

Course Information Packet
Biology 352: Kinesiology
Spring Term 2008 - 2009 Academic Year
Science Bldg., Room 304

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Required Texts: Neumann, Donald A. (2002) *Kinesiology of the Musculoskeletal System. Foundations for Physical Rehabilitation*. St. Louis: Mosby, Inc.

Tallitsch, Robert (2009) *Kinesiology Lecture Outline*. Rock Island: East Hall Press.

1. **Course Format:** This term we are going to approach kinesiology from a *thematic approach*, and we are going to do it with a combination of lecture and classroom discussion, and *lots* of reading on your part. Certain kinesiology themes are repeated in numerous instances throughout the body. We are going to identify these themes, discuss examples of each theme, and see how these themes vary throughout the body.
2. **Course Objectives:** At the completion of this course you should have:
 - Had fun and enjoyed the term
 - Learned how to develop an integrated knowledge base
 - Improved your 3-dimensional understanding of anatomical and kinesiology concepts and how these relationships relate to joint anatomy, joint movements, and the physics associated with those movements.
 - Described basic biomechanical concepts including, but not limited to, the kinematics and kinetics of joint motion, lever systems, moment arms, principles of equilibrium, dynamics, and congruency as related to human motion.
 - Described the factors that contribute to mobility and stability for each joint studied.
3. **What you can expect of *me* this term:**
 - Do my best to make this term fun!
 - Keep the class interesting, organized, and functioning in an open environment of mutual respect.
 - Believe, foster and convey the attitude that everyone enrolled in this class has the ability to succeed if they try.
 - Care about your progress in this class.
 - Do my best to write quizzes and examinations that aren't tricky, but are fair and test *what you know* rather than what you don't. *However*, if I do not achieve this goal, I will do my best to be a good listener as you discuss with me why you interpreted any and all questions in a particular way. I will also do my best to rectify the problem as much as possible.

- Return all graded tests and quizzes to you within a reasonable amount of time in order to foster your learning process.
 - Understand that my class is not the only class you are taking this term, and that you have an academic life outside of my classroom.
 - Be fair and treat all students with respect.
 - Set a standard of high expectations and then help you live up to them.
 - Point out patterns and relationships between concepts covered in this class, as well as link ideas and facts to previous knowledge.
6. **Quizzes:** This course will have four, 25-point *unannounced* quizzes. These quizzes will be essay in nature, and will involve either the answering of one of the “Questions to Ponder” that may be found at the beginning of each topic section or a discussion of one of the literature articles that will be distributed by e-mail to members of the class. No quizzes may be dropped, and no make-ups are allowed *other than for excused absences*.
7. **Final Exam:** There will only be one exam in this course — the final exam. The final exam, which will be optional in nature, will be a group exam.
8. **Text Reading:** *Simply put, you are expected to complete the reading that pertains to the topics discussed in class before coming to class.*
9. **Grades:** Grades will be determined by either (a) the sum total of your four quizzes and by your class participation, **or** by the sum total of your four quizzes, final exam *and* classroom participation. *Therefore, it is imperative that you come to class, come prepared, and participate in class discussion.*

Four quiz option:

- A = 100 – 90 points (100 – 90%)
- B = 89 – 80 points (89 – 80%)
- C = 79 – 70 points (79 – 70%)
- D = 69 – 60 points (69 – 60%)
- F = below 60 points (below 60%)

Four quiz and final exam option:

- A = 200 – 180 points (100 – 90%)
- B = 179 – 160 points (89 – 80%)
- C = 159 – 140 points (79 – 70%)
- D = 139 – 120 points (69 – 60%)
- F = below 120 points

If you do not contribute regularly in class you will have at least 10% of your point total deducted at the time of assigning final grades, as assessed by the instructor. You are expected to come to class and participate each and every day in class, as it is important in your mastery of the subject. Both you and I will know whether or not you are participating in class, so please don't come to me and ask whether or not your are having points deducted for a lack of classroom participation. This is a large class but, regardless of its size, you are expected to intelligently participate in classroom discussion.

10. **Class Attendance and Decorum:**

- a. **Class Attendance:** Regular lecture attendance is expected. Excessive absences will result in a deduction from your point total at the time of assigning final grades as assessed by the instructor. (See number 9 above.)
- b. **Late arrivals:** I understand that there will be times when you just can't get to class on time. That's normal, and no big deal, as long as it doesn't become a habit. If and when you do arrive late, please enter the classroom via the back door, located on the 4th floor immediately above the lecture room.
- c. **Class Decorum:**
 - i. Eating and drinking in class is allowed, provided you do not disturb your neighbors. Please be careful of spills etc., and please remove all trash, cups and wrappers from the classroom.
 - ii. OK—so I'm old fashioned—I admit it. Because of this, old habits die hard. I was taught that gentlemen do not wear hats indoors—so hats are not allowed in lecture under any circumstances.
 - iii. Please do not put your feet on the back of the chair in front of you.
- d. **Cell Phones:** Neither the ringing nor the answering of cell phones during class will be tolerated—so turn it off!

11. **Class Participation:** As you look through the lecture outline you will see a listing of the required reading and a list of questions to consider at the start of each new topic in the class. You are expected to come to class having read all of the material in the Neumann text, as well as having done any and all additional reading necessary in order to intelligently discuss the questions listed. (Some questions will only require reading in the Neumann text, while other questions will involve a certain amount of library research prior to coming to class.) Your inability to answer any of the questions put to you, or your lack of classroom participation will affect your overall class grade. See number 9 above.)

12. **Anonymous Feedback Form:** If, at any time during the course or after it, you would like to provide me with some anonymous feedback, utilize the Anonymous Feedback Form found on the left side of my web page. *All feedback is sent to me, via e-mail, without a return address and is 100% anonymous.*

Date		Tentative Subject Matter
March	10	Introduction; Basic Concepts in Biomechanics
March	12	Basic Concepts in Biomechanics; Joint Structure and Function
March	17	Joint Structure and Function
March	19	Muscle Structure and Function
March	24	Muscle Structure and Function
March	26	Muscle Structure and Function
March	31	Joint Stability, Range of Motion, and Congruency
April	2	Joint Stability, Range of Motion, and Congruency
April	7	Joint Stability, Range of Motion, and Congruency
April	9	Midterm Exam Distributed; Dynamic Stability (General concepts)
April	14	No Class—due to Easter Break this Tuesday is really a Monday!
April	16	Reading comp time. You are expected to utilize this time to read the articles that have been electronically distributed to you.
April	21	Reading comp time. You are expected to utilize this time to read the articles that have been electronically distributed to you.
April	23	Guest speaker: Marko Krpan, D.O., orthopedic surgeon
April	28	Dynamic Stability (Scapulothoracic rhythm)
April	30	Dynamic Stability (Knee; Proximal and Distal Tibiofibular joints)
May	5	
May	7	Dynamic Stability (Knee; Proximal and Distal Tibiofibular joints; lumbar-pelvic rhythm)
May	12	Gait
May	14	Final Exam Distributed—final exam comp time. <i>Should you choose to do the final exam it is due electronically by the scheduled final exam time at noon on Thursday, 21 May.</i>