



## **HHPK 290 Structural Kinesiology**

Fall 2024

TTH 11:00a – 12:15p; NHS 161

### **Faculty: Kjerstin Gardner, MS, ATC, LAT**

Office Location: Nursing & Health Sciences – By Appointment

Office Hours: By Appointment, TTH after class

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Preferred Form of Communication: Email

Communication Response Time: 24-48 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.

### **Course Description**

#### **Student Learning Outcomes**

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**

Students must have working knowledge of and know how to use the MyLeo Online: D2L Brightspace learning management system, and Microsoft Word/Excel/PowerPoint. Students must utilize their University assigned email (Leo mail) for all course communications. All email communication from the instructor will be sent to the student's Leo mail. 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).

*The syllabus/schedule are subject to change.*



### **Student Responsibilities or Tips for Success in the Course**

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. Students can expect to do well in this course when they attend class on-time, complete all assignments/labs/quizzes/exams, participate in class discussions, and seek assistance when they do not understand course material. Students should also utilize the course resources provided through D2L, such as, course lecture notes, assignments, and course information. Some assignments, quizzes, and exams throughout this course will require using D2L. It is the students responsibly to have internet access, check this site frequently, and become familiar with how it works.

### **Grading**

Students will be graded on attendance and participation, quizzes, projects and in-class exams. Each assignment will be worth a pre-determined amount of points. Upon the completion of the course, grades will be calculated by adding up the total number of points each student has earned and dividing it by the total amount of points available in the course. The point totals below are an estimate for the course and subject to change as the course dictates. Point totals will be updated in D2L. This will produce a percentage of points earned (Ex. Student earned 850 points out a possible 1000 in the course:  $850/1000 = 85\%$  "B"). Grades will be assigned based upon the percentages below.

Attendance & participation: 100 pts  
Labs & Hands on activities: 200 pts  
Quizzes: 250 pts  
Projects: 100 pts  
Exams: 4 @ 100 pts each  
Final Exam: 100 pts

#### **Grading Scale:**

A = 90-100%  
B = 80-89%  
C = 70-79%  
D = 60-69%  
F = 0-50

Students are expected to earn points toward their final grade during the course of the semester with the assignments and tests that are scheduled. All students are graded based on the exact same criteria and no exceptions will be made for individual assignments, tests, or final point values.

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

Students will receive back all graded assignments in a timely manner (typically within 1 week of the due date). Students are encouraged to keep all graded assignments as well as keep up with their grades throughout the semester. Any questions or concerns about assignments/grades should be brought to the instructor's attention immediately (i.e. Do not wait until the end of the semester.)

### **Assessments**

#### **In-Class Assignments / Labs / Hands on activities**

In-class assignments, labs, and hands on activities will be given often and unannounced throughout the semester over the reading assignments or material covered in previous lectures. In-class assignments, labs, hands on activities will not be allowed for make-up, unless the absence is excused. Students will attend labs throughout the semester, and will be scheduled based on the content being covered. In order to get full points participation is required.

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### **Quizzes**

Quizzes measure comprehension of class topics and aid students in preparing for exams. Quizzes will be often and given without notice to students. Quizzes may be short answer, multiple choice, true/false, listing, etc, and will be online on D2L. Make-ups will not be allowed.

### **In-Class Exams**

Four written exams will be given. The format shall include any of the following: short answer, essay, fill in the blank, multiple choice, true/false, and/or listing type questions etc. All exams will be given in-class on the date listed in the schedule. The dates for in-class exams are set, and **there are no make-up exams**. Under certain circumstances (situations out of your control), make-ups will be allowed at the instructor's discretion. Students are required to contact the instructor ASAP if they happen to miss an exam, and will need to provide written documentation.

### **Final Exam**

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

### **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. For example sports fitness for a particular sport and position, sport injury rehabilitation for a specific sport and position, sport injury prevention for a specific sport and position are a few broad examples. NO DUPLICATE TOPICS WILL BE ALLOWED. **All topics must be approved by the instructor by September 10<sup>th</sup> @ 11:59pm via email.**

### **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). This will lead to a zero(0) for that assignment.

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.

Like an encyclopedia or a dictionary or Wikipedia, AI tools can be used to begin the process of writing; in other words, it is a tool for preliminary research, not a reliable source. Preliminary research assists writers in learning the basics about a topic so that they can research the specifics using credible, academic sources which can be cited in the assignment. Thus, AI is used to generate ideas in the same way that a brainstorm or a Freewrite is used in the prewriting stage of the writing process. While no one would drop a brainstorm into a formal document, the ideas that are generated from the brainstorm can be developed as part of a writing assignment. The same is true of AI.

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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

### **Late Work**

All assignments are due as assigned and must be turned in on or before the due date to receive full credit. Assignments turned in after the due date will receive zero (0) points. It is the student's responsibility to be aware of assignment due dates as the dates are included on the course schedule and posted on D2L.

## **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:

<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)

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

### **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**

Email is the best way to contact the instructor if you need assistance with any aspect of the course. I will typically respond to emails within 24 hours (except on weekends). Students are also welcome to schedule a meeting if they prefer a face-to-face conversation.

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## COURSE AND UNIVERSITY PROCEDURES/POLICIES

### Attendance

Class attendance is **required**. Excused absences include university approved absences or those that I receive appropriate notification of (i.e. sudden/serious illness, death to immediate family member, etc.). It is the student's responsibility to notify the instructor ahead of time if they are going to miss class due to an excused absence and make arrangements for all materials and assignments that will be missed on that day. In the case of excused absences due to unavoidable or emergency situations, the student must promptly notify the instructor via phone call or email explaining the circumstances. Prompt notification (within three days) is required to have an absence excused; additionally, written documentation may be required to have the absence excused. If a student misses a class, excused or unexcused, the student is responsible for obtaining all information presented and turning in all assignments by the due date. Remember: *Poor planning on your part is not an emergency on my part.* **NO LATE ASSIGNMENTS WILL BE GRADED.** If the absence falls on an exam day, the exam must be taken prior to leaving if possible, per instructor approval.

### Syllabus Change Policy

The syllabus is a guide. This schedule is tentative and is subject to change. Also, this is NOT all-inclusive (i.e., Homework/Participation). Circumstances and events, such as student progress and weather, 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, so you MUST check the class announcements and e-mail frequently.

### 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/GraduateStudentAcademicDishonestyFormId.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/)

<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 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.

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### **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)

### **Assumption of Risk**

I hereby waive any claim I may have as a result of my participation in the above mentioned course. I hereby agree to indemnify, defend, and hold harmless the State of Texas, the Texas A&M University System, Texas A&M University - Commerce, and the Department of Health and Human Performance, and all of the officers, trustees, directors, agents, representatives, and employees of the foregoing entities against any and all claims, including attorneys' fees and costs, which may be brought against any of them by anyone claiming to have been injured as a result of my participation in the this course.

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## Course Outline / Schedule

HHPK 290 - 01- TTH 11:00a -12:15a - NHS 161 - Fall 2024						
			Class Lecture	Reading Assignment	Assignment Due	Due Date
Wk 1	Tue	8/27	Intro, course requirements			
	Thu	8/29	Structures	Ch 1		
Wk 2	Tue	9/3	Structures & Movements / Labs & Hands on Activity	Ch 1 & 2		
	Thu	9/5	Shoulder	Ch 2 & 3		
Wk 3	Tue	9/10	Lab / Hands on Activity	Ch 1-3	Paper Topic Approved by 9/10; 11:59p	
	Thu	9/12	Review	Ch 1-3		
Wk 4	<b>Tue</b>	<b>9/17</b>	<b>Exam 1 (Chapters 1 - 3)</b>	Ch 1-3	In class only	
		Thu	9/19	Elbow & Forearm / Wrist & Hand	Ch 4 & 5	
Wk 5	Tue	9/24	Wrist & Hand	Ch 5		
		Thu	9/26	Lab Hands on Activity	Ch 4 & 5	
Wk 6			Nerves & Blood vessels of the Upper Extremity	Ch 6		
	Tue	10/1				
	Thu	10/3	Lab / Hands on Activities	Ch 4 - 6		
Wk 7	Tue	10/8	Review	Ch 4-6		
	<b>Thu</b>	<b>10/10</b>	<b>Exam 2 (Chapters 4 - 6)</b>		In class only	
Wk 8	Tue	10/15	Head & Spinal Column & Pelvis	Ch 7 & 8		
		Thu	10/17	Lab Hands on Activities	Ch 7 - 8	
Wk 9	Tue	10/22	Thorax	Ch 9		
		Thu	10/24	Nerves & Blood Vessels of the Head, Spinal Column, Thorax, Heart, & Lungs	Ch 10	
Wk 10	Tue	10/29	Lab Hands on Activities	Ch 9 - 10		
		Thu	10/31	Review	Ch 7-10	
Wk 11	Tue	11/5	<b>Exam 3 (Chapters 7-10)</b>		In class only	
		Thu	11/7	Hip & Thigh	Ch 11	
Wk 12	Tue	11/12	Knee	Ch 12		
		Thu	11/14	Lab Hands on Activities	Ch 11 - 12	
Wk 13	Tue	11/19	Lower Leg, Ankle, & Foot	Ch 13	Paper due 11/19; 11:59p	
		Thu	11/21	Nerves & Blood Vessels of the Lower Extremity		Ch 14
WK 14	Tue	11/26	Independent Study - Ch 11 - 14	Ch 13 & 14		
	<b>Thu</b>	<b>11/28</b>	<b>Thanksgiving No class</b>			
Wk 15	Tue	12/3	Review			
	<b>Thu</b>	<b>12/5</b>	<b>Exam 4 (11-14)</b>		In class only	
Wk 16	12/7 - 12/13		Final Exam Week		In class only	

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