Mississippi Valley State University

Health, Physical Education and Recreation

**Kinesiology PE 406-01**

Course Syllabus

Spring 2018-2019

**Instructor:** Robert McClung

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**Office Hours**: MTWRF 10:00am - 12:00pm

**Office**: R.W. Harrison HPER Complex Room 31

**Class Period**: TR 8:00 a.m.-9:15 a.m.

**Course Description:**

This course is an application of the anatomical and mechanical principles of human movement in the performance of physical skills and everyday activities.

**Course Objectives:**

1. Students will acquire knowledge and understanding of the skeletal and muscular systems.
2. Students will acquire knowledge and understanding of the functions of the musculoskeletal system in producing and controlling human movement.
3. Students will acquire knowledge and understanding of basic biomechanical principles which govern human movement.
4. Students will acquire application of biomechanical principles to physical activity, exercise performance and sport skills.
5. Students will acquire ability to analyze physical activity in terms of musculoskeletal components and mechanical principles.

**Course Text:**

Floyd, R. T. (2015). Manual of structural kinesiology. (19th Ed.). New York, NY: McGraw-Hill.

**TEXTBOOK IS MANDATORY (You have two weeks to get your textbook, and after two weeks -5points every time you come to class without your textbook.)**

**Class Expectations**

1. Out of respect for everyone in the class, please be in class on time.
2. Attendance: Each student is to sign the attendance sheet providing their name, MVSU ID number and time. After three unexcused absences, grades will be reduced by 20%. Students are responsible for their own attendance and learning. Learning is going to come from reading and class discourse. The extent and type of learning relies on everyone’s participation. Students are expected to critically think about health and wellness issues that influence them personally and professionally.
3. Personal Electronics: Do not use personal electronics (e.g., cell phones, computers and tablets) during class, unless instructed otherwise. If your phone rings during class, you may be asked to leave.
4. Assignments: All assignments are due on the dates specified.

\*Syllabus subject to change.

**Course Outline and Assignments**

Week 1 Introduction and Course Information

Lecture and Discussion: Ch. 1 Foundations of Structural Kinesiology

Week 2 Lecture and Discussion: Ch. 1 Foundations of Structural Kinesiology

Week 3 Lecture and Discussion: Ch. 1 Foundations of Structural Kinesiology

Week 4 Lecture and Discussion: Ch. 2 Foundations of Structural Kinesiology

Week 5 Lecture and Discussion: Ch. 2 Foundations of Structural Kinesiology

Week 6 Lecture and Discussion: Ch. 3Neuromuscular Fundamentals

Week 7 Lecture and Discussion: Ch. 3 Basic Biomechanical Factors & Concepts

Week 8 Lecture and Discussion: Ch. 4 Basic Biomechanical Factors & Concepts

Week 9 Lecture and Discussion: Upper Extremities Ch. 4

Week 10 Lecture and Discussion: Trunk & Lower Extremities Ch. 5

Week 11 Lecture and Discussion: Trunk & Lower Extremities Ch.5

Week 12 Lecture and Discussion: Trunk & Lower Extremities Ch.6

Week 13 Chapter 6

Week 14 Presentations

Week 15 Final Exam Week

**Course Evaluation and Grade Assignment**

1. Class Participation
   1. Attend class on time, prepared to discuss the assigned readings and additional topics regarding Kinesiology. If you are absent (excused or unexcused), class participation points cannot be made up.
2. Assignments
   1. If you fail to submit an assignment (i.e., due to illness, death in the family, University activity), you must provide an official documented excuse to receive credit.
3. Group Presentations 
   1. Each group must present on an assigned chapter topic. The presentation must cover important terms, relevant information and include a current event concerning the topic. Presentations must be completed using PowerPoint and cannot be made up.
4. Final Exam

**Grading Scale:**

A 90-100

B 80-89

C 70-79

D 60-69

F 59 and under

**Academic Integrity**

Mississippi Valley State University will not tolerate cheating in any form. Cheating and plagiarism compromise the process of fair and equitable evaluation of students’ academic performance and erode the quality and value of degrees conferred by the University.

**Conduct**

Students are expected to conduct themselves as young adults and refrain from any behavior that disrupts the learning process or that is not conducive to learning. The use of profanity is prohibited, and students are expected to be respectful of each other and teacher at all times.

**Students with Special Needs**

Mississippi Valley State University is committed to providing reasonable accommodations for students with a documented disability. If you feel you are eligible to receive accommodations for a covered disability (medical, physical, psychiatric, learning, vision, hearing, etc.) and would like to request it for this course, you must be registered with the Services for Students with Disabilities (SSD) program administered by University College. It is recommended that you visit the Disabilities Office located inside the EMAP Computer Lab in the Technical Education (IT) Building to register for the program at the beginning of each semester. For more information or to schedule an appointment, please contact Mr. Billy Benson, Jr. via phone or email at 662.254.3005 or [billy.benson@mvsu.edu](mailto:billy.benson@mvsu.edu).