



**SUL ROSS**  
KINESIOLOGY DEPARTMENT

**KINE 3301 001**  
**Spring 2025**  
**Structural**  
**Kinesiology**

**Doug Renshaw Ph.D.**  
**Instructor - Kinesiology**

**Office:** Graves-Pierce 101  
**Phone:** 432-837-8861 office  
**Email:** [doug.renshaw@sulross.edu](mailto:doug.renshaw@sulross.edu)  
**Office Hours:** **By appointment (email to set an appointment)**

**Contacting Mr. Renshaw:** You may contact me via email, stopping by my office during office hours. If you send an email, I will respond within 24 business hours (unless you are notified otherwise ahead of time). I may not respond to emails over the weekend or once I have left for the day. Plan accordingly

**Required Text:**

**Manual of Structural Kinesiology – R. T. Floyd, 22e with Connect access**

**Required Materials:**

This class requires Connect textbook access –

You do not need to purchase the book or Connect; this class is a part of Inclusive Access. Inclusive Access is a course material affordability program, designed by institutions and guided by the Department of Education to deliver digital learning resources to students, at a significantly reduced cost, on or before the first day of class. All students should have been sent a password the day before the first day of class via email. See blackboard for the link or go to McGraw Hill Assignments & Tests tab in blackboard and click on the first assignment.

This class requires **Connect** textbook access –

You do not need to purchase the book or Connect; this class is a part of Inclusive Access. Inclusive Access is a course material affordability program, designed by institutions and guided by the Department of Education to deliver digital learning resources to students, at a significantly reduced cost, on or before the first day of class. All students should have been sent a password the day before the first day of class via email. See blackboard for the link or go to McGraw Hill Assignments & Tests tab in blackboard and click on the first assignment.

**COURSE DESCRIPTION**

A study of the human 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
- **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**

The learning activities, assignments, and exams in this course are constructed to assess each student's mastery of the following learning outcomes:

1. The physical education candidate will demonstrate an understanding of common and specialized content, and scientific and theoretical foundations for the delivery of an effective PreK-12 physical education program.
2. The physical education candidate will be a physically literate individual who can demonstrate skillful performance in physical education content areas and health-enhancing levels of fitness.
3. The physical education candidate will engage students in meaningful learning experiences through effective use of pedagogical skills. They will use communication, feedback, technology, and instructional and managerial skills to enhance student learning.
4. The physical education candidate will select and implement appropriate assessments to monitor students' progress and guide decision making related to instruction and learning.
5. The physical education candidate will demonstrate behaviors essential to becoming an effective professional.

## **COURSE OBJECTIVES**

Students will be able to:

- 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

## Course Format

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

## 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.**

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

Grade calculation	% of Grade	Grading Scale
Attendance	100 (10%)	900 or more A
Connect SmartBook Assignments (12)	12@25 = 300 points (30%)	800-899 B
Unit Test (2)	2@200 = 400 points (40%)	700-799 C
Participation/quiz/in class work	4@50 =200 points (20 %)	600-699 D
		Less than 599 F
		Total Points = 1000

**No Late Assignments Will Be Accepted. Also, No Credit Will Be Given For Any Late Assignments**



# Tentative Course Schedule

	Content	Connect Assignment	Test Dates
WEEK 1	Syllabus/Introduction Anatomy Terms	smartbook ch 1	
WEEK 2	Chapter 1 – Foundations of Structural Kinesiology	smartbook ch 2	
WEEK 3	Chapter 2 – Neuromuscular Fundamentals	smartbook ch 3	
WEEK 4	Chapter 3 – Basic Biomechanical Factors and Concepts	smartbook ch 4	
WEEK 5	Chapter 4 – The Shoulder Girdle	smartbook ch 5	
WEEK 6	Chapter 5 – The Shoulder Joint	smartbook ch 6	
WEEK 7	Chapter 6 – The Elbow and Radioulnar Joints	smartbook ch 7	
WEEK 8	Chapter 7 – The Wrist and Hand Joints	smartbook ch 8	MIDTERM TBA
WEEK 9	Chapter 8 – The Hip Joint and Pelvic Girdle	smartbook ch 9	
WEEK 10	Chapter 9 – The Knee Joint	smartbook ch 10	
WEEK 11	Chapter 10 – The Ankle and Foot Joints	smartbook ch 11	
WEEK 12	Chapter 11 – The Trunk and Spinal Column	smartbook ch 12	
WEEK 13			
WEEK 14	Chapter 12 – Muscular Analysis of Selected Exercises and Related Concepts		
WEEK 15	Review of Terms, Vocabulary, and Concepts		
WEEK 16	Final Exam Week No Class		FINAL TBA

## 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 show

### 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**

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused; meaningful and pertinent participation is appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden. The Student Handbook can be found at: <https://www.sulross.edu/catalog/undergraduate-academic-regulations-2/#1605412215143-c8b265dc-3e01>  
In addition, please note that plagiarism detection software will be used in this class for written assignments.

## **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.

## **Libraries**

The Bryan Wildenthal Memorial Library in Alpine.

Offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, [library.sulross.edu](http://library.sulross.edu). Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email ([srsulibrary@sulross.edu](mailto:srsulibrary@sulross.edu)), or phone (432-837-8123).

## **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**

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Students seeking accessibility/accommodations services must contact Rebecca Greathouse Wren, LPC-S, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email [rebecca.wren@sulross.edu](mailto:rebecca.wren@sulross.edu). Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, SUI Ross State University, Alpine. Texas, 79832.