

**University of Florida**  
**College of Public Health & Health Professions Syllabus**  
**OTH3413 Applied Kinesiology (3 credit hours)**  
Spring 2021  
Delivery Format: On-Campus  
E-Learning - Canvas

Instructor Name: Rebecca Willcocks, PhD

Room Number: CTB 2217

Phone Number: 352-294-5997

Email Address: rw254@php.ufl.edu

Office Hours: Wednesday, 3:00-5:00 pm. Please email me if you will be attending. Alternate times available by request.

Preferred Course Communications: Email or Canvas message

## **PURPOSE AND OUTCOME**

### **Course Overview**

Kinesiology is the science of human movement. The course content will include a background in the anatomy and physiology of bones, joints and muscles, and a detailed analysis of the functional anatomy of each segment of the body.

### **Course Objectives and/or Goals**

By the end of this course, a successful student will be able to:

1. Define and describe basic kinesiological concepts (e.g., planes/axes of movement, types of joint movements, levers, how muscles function, etc)
2. Identify the major muscles of the body and explain their primary contributions to movement
3. Acquire basic knowledge of how a goniometer is utilized to measure joint angles
4. Define and describe basic concepts and terminology relating to posture, balance, lifting, reaching, grasping and walking.
5. Analyze an individual's performance of a given activity as evidenced by correctly:
  - a. describing the movement(s) occurring at joints throughout the body
  - b. describing the types of muscle contractions occurring during movement
  - c. identifying the muscular agonist(s), antagonist(s) and synergist(s) contributing to the movement
6. Analyze a given activity as evidenced by correctly:
  - a. identifying the movement(s) necessary to perform the activity
  - b. describing the types of muscle contractions necessary to perform the activity
  - c. identifying the muscular agonist(s), antagonist(s) and synergist(s) necessary to perform the activity
7. Compare and contrast "normal" human movement to "abnormal" movement caused by selected pathological conditions.

## DESCRIPTION OF COURSE CONTENT

## Topical Outline/Course Schedule

Date	Topic	Readings (2 <sup>nd</sup> edition)	Readings (3 <sup>rd</sup> edition)	Pre-class quiz
Jan 6th	Intro			
Jan 11th	Intro	Chapters 1 and 2	Chapters 1 and 2	1
Jan 13th	Bone	Chapter 3	Chapters 3 and 4	2
Jan 18th	Bone	Chapter 3	Chapters 3 and 4	
Jan 20th	Joint	Chapters 5 and 6	Chapters 6 and 7	3
Jan 25th	Joint	Chapters 5 and 6	Chapters 6 and 7	
Jan 27th	Muscle	Chapters 10-14	Chapters 12-15, 17	4
Feb 1st	Muscle	Chapters 10-14	Chapters 12-15, 17	
Feb 3rd	Knee, ankle, and foot	4.1, 4.2, 4.3, Chapter 7, 15.8-15.11	5.1-5.3, Chapter 8, 11.8-11.11	5
Feb 8th	<b>EXAM 1</b>	<b>Intro, Bone, Joint, and Muscle</b>		
Feb 10th	Knee, ankle, and foot	4.6, 4.7, 4.8, 8.12 – 8.24, 15.13-15.16	5.6-5.8, 9.12-9.24, 11.13-11.16	
Feb 15th	Pelvis and hip	4.5, 8.1 – 8.11, 15.12	5.4-5.5, 9.1-9.11, 11.12	6
Feb 17th	Pelvis and hip	4.5, 8.1 – 8.11, 15.12	5.4-5.5, 9.1-9.11, 11.12	
Feb 22nd	Head and Spine	4.1, 4.2, 4.3, Chapter 7, 15.8-15.11	5.1-5.3, Chapter 8, 11.8-11.11	7
Feb 24th	Head and Spine	4.1, 4.2, 4.3, Chapter 7, 15.8-15.11	5.1-5.3, Chapter 8, 11.8-11.11	
Mar 1st	<b>EXAM 2</b>	<b>Knee, ankle, foot, pelvis, hip, head, and spine</b>		
Mar 3rd	Shoulder girdle	4.10, 9.1-9.6, 15.2, 15.3	5.9-5.10, 10.1-10.6, 11.1-11.3	8
Mar 8th	<b>SPRING BREAK</b>			
Mar 10th	<b>SPRING BREAK</b>			
Mar 15th	<b>Work on Presentations</b>			
Mar 17th	Shoulder girdle	4.10, 9.1-9.6, 15.2, 15.3	5.9-5.10, 10.1-10.6, 11.1-11.3	
Mar 22nd	Gait and posture ( <i>Barnard</i> )	Chapter 18	Chapter 20	9
Mar 24th	Gait and posture ( <i>Barnard</i> )	Chapter 18	Chapter 20	
Mar 29th	Elbow and forearm	4.11, 4.12, 9.7-9.9, 15.4	5.11, 10.7-10.9, 11.4	10
Mar 31st	Hand and wrist	4.12, 4.13, 9.10-9.16, 15.5-15.7	5.12, 10.10-10.16, 11.5-11.7	11
Apr 5th	Hand and wrist	4.12, 4.13, 9.10-9.16, 15.5-15.7	5.12, 10.10-10.16, 11.5-11.7	
Apr 7th	Exercise	Chapters 19 and 20	Chapters 22 and 23	12
Apr 12th	Exercise	Chapters 19 and 20	Chapters 22 and 23	
Apr 14th	Measurement in kinesiology	Readings will be provided on Canvas		
Apr 19th	<b>EXAM 3</b>	<b>Upper Extremity, Gait and Posture, Exercise, and Measurement</b>		

## Course Materials and Technology

This course uses Canvas, and exams are administered in Canvas using Lockdown Browser.

The textbook for this course is:

*Kinesiology: The Skeletal System and Muscle Function*  
Joseph Muscolino

Additional readings for some topics will be posted on Canvas.

For technical support for this class, please contact the UF Help Desk at:

- [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu)
- (352) 392-HELP - select option 2
- <https://helpdesk.ufl.edu/>

## Additional Academic Resources

[Career Connections Center](#): Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.

[Library Support](#): Various ways to receive assistance with respect to using the libraries or finding resources.

[Teaching Center](#): Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.

[Writing Studio](#): 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.

Student Complaints On-Campus: [Visit the Student Honor Code and Student Conduct Code webpage for more information.](#)

On-Line Students Complaints: [View the Distance Learning Student Complaint Process.](#)

## ACADEMIC REQUIREMENTS AND GRADING

### Assignments

Your success at learning the course material will be assessed via exams, a movement analysis activity, pre-class quizzes, and in-class mini-assignments. The specific assessments are listed below; dates can be found in the class schedule section of this syllabus.

**Exams** will be a combination of multiple choice and short answer questions. Exams are not cumulative, except in the sense that the material in each section of the course builds on the previous section of the course. Exams will be taken on canvas in the classroom, using Respondus browser.

The **movement analysis assignment** will require you to analyze the performance of a movement, and present your analysis to the class as part of a group of 3-5 students. The presentation will be prepared as a group and uploaded to Canvas.

**Pre-class quizzes** are intended to ensure that everyone is in the right mindset to approach a topic, and thus will test basic concepts from the readings or class slides for upcoming lectures. There will be one prior to each topic. These quizzes will be open for one week. Because they are intended to ensure that you are prepared for the topic, they will not be available after class starts. However, only your best 10 quizzes will be counted in your grade, so if you miss one or two it will not affect your grade.

**In-class assignments** are designed to show that you can apply what you've learned. They'll usually require you to work in groups. You may choose your own groups and they may change during the semester, but each group must have between 3 and 5 individuals. Everyone in the group will receive the same score. Only your best 10 scores are included, so that if you miss class due to illness or prior commitments, that score will be dropped.

### Grading

Assessment	Total value (points)	Total value (%)	Notes
Exam 1	100	20%	Basic concepts in kinesiology, bone, joint, and muscle
Exam 2	100	20%	Knee, ankle, foot, pelvis, hip, head, and spine
Exam 3	100	20%	Upper Extremity, Gait and Posture, Exercise, and Measurement
Movement Analysis Assignment	100	20%	Group Presentation (uploaded to canvas)
Pre-class quizzes (12)	50	10%	12 quizzes, keep best 10 scores
In-class mini assignments (12)	50	10%	12 activities, keep best 10 scores

Point system used (i.e., how do course points translate into letter grades).

### Grading

Percent	Points Earned	Letter Grade
93-100	465-500	A
90-92	450-464	A-
87-89	435-449	B+
83-86	415-434	B
80-82	400-414	B-
77-79	385-399	C+
70-76	350-384	C
67-69	335-349	D+
63-66	315-334	D
60-62	300-314	D-
Below 60	0-299	E

Letter Grade	Grade Points
A	4.0
A-	3.67
B+	3.33
B	3.0
B-	2.67
C+	2.33
C	2.0
C-	1.67
D+	1.33
D	1.0
D-	0.67
E	0.0
WF	0.0
I	0.0
NG	0.0
S-U	0.0

More information on UF grading policy may be found at:

<https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>

#### **Policy Related to Make up Exams or Other Work**

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

Please note: Any requests for make-ups due to technical issues MUST be accompanied by the UF Computing help desk (<http://helpdesk.ufl.edu/>) correspondence. You MUST e-mail me within 24 hours of the technical difficulty if you wish to request a make-up.

#### **Policy Related to Required Class Attendance**

Please note all faculty are bound by the UF policy for excused absences. For information regarding the UF Attendance Policy see the Registrar website for additional details:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

### **STUDENT EXPECTATIONS, ROLES, AND OPPORTUNITIES FOR INPUT**

#### **Academic Integrity**

Students are expected to act in accordance with the University of Florida policy on academic integrity. As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge:

**“We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.”**

You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied:

**“On my honor, I have neither given nor received unauthorized aid in doing this assignment.”**

It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For additional information regarding Academic Integrity, please see Student Conduct and Honor Code or the Graduate Student Website for additional details:

<https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>  
<http://gradschool.ufl.edu/students/introduction.html>

Please remember cheating, lying, misrepresentation, or plagiarism in any form is unacceptable and inexcusable behavior.

**Professionalism and COVID**

As students pursuing a path in the health professions or public health, it is crucial to demonstrate professional behaviors that reflect integrity and commitment to the health of patients, fellow health professionals, and to populations we serve. To accomplish this, a strong responsibility for the well-being of others must be evident in our decisions, along with accountability for our actions. Professionalism in the health disciplines requires adherence to high standards of conduct that begin long before graduation. This is particularly true during times of health emergencies such as the COVID pandemic, given our professional habits can have a direct impact upon the health of persons entrusted to us.

If you are not vaccinated, get vaccinated. Vaccines are readily available at no cost and have been demonstrated to be safe and effective against the COVID-19 virus. Visit this link for details on where to get your shot, including options that do not require an appointment: <https://coronavirus.ufhealth.org/vaccinations/vaccine-availability/>. Students who receive the first dose of the vaccine somewhere off-campus and/or outside of Gainesville can still receive their second dose on campus.

In response to COVID-19, the following professional practices are in place to maintain your learning environment, to enhance the safety of our in-classroom interactions, and to protect the health and safety of ourselves, our patients, our neighbors, and our loved ones.

- You are required to wear approved face coverings at all times while in Health Science Center classrooms and within Health Science Center buildings even if you are vaccinated.
- If you are sick, stay home and self-quarantine. Please visit the UF Health Screen, Test & Protect website about next steps, retake the questionnaire and schedule your test for no sooner than 24 hours after your symptoms began. Please call your primary care provider if you are ill and need immediate care or the UF Student Health Care Center at 352-392-1161 (or email [covid@shcc.ufl.edu](mailto:covid@shcc.ufl.edu)) to be evaluated for testing and to receive further instructions about returning to campus. UF Health Screen, Test & Protect offers guidance when you are sick, have been exposed to someone who has tested positive or have tested positive yourself. Visit the UF Health Screen, Test & Protect website for more information.
- Continue to follow healthy habits, including best practices like frequent hand washing.
- Avoid crowded places (including gatherings/parties with more than 10 people)

Sanitizing supplies are available in the classroom if you wish to wipe down your desks prior to sitting down and at the end of the class. Hand sanitizing stations will be located in every classroom.

Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work. If you are withheld from campus by the Department of Health through Screen, Test & Protect you are not permitted to use any on campus facilities. Students attempting to attend campus activities when withheld from campus will be referred to the Dean of Students Office.

Continue to regularly visit [coronavirus.UFHealth.org](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) and [coronavirus.ufl.edu](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) for up-to-date information about COVID-19 and vaccination.

### **COVID-19 Symptoms**

See <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> for information about COVID-19 symptoms, which may include fever, cough, shortness of breath or difficulty breathing, fatigue, chills, muscle or body aches, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, and loss of taste or smell.

### **Recording Within the Course:**

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session.

Publication without permission of the instructor is prohibited. To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

### **Policy Related to Guests Attending Class:**

Only registered students are permitted to attend class. However, we recognize that students who are caretakers may face occasional unexpected challenges creating attendance barriers. Therefore, by exception, a department chair or his or her designee (e.g., instructors) may grant a student permission to bring a guest(s) for a total of two class sessions per semester. This is two sessions total across all courses. No further extensions will be granted. Please note that guests are **not** permitted to attend either cadaver or wet labs. Students are responsible for course material regardless of attendance. For additional information, please review the Classroom Guests of Students policy in its entirety. Link to full policy:

<http://facstaff.php.ufl.edu/services/resourceguide/getstarted.htm>

### **Online Faculty Course Evaluation Process**

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

## SUPPORT SERVICES

### Accommodations for Students with Disabilities

If you require classroom accommodation because of a disability, it is strongly recommended you register with the Dean of Students Office <http://www.dso.ufl.edu> within the first week of class or as soon as you believe you might be eligible for accommodations. The Dean of Students Office will provide documentation of accommodations to you, which you must then give to me as the instructor of the course to receive accommodations. Please do this as soon as possible after you receive the letter. Students with disabilities should follow this procedure as early as possible in the semester. The College is committed to providing reasonable accommodations to assist students in their coursework.

### Counseling and Student Health

Students sometimes experience stress from academic expectations and/or personal and interpersonal issues that may interfere with their academic performance. If you find yourself facing issues that have the potential to or are already negatively affecting your coursework, you are encouraged to talk with an instructor and/or seek help through University resources available to you.

- The **Counseling and Wellness Center** 352-392-1575 offers a variety of support services such as psychological assessment and intervention and assistance for math and test anxiety. Visit their web site for more information: <http://www.counseling.ufl.edu>. On line and in person assistance is available.
- **U Matter We Care** website: <http://www.umatter.ufl.edu/>. If you are feeling overwhelmed or stressed, you can reach out for help through the You Matter We Care website, which is staffed by Dean of Students and Counseling Center personnel.
- The **Student Health Care Center** at Shands is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at Shands offers a variety of clinical services. The clinic is located on the second floor of the Dental Tower in the Health Science Center. For more information, contact the clinic at 392-0627 or check out the web site at: <https://shcc.ufl.edu/>
- Crisis intervention is always available 24/7 from: Alachua County Crisis Center: (352) 264-6789 <http://www.alachuacounty.us/DEPTS/CSS/CRISISCENTER/Pages/CrisisCenter.aspx>
- **University Police Department:** [Visit UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).
- **UF Health Shands Emergency Room / Trauma Center:** For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; [Visit the UF Health Emergency Room and Trauma Center website.](#)

Do not wait until you reach a crisis to come in and talk with us. We have helped many students through stressful situations impacting their academic performance. You are not alone so do not be afraid to ask for assistance.

### Inclusive Learning Environment

Public health and health professions are based on the belief in human dignity and on respect for the individual. As we share our personal beliefs inside or outside of the classroom, it is always with the understanding that we value and respect diversity of background, experience, and opinion, where every individual feels valued. We believe in, and promote, openness and tolerance of differences in ethnicity and culture, and we respect differing personal, spiritual, religious and political values. We further believe that celebrating such diversity enriches the quality of the educational experiences we provide our students and enhances our own personal and professional relationships. We embrace The University of Florida's Non-Discrimination Policy, which reads, "The University shall actively promote equal opportunity policies and practices conforming to laws against discrimination. The University is committed to non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, gender identity and expression, marital status, national origin, political opinions or affiliations, genetic information and veteran status as protected under the Vietnam Era Veterans' Readjustment Assistance Act." If you have questions or concerns about your rights and responsibilities for inclusive learning environment, please see your instructor or refer to the Office of Multicultural & Diversity Affairs website: [www.multicultural.ufl.edu](http://www.multicultural.ufl.edu)