

EXS322 Kinesiology

(3 credit hours)

Course Syllabus

Course Description

The scientific study of human movement has been defined as Kinesiology, also known as Human kinetics. This course will examine the relationship of the anatomical, physiological, and mechanical principles of human motion.

Course Learning Outcomes

By the end of this course, you will be able to:

1. To identify the anatomical and physiological fundamentals of human motion.
2. To identify and analyze the musculoskeletal system and the neuromuscular basis of human motion
3. To apply principles of biomechanics on human motion as well as on center of gravity and stability
4. To analyze human locomotion in different environments.

Required Textbook(s) and Resources

Floyd, R.T. (2021). Manual of structural kinesiology (21st ed.). New York, NY:McGrawHill Education.

Be sure to also review the weekly **Explore** sections for additional library or web resources. For access to databases, research help, and writing tips, visit the [Tiffin University Library](#).

Time Commitment

Effective time management is possibly the single most critical element to your academic success. To do well in this online class you should plan your time wisely to maximize your learning through the completion of readings, discussions, and assignments. Because of our accelerated, seven-week term, TU online courses are designed with the expectation that you dedicate a little over **six (6)** hours per credit hour to course activities and preparation **each week**. For example, for successful completion of a three-credit, seven-week online course you should reserve roughly **twenty (20) hours per week**.

To help plan your time and keep on track toward successful course completion, note the distinctive rhythm of assignment due dates:

1. All times assume Eastern Time (GMT-4).
2. Weeks begin at 12:00 a.m. ET on Monday and end at 11:55 p.m. ET on Sunday.
3. Unless otherwise noted, initial assignments or discussion posts are due by **11:55 p.m. ET on Wednesdays.**
4. Additional assignments or follow-up discussion posts are due by **11:55 p.m. ET on Saturdays, and**
5. Major assignments and reflections are typically due by **11:55 p.m. ET on Sundays.**

Grading

The chart below identifies the individual contributions from each type of activity, per week.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Total
Forums Activity 1.1 (n/a) Activity 1.2 (20)	Forums Activity 2.1 (20)	Forums Activity 3.1 (20) Activity 3.2 (20)	Forums Activity 4.1 (20)	Forums Activity 5.1 (20) Activity 5.2 (20)	Forums Activity 6.1 (20)	Forums Activity 7.1 (20)	180
Assignments Activity 1.3 (30) Activity 1.4 (50)	Assignments Activity 2.2 (30) Activity 2.3 (50)	Assignments Activity 3.3 (30) Activity 3.4 (50) Activity 3.5 (50)	Assignments Activity 4.2 (30) Activity 4.3 (50)	Assignments Activity 5.3 (30) Activity 5.4 (50) Activity 5.5 (50)	Assignments Activity 6.2 (30) Activity 6.3 (50) Activity 6.4 (50)	Assignments Activity 7.2 (30) Activity 7.3 (60) Activity 7.4 (50) Activity 7.5 (50)	820
100	100	170	100	170	150	210	1000

Grading Scale

A: 90-100% | B: 80-89% | C: 70-79% | D: 60-69% | F: <60%

Course Schedule and Weekly Checklist

Start Here

- ☐ MON: Activity 1.1: Meet Your Peers - Introductory Post

Week 1 – Introduction to Kinesiology

- ☐ WED: Activity 1.1: Meet Your Peers
- ☐ WED: Activity 1.2: Sport-Specific Movement
- ☐ SAT: Activity 1.2: Sport-Specific Movement
- ☐ SUN: Activity 1.3: Application Assignment
- ☐ SUN: Activity 1.4: Week 1 Quiz

Week 2 – Neuromuscular and Biomechanical Factors and Concepts

- ☐ WED: Activity 2.1: Force-Velocity Relationship
- ☐ SAT: Activity 2.1: Force-Velocity Relationship
- ☐ SAT: Activity 2.2: Application Assignment 2
- ☐ SUN: Activity 2.3: Week 2 Quiz

Week 3 – Shoulder Girdle and the Glenohumeral Joint

- ☐ WED: Activity 3.1: Exercise Prescription
- ☐ WED: Activity 3.2: Three Topics
- ☐ SAT: Activity 3.1: Exercise Prescription
- ☐ SAT: Activity 3.2: Three Topics
- ☐ SUN: Activity 3.3: Application Assignment 3
- ☐ SUN: Activity 3.4: Muscle Analysis Project: Phase I
- ☐ SUN: Activity 3.5: Week 3 Quiz

Week 4 – The Elbow, Radioulnar, Hand, and Wrist Joints

- ☐ WED: Activity 4.1: Orthopedic Injuries
- ☐ SAT: Activity 4.1: Orthopedic Injuries
- ☐ SUN: Activity 4.2: Application Assignment 4
- ☐ SUN: Activity 4.3: Week 4 Quiz

Week 5 – The Hip, Pelvic Girdle, and Knee Joints

- ☐ WED: Activity 5.1: Knee Valgus
- ☐ WED: Activity 5.2: Application Activity
- ☐ SAT: Activity 5.1: Knee Valgus
- ☐ SUN: Activity 5.2: Application Activity
- ☐ SUN: Activity 5.3: Application Assignment 5
- ☐ SUN: Activity 5.4: Muscle Analysis Project: Phase II
- ☐ SUN: Activity 5.5: Week 5 Quiz

Week 6 – The Ankle, Foot, and Spinal Column Joints

- WED: Activity 6.1: Tension Headaches
- SAT: Activity 6.1: Tensions Headaches
- SAT: Activity 6.2: Application Assignment 6
- SUN: Activity 6.3: Presentation: Interview
- SUN: Activity 6.4: Week 6 Quiz

Week 7 – Muscular Analysis

- WED: Activity 7.1: Tension Headaches
- SAT: Activity 7.1: Tensions Headaches
- SAT: Activity 7.2: Application Assignment 7
- SUN: Activity 7.3: Analyze an Exercise Movement
- SUN: Activity 7.4: Muscle Analysis Project: Phase III
- SUN: Activity 7.5: Week 7 Quiz

Tips for Success

Online learning requires self-discipline and self-direction. As seekers of the truth, we should be willing to challenge one another's academic work in a spirit of respectful comradery. Your course is a place for you to grow as you benefit from the expertise, experience, and diverse perspectives of your instructor and peers. Constructive feedback will challenge you to stretch your own thinking, thereby expanding your knowledge and understanding.

To get the most out of your learning experience, you should actively engage (participate) in **ALL** course activities. Course elements are arranged chronologically. To complete a week, simply work your way "down the page" through all of the course materials and activities.

For More Information:

Be sure to review the [Support, Policies, and Procedures](#) addendum.