



HHPK 290 Structural Kinesiology

Fall 2026 TTH 9:30a –10:45a

Faculty: Kjerstin Gardner, MS, ATC, LAT

Office Location: Nursing & Health Sciences – NHS 137

Office Hours: By Appointment, T/TH

Office Phone: (903) 886-5308

University Email Address: Kjerstin.Gardner@etamu.edu

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 the musculoskeletal system.

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

The syllabus/schedule are subject to change.



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).

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 student's responsibility 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"). The points listed below are approximate. Grades will be assigned based upon the percentages below.

	Grading Scale:
Labs & Hands on activities participation: 280 pts	A = 90 – 100%
Quizzes: 140pts	B = 80 – 89%
Projects: 125 pts	C = 70 – 79%
Exams: 4 @ 100 pts each	D = 60 – 69%
Final Exam: 100 - 150 pts	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.

The syllabus/schedule are subject to change.



*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. Participation is required for full points, late arrival and/or leaving early, and being on your phone will result in zero (0) being awarded. Just being present in class is not participating, you might be asked to leave. All labs require outside work and will be turned in through D2L.

QUIZZES

Quizzes measure comprehension of class topics and aid students in preparing for exams. Quizzes will be often, given without notice to students at the beginning, middle or end of class. Quizzes may be short answer, multiple choice, true/false, listing, etc, and will be paper only. You must be present at the time of the quiz to take it. Make-ups will not be allowed, unless it is a university excused absence, and it is the students' responsibility to communicate with the instructor in a timely manner.

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. If the date changes you will be notified promptly. 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. **Exams will not be given prior to the assigned exam time.**

FINAL EXAM

The cumulative final exam is administered during the ETAMU exam scheduled timeslot, **Exams will not be given prior to the assigned exam time.**

The syllabus/schedule are subject to change.



RESEARCH PROJECTS

Projects allow students to engage in active learning and develop knowledge about specialized topics unique to their sport or area of interest. There will be one (1) research project on either an upper or lower extremity, you will find a common myth and a Peer Reviewed Research article that busts the myth. Myths can be for an upper extremity or lower extremity injury, biomechanics, injury prevention, injury rehabilitation and strength and conditioning. They are to be no older than 10 years and submit it for approval, if approval is denied after the deadline, you have 24 hours to find another one for approval. If it isn't submitted for approval by the deadline, you will have a zero (0). You must submit it for approval after the deadline to have your research project graded. If you fail to get approval for your research article your paper will not be graded and will be a zero (0). There will be short video or info graphic submitted as the major part of this semester project. 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). Referencing will be done in APA 7th Edition (American Psychological Association). More details will be discussed in class.

- Upper or lower extremity research article & myth must be approved by Thursday, September 10th @11:59 pm in D2L. You must submit a PDF version of the article in D2L under research article approval; links or emails are not accepted. Failure to submit a PDF version by the deadline will result in a zero. Please refer to the class policies found in your syllabus in D2L under course content.
- Video or infographic are due Tuesday October 1st @ 11:59 pm in D2L, as a PDF, JPG, or docx, video file. Failure to submit the documents in a readable format will result in a 10-point deduction, and you will have 24 hours from the time I email you to resubmit the article in a readable format. Please refer to the class policies found in D2L under course content. A grading rubric will be posted with more details on the assignment in D2L. Plagiarism will not be tolerated and you may receive a zero (0). Did you know summarizing findings require referencing? Students are encouraged to use the writing lab for help, they will help with in-text citations and your reference page.

AI USE IN COURSES

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). 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

The syllabus/schedule are subject to change.



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.

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

Zoom Virtual Classroom Requirements:

<https://support.zoom.us/hc/en-us/articles/201362023-Zoom-system-requirements-Windows-macOS-Linux>

ACCESS AND NAVIGATION

The syllabus/schedule are subject to change.



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 ETAMU 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.

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.**

The syllabus/schedule are subject to change.



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>

ETAMU ATTENDANCE

For more information about the attendance policy please visit the [Attendance](#) webpage.

ACADEMIC INTEGRITY

Students at East Texas A&M University 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>

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

The syllabus/schedule are subject to change.



Email: studentdisabilityservices@tamuc.edu

PREGNANCY AND PARENTING RESOURCES

Please find information on ETAMU's website about [Parenting and Pregnancy Resources](#) here.

To request an accommodation related to pregnancy or parenting, students can complete the [Pregnancy/Parenting Accommodation Request Form](#).

Email: Parenting@etamu.edu.

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 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 ETAMU campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

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.



The syllabus/schedule are subject to change.

**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, East Texas A&M University, 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.

Course Outline / Schedule

The syllabus/schedule are subject to change.



HHPK 290-01 TTH 9:30a - 10:45a Fall 2026					
			Class Lecture	Reading Assignment	Assignment Due Date
Wk 1	Thu	20-Aug	Intro, course requirements		
	Tue	25-Aug	Structures	Ch 1	
Wk 2	Thu	27-Aug	Structures	Ch 1	
	Tue	1-Sep	Structures & Movements	Ch 1 & 2	First Day quiz D2L 9/1; 11:59p
Wk 3	Thu	3-Sep	Shoulder / Lab 1	Ch 3	
	Tue	8-Sep	Lab 1		
Wk 4	Thu	10-Sep	Lab 1		Research Article Approved by 9/10; 11:59p in D2L
	Tue	15-Sep	Exam 1 (Chapters 1 - 3)		In class only
Wk 5	Thu	17-Sep	Elbow & Forearm / Wrist & Hand	Ch 4 - 5	
	Tue	22-Sep	Wrist & Hand / Nerves & Blood vessels	CH 5 -6	
Wk 6	Thu	24-Sep	Lab 2		
	Tue	29-Sep	Lab 2		
Wk 7	Thu	1-Oct	Lab 2 / review		Research project due by 10/1; 11:59p in D2L
	Tue	6-Oct	Exam 2 (Chapters 4 - 6)		In class only
Wk 8	Thu	8-Oct	No School - Fall Break		
	Tue	13-Oct	Head	Ch 7	
	Thu	15-Oct	Spinal column & Pelvis & Thorax	Ch 7 - 8	
Wk 9	Tue	20-Oct	Thorax & Nerves & Blood vessels of the Head, Spinal column, Thorax, Heart, & Lungs	CH 9-10	
	Thu	22-Oct	Lab 3		
Wk 10	Tue	27-Oct	Lab 3		
	Thu	29-Oct	Lab 3 cont / Review		
Wk 11	Tue	3-Nov	Exam 3 (Chapters 7-10)		In class only
	Thu	5-Nov	Hip & Thigh	Ch 11	
Wk 12	Tue	10-Nov	Knee	Ch 12	
	Thu	12-Nov	Lower Leg, Ankle, & Foot; Nerves, Arteries, & Veins	Ch 13 - 14	
Wk 13	Tue	17-Nov	Lab 4		
	Thu	19-Nov	Lab 4		
Wk 14	Tue	24-Nov	Lab 4 - Independent Study		
	Thu	26-Nov	Thanksgiving break		
Wk 15	Tue	1-Dec	Lab 4 / Exam 4 and Final Review		
	Thu	3-Dec	Exam 4 (Chapters 11- 14)		In class only
Wk 16	Thu	10-Dec	Comprehensive Final assigned by ETAMU		In class only

The syllabus/schedule are subject to change.