

EXSC 2200 – KINESIOLOGY
EXERCISE SCIENCE DEPARTMENT
SALT LAKE COMMUNITY COLLEGE

Instructor:
Office Location:
Consultation hours:
E-Mail:
Location:

COURSE DESCRIPTION :

This course will focus on the anatomical, physiological and mechanical principles as they are applied to human movement. This course will emphasize the musculoskeletal and nervous system structures and functions into a practical application of the science of human movement.

Prerequisites: EXSC 2500 or BIOL 1610 or BIOL 2320
Credit Hours: 3
Required Text: Manual of Structural Kinesiology by Clem Thompson and R.T. Floyd,
Publisher: McGraw Hill, 20th edition
Supplies & Tools: Lab requires appropriate dress so that the muscles of the extremities can be observed in movement

OBJECTIVES/OUTCOMES:

Students will:

- By the end of the course, students will be able to relate the importance of human movement into the fields of exercise science, physical therapy, athletic training, personal training and preventative medicine.
- Students will be able to break down biomechanical factors such as forces, lever arms, and resistance as it relates to altered motor control.
- Students will be able to assess joint structure and function, muscle function, and the relationship to changes in mobility.
- By the end of the course, students will be able to identify major bony landmarks and break down range of motion principles for shoulder, hip, spine, knee, and ankle joints in an exercise prescription.
- Students will be able to identify individuals who are at an increased risk for injury utilizing the Top Tier Movement assessment and postural analysis to create effective protocols for enhancing performance.
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SLCC is committed to fostering and assessing the following College-wide student learning outcomes across the curriculum:

- Acquire substantive knowledge in the field of each student's choice
- Communicate effectively
- Develop quantitative literacy
- Think critically and creatively
- Be a community engaged learner and scholar
- Develop skills to work with others in a professional manner

- Develop computer and information literacy

The Core Themes of SLCC’s Mission to provide quality Higher Education to the Broader Community are:

- Access and Success
- Transfer Education
- Workforce Education
- Community Engagement

COURSE REQUIREMENTS:

All students are required to:

1. Attend and actively participate in all in-class and out-of-class lectures, activities/field trips.
*Make-up for absences will not be allowed.
*Classes missed due to late registration will be counted as absences.
*If you choose not to attend, you accept the responsibility for what occurs during your absence.
2. Be on time for class. Students who arrive late, leave class early, or fail to participate in class will lose participation points.
3. Complete and pass all written exams and assignments.
4. Complete all reading assignments.
5. Participate in out-of-class personal exercise program and complete exercise log.
6. Practice mutual respect and cooperation.

POLICY STATEMENT:

1. Exams: No makeups will be arranged unless dire circumstances are present.
2. Quizzes: No makeups will be allowed.
3. Extra Credit: There will be no extra credit unless assigned by the instructor.
4. All work must be turned in on time. Work will not be accepted late.
5. All work must be typed (when applicable) and double-spaced on 8.5 by 11 inch paper.

MEDICAL CONSIDERATIONS:

If you have any doubts about your health in relation to this course, consult with the Instructor before beginning your personal exercise program.

GRADING:

The final grade for this course will be computed as follows:

		Points Possible
Tests (3)	50%	300
Final	16%	100
Remote Quiz	34%	250
Assignments (2)		50
	Total	700

	Jan 14 FMS/Syllabus	Jan 16 Chapter 1
	Jan. 21 Chapter 1	Jan. 23 Chapter 3 Biomechanics
	Jan. 28 Chapter 3 Biomechanics	Jan. 30 Chapter 2
	Feb. 4 Chapter 2	Feb.6 Test#1 Quiz Due: Chapter 1-3 40 points
Week 3	Feb.11 Chapter 11 Trunk and Spinal Column	Feb.13 Chapter 11 Trunk and Spinal Column
	Feb.18 Chapter 10 Ankle and Foot Joints	Feb.20 Chapter 10 Ankle and Foot Joints
Week 4	Feb.25 NO CLASS	Feb. 27 Chapter 9 Knee Joint
	March 3 Chapter 9 Knee Joint	March 5 Chapter 8 Hip Joint & Pelvic Girdle
Week #5	March 10 Chapter 8 Hip Joint & Pelvic Girdle	March 12 Test #2 Quiz Due: 11-10 40 pts.
	March 17 SPRING BREAK	March 19 SPRING BREAK
Week #6	March 31 Chapter 5 Shoulder Joint	April 2 Chapter 5 Shoulder Joint
	April 7 Chapter 4 Shoulder Girdle	April 9 Chapter 4 Shoulder Girdle
Week#7	April 14 Chapter 6 Elbow & Radioulnar Joints	April 16 Chapter 6 Elbow & Radioulnar Joints

	April 18 Chapter 7 The Hand	April 20 Chapter 7 The Hand
Week #9	April 21	April 23 Test #3 Quiz 5 & 4 Due
	April 28 Final Review	April 30

POINTS:

A	=	658-700	C	=	538-561
A-	=	640-657	C-	=	520-537
B+	=	622-639	D+	=	502-519
B	=	598-621	D	=	478-501
B-	=	580-597	D-	=	460-477
C+	=	562-579	E	=	Below 460

INCOMPLETES:

An incomplete is a conditional grade given only in extraordinary cases where a student has completed a major portion of the class but is unable to complete course work due to circumstances beyond their control such as a major illness/injury or a death in the family. Written documentation from your physician will be required.

Important Information for Students

The Disability Resource Center

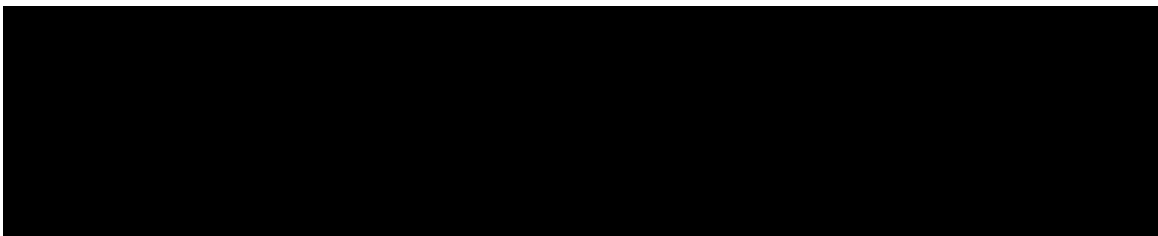
SLCC values inclusive learning environments and strives to make all aspects of the College accessible to our students. If you have a disability and believe you need accommodations to improve access to learning materials or the learning environment, please contact the Disability Resource Center: (phone) 801-957-4659; (email) drc@slcc.edu; (website) www.slcc.edu/drc.

The Student Code of Conduct

All students are expected to follow the [SLCC Student Code of Conduct](#).

Title IX Statement

Title IX of the Educational Amendments of 1972 prohibits discrimination based on sex in any educational institution that receives federal funding. Salt Lake Community College does not tolerate sex discrimination of any kind including: sexual misconduct; sexual harassment; relationship/sexual violence and stalking. These incidents may interfere with or limit an individual's ability to benefit from or participate in the College's educational programs or activities. If you have questions or concerns regarding your rights or responsibilities, or if you would like to file a Title IX complaint please contact:



Online Reporting Form: <http://www.slcc.edu/title-ix/complaint.aspx>

Students may also report incidents to an SLCC faculty or staff member, who are required by law to notify the Title IX Coordinator. If a student wishes to keep the information confidential, the student may speak with staff members of the Center for Health and Counseling, (801) 957-4268. For more information about Title IX, go to: <http://www.slcc.edu/title-ix/index.aspx>

General Education

Regardless of your major, [General Education](#) courses build a foundation of broad knowledge and skills that help you in your further career and life.

Learning Support and Tutoring Services

General Learning Support & Tutoring Services provide support for SLCC students enrolled in any class at the College. All resources are provided free-of-charge. Ask your instructor about discipline-specific learning support and tutoring services.

- [Tutoring](#): index of all tutoring resources.
- [STEM Learning Centers](#): provide free assistance in Math, Science, Accounting, CSIS and Allied Health Classes at 6 campus locations.
- [Student Writing Center](#): provides in-person and online feedback on all writing assignments.
- [Academic Literacy Center](#): provides tutoring in reading and conversation.
- [Library Services](#): provides research help, print and online resources, computers and study space.
- [ePortfolio Lab](#): provides drop-in assistance for all ePortfolio questions.
- [eLearning Support](#): provides support for navigating online and hybrid classes.
- [Business Resource and Innovation Center](#): provides tutors and a study space for students in Business and CSIS courses. Located in BB 226 on Taylorsville-Redwood Campus.

Advising and Counseling Support Services

Advising and Counseling Support Services provide support for students enrolled in any class at the college.

- [Center for Health and Counseling](#): provides health care, mental health counseling, massage therapy services and healthy lifestyle programs.
- [Veterans' Services](#): assists hundreds of students in using their VA education benefits each semester.
- [Academic and Career Advising](#): helps students plan, explore, make decisions, access resources and evaluate their academic and career goals.
- [Academic Achievement Center](#): helps students achieve GPA requirements for graduation.

PARTICIPATION WAIVER
Salt Lake Community College
Health & Lifetime Activities Department

Name: _____ S#: _____

Address: _____

Phone: _____ Age: _____ Gender: _____

Course: _____ Section: _____ Semester: _____ Year: _____

Instructor: _____

I have volunteered to participate in a program of progressive physical exercise sponsored by Salt Lake Community College. I understand that there are certain risks associated with any activity program, including, but not limited to: abnormal blood pressure, fainting, disorders of heart beat, rare instances of heart attack, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, etc., and accept the responsibility for participating in this program.

Every effort will be made by all involved to minimize risk of injury through preliminary examination and by observation during the activity. I hereby acknowledge and accept these risks.

I agree to hold harmless, defend, indemnify and release Salt Lake Community College and its officers, agents, and employees from any and all liability in conjunction with this program and its individual activities. I understand and acknowledge that the College assumes no responsibility for any accidents, damages, injuries, or other occurrences or losses of any kind associated with my participation in this course.

To my knowledge, I do not have any limiting physical condition or disability which would preclude an exercise program.

Participant's Signature
