



# SUL ROSS

KINESIOLOGY DEPARTMENT

**PE 3307 001**  
**Kinesiology**  
**Spring 2022**

## **Dr. Billy Jack Ray**

**Assistant Professor - Kinesiology**

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**Office Hours:** Monday 1-4, Tuesday 11-4, Wednesday 1-4, Thursday 11-4, and Friday 11-2  
**By appointment (email to set an appointment)**  
**Meeting:** MWF 9-9:50 GPC 108  
**Required Text:** Manual of Structural Kinesiology – R. T. Floyd, 21e with Connect access  
ISBN: 978-1-260-23775-7 (Bound)  
978-1-260-81699-1 (Loose-Leaf)  
**Connect Link:** <https://connect.mheducation.com/class/b-ray-spring-2021>

### **COURSE DESCRIPTION**

A study of the musculoskeletal system as it relates to movement, physical activity and exercise performance.

### **PURPOSE OF COURSE**

All exercise scientists, physical education teachers, athletic trainers, personal trainers, clinical therapists and conditioning specialists need a thorough understanding of the body in order to properly prescribe and train individuals to improve/maintain their level of fitness.

### **EXPECTATION OF STUDENTS**

Students are responsible for keeping up with the reading and are expected to read the assigned chapters and/or other posted readings prior to class in order to contribute to online discussion. Handouts distributed through Blackboard should be kept in a notebook in order to be referred to as necessary.

### **Marketable Skills – The following marketable skills are met in this course:**

- **Collaboration** – students will interact with one another through a multitude of class discussions and activities
- **Communication** –
- **Critical Thinking** – students will be asked to critically decipher a multitude of real-world scenarios
- **Career Readiness** – students will develop the skills necessary to train athletes by understanding proper anatomical kinesiology and movements

## STUDENT LEARNING OUTCOMES

SLO 1 - Undergraduate students will demonstrate written comprehensive core subject PE 3307- Kinesiology.

SLO 3 - Undergraduate students will demonstrate proficiency in a variety of communication methods in PE 3307- Kinesiology.

COURSE OBJECTIVES: Students will be able to:

### *Demonstrate knowledge and understanding*

- A. Knowledge and understanding of the skeletal and muscular systems
- B. Knowledge and understanding of the functions of the musculoskeletal system in producing and controlling human movement
- C. Knowledge and understanding of basic biomechanical principles which govern human movement
- D. Application of biomechanical principles to physical activity, exercise performance and sport skills
- E. Ability to analyze physical activity in terms of musculoskeletal components and mechanical principles

## TEXAS EDUCATION AGENCY STANDARDS:

**Standard I** - The physical education teacher demonstrates competency in a variety of movement skills and helps students develop these skills.

**Standard II** – The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities that promote this lifestyle.

### Course Format

The format for this course will include, but is not limited to – face-to-face delivery, on-line components, and volunteer hours.

### Attendance

Attendance for class is mandatory. Every class day is a grade. You will receive 100% credit for being on time, 75% credit for being tardy. **One letter grade will be deducted for every absence after four (4). Students with zero (0) absences (not including athletic related absences) and with no missing assignments will be exempt from the final exam.**

**Drop Policy – More than 9 absences could result in being dropped from this class**

## GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Grade calculation	% of Grade	Grading Scale
Attendance/Participation	10% (100 points)	900 or more A
Connect SmartBook Assignments (12)	30% (12 @ 25 = 300 Points)	800-900 B
Unit Test (4)	40% (4 @ 100 = 400 points)	700-800 C
Final Paper	10% (100 points)	600-700 D
Final Exam	10% (100 points)	Less than 600 F
		Total Points = 1000

**Late Assignments WILL NOT Be Accepted. Also, No Credit Will Be Given For Any Late Assignments**

# Course Schedule

		<u>Connect Assignment</u>
<u>Week 1</u>	Syllabus/Introduction Anatomy Terms	Introduction to Connect SmartBook CH 1 01/16/2022
<u>Week 2</u>	Chapter 1 – Foundations of Structural Kinesiology	SmartBook CH 2 01/23/2022
<u>Week 3</u>	Chapter 2 – Neuromuscular Fundamentals	SmartBook CH 3 01/30/2022
<u>Week 4</u>	Chapter 3 – Basic Biomechanical Factors and Concepts	Test 1 02/06/2022 SmartBook CH 4 02/06/2022
<u>Week 5</u>	Chapter 4 – The Shoulder Girdle	SmartBook CH 5 02/13/2022
<u>Week 6</u>	Chapter 5 – The Shoulder Joint	SmartBook CH 6 02/20/2022
<u>Week 7</u>	Chapter 6 – The Elbow and Radioulnar Joints	SmartBook CH 7 02/27/2022
<u>Week 8</u>	Chapter 7 – The Wrist and Hand Joints	Test 2 03/13/2022 SmartBook CH 8 03/13/2022
<u>Week 9</u>	Chapter 8 – The Hip Joint and Pelvic Girdle	SmartBook CH 9 03/20/2022
<u>Week 10</u>	Chapter 9 – The Knee Joint	SmartBook CH 10 03/27/2022
<u>Week 11</u>	Chapter 10 – The Ankle and Foot Joints	Test 3 04/03/2022 SmartBook CH 11 04/03/2022
<u>Week 12</u>	Chapter 11 – The Trunk and Spinal Column	SmartBook CH 12 04/10/2022
<u>Week 13</u>	Chapter 12 – Muscular Analysis of Selected Exercises and Related Concepts	Test 4 04/17/2022
<u>Week 14</u>	Review of Terms, Vocabulary, and Concepts	
<u>Week 15</u>	Review of Terms, Vocabulary, and Concepts	Final Paper 04/24/2022
<u>Week 16</u>	Final Exam Week No Class	Final Exam 05/03/2022 8am – 10am

## ALL COURSE REQUIREMENTS DEADLINE

All test and assignments will be due on the date shown by 11:59 pm.  
The final exam will be due by the date and time shown.

## **Distance Education Statement**

Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

## **Accidents & Injuries**

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

## **Academic Integrity Statement**

Academic dishonesty hurts everyone and reduces the value of college degrees. Doing someone else's work, presenting the ideas and work of others as your own, submitting the same paper for multiple classes, and/or failing to cite your sources when you utilize the ideas of others, are all examples of academic dishonesty. It is your responsibility to read and understand the university's policy on academic dishonesty in the SRSU Student Handbook, as all violations will be taken seriously and handled through the appropriate university process. The Student Handbook can be found at: <https://www.sulross.edu/page/2454/student-handbook> (page 80).

In addition, please note that plagiarism detection software will be used in this class for written assignments, as well as monitoring software for course exams.

## **Academic Civility Statement**

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

## **Academic Affairs Service Statement**

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

## **Academic Excellence Statement**

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.

- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

## **ADA Statement**

Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student's responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartze, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: [mschwartze@sulross.edu](mailto:mschwartze@sulross.edu) .