



**DEPARTMENT OF HEALTH & HUMAN PERFORMANCE  
COURSE SYLLABUS  
Spring 2024**

**HHPK 290  
Structural Kinesiology**

**INSTRUCTOR INFORMATION**

<b>Instructor:</b>	Michael Oldham, PhD
<b>Office Location:</b>	Nursing and Health Science - 133
<b>Office Hours:</b>	M- F 11am to Noon
<b>Office Phone:</b>	903-886-5549
<b>Office Fax:</b>	903-886-5365
<b>University Email Address:</b>	michael.oldham@tamuc.edu
<b>Preferred Form of Communication:</b>	Email
<b>Communication Response Time:</b>	24 hours

**COURSE INFORMATION**

Materials – Textbooks, Readings, Supplementary Readings

**REQUIRED TEXT:** Kinetic Anatomy, 4E, Benke and Plant.  
IA ISBN: 9781718201446

**Course Description:** This course provides in-depth coverage of musculoskeletal anatomy as a foundation for learning components of simple and complex motor tasks and emphasizes proper execution and analysis of joint movement and common exercises. The student learns to interpret data, incorporate knowledge into practical applications, and make inferences regarding cause and effect relationships within nutrition.

*The syllabus/schedule are subject to change.*

## Course Description

**Student Learning Outcomes** (Should be measurable; observable; use action verbs)

1. Name and identify all bones, major bone markings, most muscles, joints, and major joint structures below the skull.
2. Give the origin, insertion, action, and innervation for major muscles below the skull.
3. Contrast healthy vs. dysfunctional joint movements at major joints of the body.
4. Predict muscular causes for dysfunctional joint movements and propose corrective solutions for common movement errors – especially for common exercises.

## COURSE REQUIREMENTS

### Minimal Technical Skills Needed

Please note that all assignments **must be typed, a 1-inch margin on all sides, double-spaced in 12-point font (in Arial, Cambria, Calibri or Times New Roman only). Please use APA 7th Edition (American Psychological Association).**

### Instructional Methods

**This class is a blended face-to-face and online course. The course will involve instruction, projects, and activity based exercises / labs to convey the content.**

### Grading and Assignment Overview

**Students will be graded on attendance and participation, quizzes, projects and in-class exams.**

**Final grades will be determined based on the following:**

Attendance and participation:	5%
Quizzes	10%
Projects:	15%
Exams:	35%
Final Exam:	15%
Labs and Hands On Activities:	20%

### Attendance and Participation

**Students are expected to attend all regularly scheduled classes. If a student has a religious, athletic or medical conflict, the student must provide proper documentation to miss class. If the absence falls on an exam day, the exam must be taken prior to leaving if possible, per instructor approval.**

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## Quizzes

Quizzes measure comprehension of class topics and aid students in preparing for exams. Quizzes will be often be given without notice to students.

## Projects

Projects allow students to engage in active learning and develop knowledge about specialized topics unique to their sport or area of interest. Students will develop a literature review (Rubric to follow) regarding the biomechanical / anatomy requirements for a particular sport or athlete. **NO DUPLICATE TOPICS WILL BE ALLOWED. All topics must be approved by the instructor the first 2 weeks of class via email.**

## In-Class Exams

There are three exams administered during class throughout the semester. The dates for in-class exams are set, and **there are no make-up exams**. The exams are not cumulative; they will cover only the material presented since the last exam. Materials from class lecture as well as any additional assigned reading are covered on exams.

## Final Exam

The cumulative final exam is administered during the TAMUC exam scheduled timeslot.

## Laboratory

**Students will attend labs throughout the semester, and will be scheduled based on the content being covered. Lab grades will be 20% of the lecture grade.**

**\*Extra Credit Work – There is NO Extra Credit in the Real World, thus there is no Extra Credit in this course.**

The following final grading scale will be utilized to determine the final grade based on the average of your course work:

A = 900 +

B = 800 – 899

C = 700 – 799

D = 600 – 699

F = under 600

## TECHNOLOGY REQUIREMENTS

### LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

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<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

Zoom Video Conferencing Tool

[https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom\\_Account.aspx?source=universalmenu](https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu)

## **ACCESS AND NAVIGATION**

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

**Note:** Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

## **COMMUNICATION AND SUPPORT**

If you have any questions or are having difficulties with the course material, please contact your Instructor.

### **Technical Support**

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

### **Interaction with Instructor Statement**

The best way to reach me is via email at [michael.oldham@tamuc.edu](mailto:michael.oldham@tamuc.edu), as I check it frequently. I will aim to reply with 24 hours to your MyLeo email address. Please be courteous and professional in all of your interactions with me and fellow students.

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## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Course Specific Procedures/Policies**

**\*Please note that this schedule is tentative and is subject to change. Also, this is NOT all-inclusive (i.e., Homework/Participation). Other assignments might be given throughout the semester, so you MUST check the class announcements and e-mail frequently.**

### **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

## **University Specific Procedures**

### **Student Conduct**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<https://www.britannica.com/topic/netiquette>

### **TAMUC Attendance**

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

### **Academic Integrity**

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

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### [Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

### [Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

## **Students with Disabilities-- ADA Statement**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

### **Office of Student Disability Resources and Services**

Texas A&M University-Commerce

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

## **Nondiscrimination Notice**

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

## **Campus Concealed Carry Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal

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Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

### **A&M-Commerce Supports Students' Mental Health**

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

### **AI Use in Courses**

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software **must be documented**. **Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).**

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty  
13.99.99.R0.10 Graduate Student Academic Dishonesty

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**Health and Human Performance Department**  
***HHPK 290 – Structural Kinesiology***

**COURSE OUTLINE / CALENDAR**

**Week 1 – Jan 10 - 12**

Introduction: Course requirements  
Project Topic Research Day

**Week 2 – Jan 15 - 19**

Chapter 1: Structures—bones, joints, muscles  
Muscles, nerves, motor unit  
Motor unit, other tissues; Chapter 2: Movement

**Week 3 – Jan 22 - 26**

Planes, axes, movements, hands-on and activities  
Chapter 3: The Shoulder—bones  
Shoulder bones, joints, and ligaments  
Shoulder muscles, movements, hands-on and activities

**Week 4 – Jan 29 – Feb 2**

**Monday                      Exam 1 (Chapters 1-3)**

Chapter 4: The Elbow and Forearm  
Elbow bones, joints, and ligaments

**Week 5 – Feb 4 - 9**

Elbow muscles, movements, hands-on and activities  
Chapter 5: The Wrist and Hand  
Wrist bones and joints

**Week 6 – Feb 12 - 16**

Wrist ligaments and muscles  
Wrist movements, hand bones, and joints  
Hand ligaments and muscles

**Week 7 – Feb 19 - 23**

Hand movements, wrist and hand, hands-on and activities  
Chapter 6: Nerves and Blood Vessels of the Upper Extremity  
Upper-extremity blood vessels and nerves, hands-on and activities

**Week 8 – Feb 26 – Mar 1**

**Monday                      Exam 2 (Chapters 4-6)**

Chapter 7: The Head; Ch. 8 The Spinal Column and Pelvis

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**Week 9 – Mar 4 - 8**

Spinal column and pelvis muscles, movements, hands-on activities  
Chapter 9: The Thorax—bones, ligaments, joints, muscles,  
movements, the heart and lungs  
The heart and lungs, hands-on and activities

**SPRING BREAK MARCH 11 – 15 – NO CLASSES**

**Week 10 – Mar 18 - 22**

Chapter 10: Nerves and Blood Vessels of the Head, Spinal Column, Thorax,  
Heart and Lungs  
Blood vessels and nerves of the spinal column, thorax, and heart  
and lungs, hands-on and activities

**Week 11 – Mar 25 – 29**

**Monday Exam 3 (chapters 7-10)**

Introduction to lower extremity (Chapters 11-14 overview)  
Hip joint muscles, movements, hands-on, and activities

**Week 12 – Apr 1 - 5**

Chapter 12: The Knee—bones, joints, ligaments  
Knee ligaments and muscles  
Knee muscles, movements, hands-on and activities

**Week 13 – Apr 8 - 12**

Chapter 13: The Lower Leg, Ankle, and Foot—bones, joints  
Lower-leg, ankle, and foot joints and ligaments

**Week 14 – Apr 15 - 19**

Lower-leg, ankle, and foot extrinsic/intrinsic muscles and  
movements  
Lower-leg, ankle, and foot intrinsic muscles and movements

**Week 15 – Apr 22 - 26**

Chapter 14: Nerves and Blood Vessels of the Lower Extremity  
Lower-extremity blood vessels and nerves, hands-on and activities; Review

**Friday Exam 4 (chapters 11-14) (30%)**

**Monday April 29 – Final Exam Review Day**

**May 1 – 3: NO CLASSES – TAMUC STUDY DAYS**

**Week 16 – May 6<sup>th</sup> – 10<sup>th</sup> EXAM WEEK**

**Friday, May 10<sup>th</sup> at 8:00am – CUMULATIVE FINAL EXAM**

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