

Western Kentucky University  
College of Health and Human Services  
School of Kinesiology, Recreation, & Sport

**COURST TITLE:** PE 310 Kinesiology (3 credit hours)  
(Online) Jan. 3<sup>rd</sup> – Jan. 20<sup>th</sup>

**INSTRUCTOR:** Dr. Travis Esslinger Smith Stadium (East) 1019  
Office Hours: Winter: By appointment.  
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**Course Description:**

Welcome to PE 310: Kinesiology. This course has been designed to assist you in gaining an understanding of the study of human movement through a combination of the fields of anatomy, physiology, and mechanical engineering. Students will examine musculoskeletal origins, insertions, and actions as they function to create movement.

**Required Textbook:**

Floyd, R.T. (2012). *Manual of structural kinesiology* (18<sup>th</sup> ed.). New York, NY: McGraw-Hill.  
ISBN: 978-0-07-802251-7

**Other Resources:**

Blackboard: All forms, dates, and any other materials can be found online at <https://blackboard.wku.edu/webapps/portal/frameset.jsp>

**Course Objectives:**

Students should have achieved the following objectives by the completion of this course:

- 1.) Identify terminology related to kinesiology.
- 2.) Describe the structure of major joints and functional movements, as well as, understand and indentify the major muscles responsible for motion at these joints.
- 3.) Obtain an understanding of the anatomical and biomechanical fundamentals of human motion.
- 4.) Apply anatomical and biomechanical analysis to the learning and improvement of a broad spectrum of movement activities.
- 5.) Learn a systematic approach to the analysis of human motion.

**Grading:**

Your grade will be assessed according to exams, assignments, and participation:

**Grades**

Exam's = 70%

Quizzes/Assignments = 30%

**\*NOTE:** Discussion of grading or exam performance will NOT occur through email. Exam dates and details will be announced on Blackboard ahead of time.

**If the date of an exam, assignment, report, etc. changes it is the student's responsibility to note the change should it occur.**

Grading Scale:

A = 90-100    B = 80-89    C = 70-79    D = 60-69    F = 59 and below

**Participation:**

Active participation in class is essential to your academic success. Participation in class means that you prepare for class (having read and/ or prepared assignments properly) and you ask questions and actively engage in course material.

If you miss an exam or graded activity due to a legitimate unforeseen conflict (illness or death in the family), the student **MUST** contact the instructor within one week after the scheduled exam in order to have an opportunity to take the test. In case of other conflicts the student **MUST** inform the instructor at least one week in advance of the scheduled exam. If a student does not contact the instructor within the above stated timeframe or misses an exam for other reasons, a zero will be recorded for the grade of the missed exam.

As this is a Winter Term course you will need to be prepared and responsible. We will be covering five different focus areas within Kinesiology in 18 days, so it is imperative that you stay to top of the material. To allow you to work at your own pace there are only two established due dates (Jan. 13<sup>th</sup>, and Jan. 20<sup>th</sup>). Information concerning the due dates can be located on the last page of this document. All Tests/Assignments must be submitted prior to 11:55:00pm CST in respect to the dates posted above.

**Information Technology:**

If you have any issues with blackboard or any other technology application provided through WKU you should contact the WKU IT Helpdesk at 270-745-7000. They will be able to assist you with any problem you are having with the software they oversee. The staff in this department are very knowledgeable and experienced, they have been trained, and they can provide you with the help you need very quickly. I cannot do any of these things, so please contact the Helpdesk first.

**Academic Honesty:**

"Students who commit any act of academic dishonesty may receive a failing grade from the instructor without a possibility of withdrawal. The faculty member may also present the case to the Office of Student Life for disciplinary action." Students who are unfamiliar with the University policy on plagiarism should consult the most recent edition of the Western Kentucky University Student Handbook. Students uncertain regarding what actions constitute plagiarism should consult the instructor. Student Handbook:

<http://www.wku.edu/handbook/2009/>

\*\*\*Use the following link as a guide throughout your studies:

<http://isites.harvard.edu/icb/icb.do?keyword=paraphrasing>

**Student Disability Services:**

In compliance with university policy, students with disabilities who require accommodations (academic adjustments and/or auxiliary aids or aids) for this course must contact the Office for Student Disability Services in DUC A-200 of the Student Success Center in Downing University Center. The Phone number is 745-5004.

**The Learning Center (TLC):**

Should you require academic assistance with your WKU courses, The Learning Center (located in the Downing Student Union, 2141) provides free supplemental education programs for all currently enrolled WKU students. The Learning Center at Downing Student Union offers certified, one-on-one tutoring in over 200 subjects and eight academic skill areas by appointment or walk in. Online tutoring is offered to distance learners. TLC is also a quiet study area (with side rooms designated for peer-to-peer tutoring) and a computer lab to complete academic coursework. Please call TLC in the Downing Student Union at (270) 745-5065 for more information or to schedule a tutoring appointment. [www.wku.edu/tlc](http://www.wku.edu/tlc)

**Formative Schedule:**

Material	Point Value	Due Date
Syllabus Quiz	5	<b>Fri., Jan. 13<sup>th</sup> by 11:55pm</b>
Ch. 1 Multiple Choice	18	
Test 1	50	
Ch. 2 Multiple Choice	18	
Test 2	50	
Origin/Insertion/Action Activ	25	<b>Friday, Jan. 20<sup>th</sup> by 11:55pm</b>
Ch.3 Multiple Choice	10	
Test 3	50	
Ch. 8 Multiple Choice	7	
Ch. 13 Multiple Choice	11	
Test 4	50	