DEPARTMENT OF HEALTH & HUMAN PERFORMANCE
COURSE SYLLABUS
Winter Mini 2025 - Online

HHPK 290
Structural Kinesiology

INSTRUCTOR INFORMATION

Instructor:	Michael Oldham, PhD
Office Location:	Nursing and Health Science - 115
Office Hours:	By Zoom ONLY
Office Phone:	903-886-5549
Office Fax:	903-886-5365
University Email Address:	michael.oldham@tamuc.edu
Preferred Form of Communication:	Email
Communication Response Time:	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.

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:

Weekly Quizzes	20%
Weekly Exams:	40%
Final Exam:	20%
Hands-On Activities:	20%

Attendance and Participation

Students are expected to WATCH ALL LECTURES. There will be no live / synchronous lectures at specific times. It is up to you to decide when to watch each lecture. Because this semester goes across national holidays, students are STILL EXPECTED TO WORK AND MEET DEADLINES. Work ahead if you need to!

The *syllabus/schedule are subject to change.*

Quizzes
Quizzes measure comprehension of class topics and aid students in preparing for exams. Quizzes will be given on each **MONDAY**. The exam will open at 8am CST and close at 11pm CST. **Quizzes will count 20% of the overall grade.**

Online 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. **Each exam will count 10% of the overall grade, totaling 40% over 4 exams.**

Online Final Exam
The cumulative final exam will be administered during the last week of classes. The due date will be announced in class. **The cumulative final exam will count 20% of the overall grade.**

Hands-On Activities
Students will construct hands-on demonstrations of how they memorize the bones, muscles, nerves, joints, and or articulations. Students will choose from Summary Tables on pgs. 103-110, 185-197, or 265 – 273. Your product can be a PowerPoint, FlipBook, or Video Demonstration (Zoom Recording / Video Recording). The assignment must include at least 10 content items and strategies for memorization. PPT and Flipbooks must be at least 10 pages long (not including the title slide/page), and videos must be at least 10 minutes long. **This assignment will be 20% of the 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:
https://community.brightspace.com/s/article/Brightspace-Platform-Requirements

LMS Browser Support:
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

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**.**

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

The *syllabus/schedule are subject to change.*

Interaction with Instructor Statement

The best way to reach me is via email at 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.

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
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
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.

The *syllabus/schedule are subject to change.*

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.

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**

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.

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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

Health and Human Performance Department

HHPK 290 – Structural Kinesiology

COURSE OUTLINE / CALENDAR

Week 1 – 12/16 – 12/20

Introduction: Course requirements
Project Topic Research Day
Chapter 1: Structures—bones, joints, muscles
Muscles, nerves, motor unit
Motor unit, other tissues;
Chapter 2: Movement
Planes, axes, movements
Chapter 3: The Shoulder—bones
Shoulder bones, joints, and ligaments
Shoulder muscles, movements
Exam 1 (Chapters 1-3)

Week 2 – 12/23 – 12/27

Chapter 4: The Elbow and Forearm
Elbow bones, joints, and ligaments
Elbow muscles, movements, hands-on and activities
Chapter 5: The Wrist and Hand
Wrist bones and joints
Wrist ligaments and muscles
Wrist movements, hand bones, and joints
Hand ligaments and muscles
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
Exam 2 (Chapters 4-6)

Week 3 – 12/30 – 1/3

Chapter 7: The Head;
Ch. 8 The Spinal Column and Pelvis
Spinal column and pelvis muscles, movements

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Chapter 9: The Thorax—bones, ligaments, joints, muscles, movements, the heart and lungs
The heart and lungs, hands-on and activities
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
Exam 3 (Chapters 7-10)

Week 4 – 1/6 – 1/10

Introduction to lower extremity (Chapters 11-14 overview)
Hip joint muscles, movements, hands-on, and activities
Chapter 12: The Knee—bones, joints, ligaments
Knee ligaments and muscles
Knee muscles, movements, hands-on and activities
Chapter 13: The Lower Leg, Ankle, and Foot—bones, joints
Lower-leg, ankle, and foot joints and ligaments
Lower-leg, ankle, and foot extrinsic/intrinsic muscles and movements
Lower-leg, ankle, and foot intrinsic muscles and movements
Chapter 14: Nerves and Blood Vessels of the Lower Extremity
Lower-extremity blood vessels and nerves, hands-on and activities; Review
Exam 4 (Chapters 11-14)

Project Due 1/8 by 11:59pm CST

1/10 – CUMULATIVE FINAL EXAM

The latest you may START the final exam is 1/10 at 7pm CST. You will have 90 minutes to complete the exam online. The exam will be 100 multiple choice questions.

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