

KIN 362
Biomechanics
Sam Houston State University
Fall, 2007

Instructor: Dr. Matthew C. Wagner
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Office Hours: By Appointment

Course purpose: This course is designed to provide the student with the knowledge of the structure, function and location of fibrous, skeletal, muscular and nervous tissue of the human body and to provide the student with a basic understanding of the mechanics of human motion. Emphasis will be placed on identifying location and the function of various skeletal articulations. A secondary purpose is to provide experiences for application of the knowledge through the analysis of human movement in exercise and sport.

Content: This course is designed for lecture, discussion, class labs and quizzes, a group project with a summary paper, and examinations.

Textbooks/Resources

Required:

- 1) Hall, Susan J. (2006). Basic Biomechanics (5th ed.). McGraw Hill.
- 2) Delavier, Frederic (2006). Strength Training Anatomy (2nd ed.). Human Kinetics.

Reference:

Sieg, Kay W. & Adams, Sandra P. (1993). Illustrated Essentials of Musculoskeletal Anatomy (2nd ed.). Megabooks.

Student Requirements:

- 1) Calculator
- 2) No cell phones
- 3) Emails kept up to date

Evaluation

3 exams @ 100 points each	300
10 Quizzes @ 10 pts each	100
Group Project @ 100	<u>100</u>
	500

Grading

450-500	A
400-449	B
350-399	C
300-349	D
Less than 300	F

Group Project

Students will choose a sporting activity and present the biomechanical aspects of the movement pattern(s) in class using a format of their choosing. This activity could include a specific aspect of an athletic contest, a weight lifting movement, or any topic deemed appropriate by the instructor. Movement patterns, muscle groups, articulations, common movement errors and potential injuries are all topics that should be covered in the presentation. Groups will be formed in class based on similar interests in athletic movements. All topics must be approved by the instructor. Groups will have a minimum of 3 participants and a maximum of 5. All students must be involved in the project, as part of the grade will be an evaluation from the other group members. A summary paper must be turned in at the time of the presentation

Quizzes

There will be a total of 12 x 10 point unannounced quizzes throughout the semester. You may drop your lowest two scores to have a total of 10 quizzes.

Quizzes can not be made up for any reason.

Attendance Policy

Essential to your understanding of the material is your presence and participation. Attendance will be taken at each class meeting. You are responsible to sign the roll sheet each day that attendance is not called in class.

0-3 absences:	No penalty
4 absences:	Reduction of final grade by 1 letter
5 absences:	Reduction of final grade by 2 letters
6 absences:	Reduction of final grade by 3 letters
7 or more absences:	Automatic failure of course

Please pay particular attention to the attendance policy. Even though you may have enough points for a passing grade, multiple absences **will** result in a reduction of your grade. Notice there is not a distinction between excused and unexcused absences. In extremely extenuating circumstances I may make an exception, however please be aware that under most situations this policy will be enforced. If you feel you will be unable to attend class, please schedule a meeting with me to discuss this problem.

Cell Phone Policy

Essential to comprehension of the material presented in class is the ability to maintain concentration during the class. For this reason cell phone (both speaking and texting) use is prohibited in class. Should a cell phone ring or make any noise deemed a distraction by the instructor, or should a student be observed texting or otherwise communicating with someone not physically present in the classroom, the student will be asked to leave the class. Repeated offenses will result in the student being asked to permanently leave the class. Computers may be used for note taking only.

Disability Statement

Students with a disability that affects their academic performance are expected to arrange for a conference with the instructor in order that appropriate strategies can be considered to ensure that participation and achievement opportunities are not impaired. The physically impaired may contact the Director of Counseling Center as chair of the Committee for Continuing assistance for Disabled Students by telephone (extension 1720).

Student Absences on religious Holy Days Policy

Section 51.911 (b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities including examinations, for the observance of a religious holy day, including traveling for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day (s). This request must be made in the first fifteen days of the semester or the first seven days of a summer session in which the absence (s) will occur. The instructor will complete a form notifying the student of a reasonable time-frame in which the missed assignments and/or examinations are to be completed.