

Kinesiology

EXSC - 2200 001

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.

Pre-Requisite(s): EXSC 2500 or BIOL 1610 or BIOL 2320

Semester(s) Taught: Fall and Spring

Course Student Learning Outcomes

- Explain the importance of exercise physiology as it relates to health, physical fitness, and athletic performance.
- Evaluate current research for reliability, validity, and application in the context of exercise physiology.
- Describe the energy systems of the body and classify each according to its contribution to differing durations and intensities of exercise.
- Describe muscle structure and function and illustrate how the muscular system produces human movement.
- Describe the structure and function of the body systems involved in exercise (neural, endocrine, cardiovascular, and respiratory).
- Compare acute responses and long-term adaptations to the stress imposed by exercise.

- Apply exercise physiology concepts explored in lecture in a laboratory/practical setting.

Course Prerequisites

EXSC 2500 or BIOL 1610 or BIOL 2320

Engagement Plan

Example language:

- I will respond to email within [insert your timeline]. I will offer feedback on major assignments within [insert your timeline]. The best way to contact me is via the Canvas Inbox, as I will prioritize this email over other modes of communication.
- In this course I will be posting interactive announcements which will offer specific opportunities for class questions and extra credit every other week.
- Additionally, I will be participating in the discussion forums with you to share my perspective within the discipline and to offer some nuances of interpretation that may not be present in your textbook.
- Lastly, we'll be holding small group Q & A sessions, where we can learn from our peers (and faculty) on some of the more difficult units within the course.

Keys for Success (how to succeed in the course)

Keys to Success:

1. Attend and actively participate in all in-class and out-of-class lectures, activities/field trips
2. Be on time for class. Students who arrive late, leave class early, or fail to participate in class will miss vital education.
3. Complete and pass all written exams and assignments.
4. Complete all reading assignments and quizzes prior to class

5. Practice mutual respect and cooperation

Required Text or Materials

Title: Manual of Structural Kinesiology by Clem Thompson and R.T. Floyd, Publisher: McGraw Hill, 20th edition

Title: Lab requires appropriate dress so that the muscles of the extremities can be observed in movement

For more information on textbook accessibility, contact Accessibility & Disability Services at ads@slcc.edu.

Brief Description of Assignments/Exams

Assignments will be composed of canvas quizzes, out of class written assignments, tests and 1 comprehensive final.

Assignment Schedule

Due Date	Assignment Name	Assignment Type	Points
	Final	Assignment	100
	Introduce Yourself	Discussion	0
	Roll Call Attendance	Assignment	100
	Test #2	Assignment	100
1/30/24	test#1	Assignment	100
4/16/24	test #3	Assignment	100
12/8/24	End of the course survey (bonus)	Assignment	10

Due Date	Assignment Name	Assignment Type	Points
9/4/25	Ch.1 Directional Terminology Quiz	Quiz	5
9/4/25	Ch.1 Joint classification quiz	Quiz	5
9/4/25	Ch1. Bone Development quiz	Quiz	5
9/11/25	Movement Icon Quiz	Quiz	5
9/11/25	Skeletal System Quiz	Quiz	5
9/11/25	Planes and Rotation Quiz	Quiz	5
9/18/25	Muscle and Biomechanics Quiz	Quiz	30
10/9/25	Ankle and Spine Quiz	Quiz	40
10/21/25	Final Project Scaffolding Assignment #1	Assignment	15
10/21/25	Pelvis and Knee Quiz	Quiz	40
11/11/25	Hip joint muscle action video #2 quiz	Quiz	5
11/11/25	Hip video #1 quiz	Quiz	5
11/11/25	Lumbar and Sacral Video Quiz	Quiz	5
11/11/25	Pelvic Rotation Quiz	Quiz	5
11/13/25	Final Project Scaffolding Assignment #2	Assignment	15

Due Date	Assignment Name	Assignment Type	Points
11/18/25	Brachial Plexus & Muscles quiz	Quiz	5
11/18/25	Rotator cuff quiz	Quiz	5
11/18/25	Shoulder Joint part 1 quiz	Quiz	5
12/2/25	Shoulder Girdle Quiz	Quiz	5
12/2/25	Shoulder Joint & Shoulder Girdle quiz	Quiz	25
12/10/25	Final project: SFMA Assessment (PLO-FTCH-03).	Assignment	60
12/11/25	Elbow and Wrist Quiz	Quiz	5
12/11/25	Elbow and Wrist Quiz #2	Quiz	30

Grading Scale

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

Points Possible :

Tests (3):	50%	300
Final: 1.	6%	100
Lab Assignments/Quiz :	34%	300

Total 700

Total 700 points

A = (94-100). B- = (80-82) D+ = (69-67

A- = (93-90) C+ = (79-77) D= (66-63)

B+ = (89-87) C = (76-73) D- = (62-60)

B= (86-83) C- = (72-70) E = below 60

How to Navigate to Canvas

Institutional Policies

As members of our academic community, we would like to invite you to review the Institutional Syllabus which covers important policies and procedures. This document contains important links for students on the code of student rights and responsibilities, academic integrity, and grading policies, Title IX and other important acknowledgements. By familiarizing yourself with this information, you can help us create a safe and respectful environment for everyone.

For more information, navigate to the Institutional Policies tab on the [Institutional Syllabus](#) page.

Learning Support and Tutoring Services

We are pleased to offer a range of tutoring and learning support services to help you achieve your academic goals. Whether you need assistance with a specific subject or want to improve your study skills, you have many options for tutoring or other support.

To learn more about the services we offer and how to access them, visit the [Institutional Syllabus](#) page under the Tutoring and Learning Support tab. We encourage you to take advantage of these resources to help you succeed in your studies. If you have any questions or would like to schedule a tutoring session, please don't hesitate to reach out to us. We are here to support you in any way we can.

Advising and Counseling Support Services

At our institution, we are committed to supporting your academic and personal growth. That's why we offer a range of advising and counseling services to help you navigate the challenges of college life. To learn more about the resources available to you and how to access them, visit the [Institutional Syllabus](#) page under the Advising and Counseling Support Services tab. Our advising team and the support centers across campus are here to support you in achieving your goals and overcoming any obstacles you may face.

Student Academic Calendar

As students you should be aware of all important dates in the semester, such as the day that courses begin and end, as well as the drop date and the last day to withdraw. To learn more about those dates, navigate to the Student Academic Calendar below:

[SLCC Student Academic Calendar](#)

Additional Policies

*Make-up for absences will not be allowed unless do to illness, family emergencies, military obligations or life situations which will be discussed with the instructor to determine the extension.,

*If you choose not to attend, you accept the responsibility for what occurs during your absence.