DEPARTMENT OF HEALTH & HUMAN PERFORMANCE
COURSE SYLLABUS
Summer II 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@etamu.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 functional anatomy and sport performance.

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 100% online course. The course will involve instruction, projects, and activity-based exercises 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.

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 each MONDAY. The exam will open at 8am CDT and close at 11pm CDT. **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 lectures 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

Due Date: August 6 (11:59 PM)
Weight: 20% of final course grade
Project Overview
In this capstone project, you will demonstrate your understanding of structural kinesiology by analyzing and teaching the biomechanics of a jump landing. You are expected to explain movement clearly and apply your knowledge as if working with a client, athlete, or patient.
Learning Goals
- Analyze human movement using joint, muscle, and mechanical principles
- Explain how the body controls and absorbs force during landing
- Identify movement errors and provide effective corrections
- Communicate kinesiology concepts clearly and professionally

Project Requirements
1. Video Presentation (5–7 minutes)
- Joint Motion Analysis: joints, movements, planes
- Muscle Function + Mechanics: muscles, eccentric control, force absorption
- Movement Errors (2): what and why
- Correction Strategies: how and why they work
- Teach-Back Clarity: clear, simple explanation

2. Visual Aid
- Include slides, diagrams, or annotated images.

3. 1-Page Summary
- Submit a concise outline of joints, muscles, errors, and corrections.

Submission Instructions
- Video (file uploaded to D2L as either an MP4, MOV, or PPT (with voiceover)
- Visual aid (if separate)
- 1-page summary document

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Grading Rubric (100 points)

Category	Points	Description
Content Accuracy	**35**	**Accuracy of joints, muscles, and movement explanations**
Integration of Concepts	**20**	**Connection between anatomy, movement, and mechanics**
Application (Errors + Corrections)	**20**	**Quality of error analysis and corrections**
Communication Clarity	**15**	**Clear, effective teaching and explanation**
Professional Quality	**10**	**Organization, visuals, and presentation quality**

Due Date: August 6 (11:59 PM)
Weight: 20% of final course 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 and SUPPORT

LMS

Minimal Technical Skills Needed

Students will need reliable computer and internet access for this course. Students must be able to effectively use myLeo email, myLeo Online D2L, and Microsoft Office.

Learning Management System (LMS) – D2L

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

- View the Learning Management System Requirements Webpage.
- Learn more on the LMS Browser Support Webpage.

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 on the Brightspace Support Webpage.

STUDENT RESPONSIBILITIES FOR COURSE

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.

Technology-Related Issues

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 ETAMU campus open computer lab, etc.

COMMUNICATION AND SUPPORT

Interaction with Instructor Statement

If you have any questions or are having difficulties with the course material, please contact your instructor. Correspondence will always be through university email (your "myLeo" mail) and announcements in myLeo online (D2L). You will not RECEIVE email through D2L, so be sure to check your ETAMU email for communication. Students are encouraged to check university email daily. My email address is: Michael.oldham@etamu.edu

Include the Following in Emails with Instructor:

- Course name and subject in the subject line
- Salutation (Good afternoon, Dr. Oldham)
- Proper email etiquette (no "text" emails – use proper grammar and punctuation)
- Student name and CWID after the body of the email (possibly add to student signature on email)

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COURSE AND UNIVERSITY PROCEDURES/POLICIES

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.

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 online in the Student Guidebook.

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

ETAMU Attendance

For more information about the attendance policy, please view the Attendance Webpage and the Class Attendance Policy

Academic Integrity

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

Undergraduate Academic Dishonesty University Procedure 13.99.99.R0.03

Undergraduate Student Academic Dishonesty Form

Graduate Student Academic Dishonesty University Procedure 13.99.99.R0.10

Graduate Student Academic Dishonesty Form

Use of Artificial Intelligence

East Texas A&M University 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

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

East Texas A&M University

Velma K. Waters Library Rm 162

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

Fax (903) 468-8148

Email: studentdisabilityservices@etamu.edu

Website: Office of Student Disability Services

Nondiscrimination Notice

East Texas A&M University 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 East Texas A&M University 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 ETAMU 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.

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

East Texas A&M Supports Students' Mental Health – Counseling Services

The Counseling Center at East Texas A&M University, 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

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.

As an Institutional Member of the National Association of Schools of Music, East Texas State A&M University supports the Association's commitment to student health and wellness. The following web address provides links to information for resources related to physical and mental well-being, as well as assists in offering preventative measures that students can take to avoid serious and/or chronic conditions: Musician Health and Safety - East Texas A&M University

Health and Human Performance Department

HHPK 290 – Structural Kinesiology

COURSE OUTLINE / CALENDAR

Week 1 – July 6 – 10

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 – July 13 – 17

Chapter 4: The Elbow and Forearm
Elbow bones, joints, and ligaments
Elbow muscles, movements
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
Chapter 6: Nerves and Blood Vessels of the Upper Extremity
Upper-extremity blood vessels and nerves
Exam 2 (Chapters 4-6)

Week 3 – July 20 – 24

Chapter 7: The Head;
Ch. 8 The Spinal Column and Pelvis
Spinal column and pelvis muscles, movements
Chapter 9: The Thorax—bones, ligaments, joints, muscles, movements, the heart and lungs
The heart and lungs
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
Exam 3 (Chapters 7-10)

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Week 4 – July 27 – July 31

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;
Exam 4 (Chapters 11-14)

Week 5 – August 3 – 6

Project Construction and Outline Critique by Dr. Oldham (Due 8/4, by 11:59pm CST)

***Dr. Oldham will be available to provide guidance and direction for the project, as well as look at drafts or outlines this week.**

8/5 and 8/6 – CUMULATIVE FINAL EXAM – The latest you may *START* the final exam is 8/6 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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