt; Cross-Bridge Cycling &amp; Grading Contractions</td>
<td></td>
<td></td>
<td>Quiz 2</td>
</tr>
<tr>
<td><strong>Week 4</strong></td>
<td>2/8-2/14&lt;br&gt;Muscle Fiber Type&lt;br&gt;Virtual Reviews for Exam 1</td>
<td></td>
<td>Assignment 2</td>
<td>Quiz 3</td>
</tr>
<tr>
<td><strong>Week 5</strong></td>
<td>2/15-2/21&lt;br&gt;EXAM 1 (online, February 15th from 12:00 am - 11:59 pm, 2.5 hour time limit)&lt;br&gt;Muscular Mechanics/Relationships</td>
<td>p. 59-61</td>
<td></td>
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<tr>
<td><strong>Week 6</strong></td>
<td>2/22-2/28&lt;br&gt;Forces &amp; Power&lt;br&gt;Torque and Levers</td>
<td>p. 81-86, p. 71-80</td>
<td>Assignment 3</td>
<td>Quiz 4</td>
</tr>
<tr>
<td><strong>Week 7</strong></td>
<td>3/1-3/7&lt;br&gt;Torque and Levers (cont.)&lt;br&gt;Types of Contractions</td>
<td>p.41-46, 62-63</td>
<td>Assignment 4</td>
<td>Quiz 5</td>
</tr>
<tr>
<td><strong>Week 8</strong></td>
<td>3/8-3/14&lt;br&gt;MENTAL HEALTH WEEK</td>
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<tr>
<td><strong>Week 9</strong></td>
<td>3/15-3/21&lt;br&gt;Stability&lt;br&gt;Pectoral Girdle</td>
<td>p. 83-84, Ch. 4</td>
<td>Assignment 5</td>
<td>Anat. Quiz 1</td>
</tr>
<tr>
<td><strong>Week 10</strong></td>
<td>3/22-3/28&lt;br&gt;Shoulder&lt;br&gt;Elbow</td>
<td>Ch. 5, Ch. 6</td>
<td>Assignment 6</td>
<td>Assignment 7</td>
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<tr>
<td></td>
<td><strong>Week 11</strong>&lt;br&gt;Wrist &amp; Hand&lt;br&gt;Virtual Reviews for Exam 2</td>
<td>Ch. 7</td>
<td>Assignment 8</td>
<td>Quiz 7</td>
</tr>
<tr>
<td><strong>Week 12</strong></td>
<td>4/5-4/11&lt;br&gt;EXAM 2 (online, April 5th from 12:00 am - 11:59 pm, 2.5 hour time limit)&lt;br&gt;Vertebral Column</td>
<td>Ch. 11</td>
<td>Assignment 9</td>
<td></td>
</tr>
<tr>
<td><strong>Week 13</strong></td>
<td>4/12-4/18&lt;br&gt;Pelvic Girdle &amp; Hip&lt;br&gt;Knee</td>
<td>Ch. 8, Ch. 9</td>
<td>Assignment 10</td>
<td>Assignment 11</td>
</tr>
<tr>
<td><strong>Week 14</strong></td>
<td>4/19-4/25&lt;br&gt;Ankle &amp; Foot&lt;br&gt;Virtual Reviews for Exam 3</td>
<td>Ch. 10</td>
<td>Assignment 12</td>
<td>Quiz 9</td>
</tr>
<tr>
<td><strong>Week 15</strong></td>
<td>4/26-5/2&lt;br&gt;EXAM 3 (online, April 26th from 12:00 am - 11:59 pm, 2.5 hour time limit)&lt;br&gt;Virtual Reviews for Final Exam</td>
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<td>Quiz 10</td>
</tr>
<tr>
<td><strong>Week 16</strong></td>
<td>5/3-5/9&lt;br&gt;Virtual Reviews for Final Exam&lt;br&gt;FINAL EXAM (online, May 5th from 12:00 am - 11:59 pm, 4 hour time limit)</td>
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</table>