

Fall 2015

## EDHP 3200

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*University of New Orleans*

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## **EDHP 3200 – Kinesiology and Biomechanics**

Semester: Fall 2015  
Instructor: Marc Bonis, Ph.D.  
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Telephone: 504-280-6165  
Class: Tuesdays & Thursday 9:30am -10:45am  
Office: ED348K  
Credit: Three hours  
Office hours: Tuesdays and Wednesdays 12:30 -2:00pm, or by appointment

### **Course Description:**

Prerequisite: BIOS 1301, 1303, 1311, and 1313; EDHP 2110; or consent of the department. Special emphasis is given to factors influencing movement; mechanics of movable parts and means of voluntary control; action of joints and muscles in natural movements in daily life in gymnastics in dance and in sports; and the mechanics of posture and common abnormalities of spine and foot.

The course will utilize scientific research as a framework. The conceptual model, theory practice interaction, will be utilized as the method for sequential evaluation of individual course objectives.

### **Course Objectives**

Upon completion of this course, the student will be able to use the principles of biomechanics and the knowledge of the human anatomy to understand human motion through the practical application of kinesiological analyses. This will be accomplished through:

The study of the human anatomy and the principles of biomechanics from professional literature, instruction, and support resources.

The utilization of biomechanical, scientific methods to identify the type of human movement and recognize component aspects of the motion that may detract from the efficiency of the movement.

The organization and development of human motion analyses using standard kinesiological procedures to describe and/or improve motion efficiency.

This will be accomplished through:

The application of information from professional literature, instruction, and support resources, such as the websites of <http://www.functionalmovement.com> , <http://www.exrx.net> , and <http://www.humankinetics.com>.

Textbook: Kinesiology – Scientific Basis of Human Motion, Tenth Edition; Luttgens & Hamilton; Brown & Benchmark. ISBN: 9780080000000

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## EDHP 3200 - Syllabus

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	<b>Date</b>	<b>Topic</b>
Week 1:	8/18-20	Introduction
Week 2:	8/25-27*	Lesson 1&2 (Assignment #1 due)
Week 3:	9/ 1-3*	Lesson 3&4 (Assignment #2 due)
Week 4:	9/8-10*	Lesson 5&6 (Assignment #3 due)
Week 5:	9/15-17*	Lesson 7&8 (Assignment #4 due)
Week 6:	9/22-24*	Lesson 9&10 (Assignment #5 due)
Week 7:	9/29-10/1	Lesson 11 & Quiz #1
Week 8:	10/6-8	<b>Mid-Term Exam</b>
Week 9:	10/13-15	<b>Fall Break</b>
Week 10:	10/20-22	Lesson 13&14
Week 11:	10/27-29	Lesson 15&16
Week 12:	11/3-5	Lesson 17&18
Week 13:	11/10-12	Lesson 19&20
Week 14:	11/17-19	Lesson 21&22
Week 15:	11/24-26	<b>Thanksgiving</b>
Week 16:	12/1-3**	Lesson 23 & Review (Paper due)
Week 17:	12/10	<b>Final Exam</b>

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Moodle will be used for assignments, labs, and notes

\*Assignment Due

\*\* Paper due

### Course Details

A: 100 - 90	Test #1	20%
B: 89 - 80	Mid-term Exam	25%
C: 79 - 70	Assignments:	10%
D: 69 - 60	Paper:	15%
F: ≤ 59	Final Exam:	25%
	Participation	<u>5%</u>
		100%

### Assignments

\*There will be 5 assignments worth 2 points each for a total of 10 points of the final grade.

### Exams & Quiz

- There will be one quiz on 10/01/15 and it will be worth 20 points of the final grade.
- There will be 2 exams.
- The midterm will be on 10/08/2015 and the final exam will be on 12/10/2015.
- Both exams will be worth 25 points of the final grade.

## **Paper**

- The paper will consist of a kinesiological analysis of a movement.
- In your kinesiological analysis, you will select a movement and list the motor skills involved in the movement. The paper also requires anatomical and mechanical analyses of the movement, and the conclusion should include a common problem with the movement and a prescription to that problem.
- The paper will be due no later than 12/03/15.
- The paper should consist of the following format: Description of the problem and the motor skills involved, anatomical analysis, mechanical analysis, and performance prescription.
- The paper should be no longer than 5 type-written (**not** hand-written) pages. It should be typed in Times New Roman font, font size no greater than 14, and written in APA format.
- It can be submitted electronically or physically.
- The paper is worth 15% of the final grade.

### Grading of the Paper

#### **•Kinesiological Analysis - (15 Points Total)**

- Movement & Motor Skills 3 Points
- Anatomical Analysis 3 Points
- Mechanical Analysis 3 Points
- Problem & Remedy 3 Points
- Structure & Spelling 3 Points

#### **Comments**

- Check Moodle at least every week for assignments, comments, etc.
- Assignments have a “due by date”. If I don’t have the assignment by that date, your grade for that assignment is “0”.
- Check your grades posted on Moodle.
- If after 2 weeks of an assignment or test date, your grade is not posted. **YOU** should contact me about your assignment.
- If you are having difficulties with an assignment or the course, don’t hesitate to contact me by e-mail or schedule an appointment to talk with me at my office.

## **Course Policies**

### *Attendance/Participation.*

Attendance at every class is expected of each student. It is expected that you come to every class having completed the assigned reading. *Your participation in class discussions is of paramount importance*, and it is a component of your course grade.

### *Academic Integrity*

Academic integrity is fundamental to the process of learning and evaluating academic performance. Academic dishonesty will not be tolerated. Academic dishonesty includes, but is not limited to, the following: cheating, plagiarism, tampering with academic records and examinations, falsifying identity, and being an accessory to acts of academic dishonesty. Refer to the Student Code of Conduct for further information. The Code is available online at <http://www.studentaffairs.uno.edu>.

### *Accommodations*

It is University policy to provide, on a flexible and individualized basis, reasonable accommodations to students who have disabilities that may affect their ability to participate in course activities or to meet course requirements. Students with disabilities should contact the Office of Disability Services as well as their instructors to discuss their individual needs for accommodations. For more information, please go to <http://www.ods.uno.edu>.

### *Assignments.*

Written assignments are due in class on the date and time indicated in the syllabus. All written homework assignments should be typed with 12 point font, unless otherwise indicated. A professional-looking appearance is required which includes *proofreading* all of your work.

### *Readings.*

Assigned readings are to be completed prior to the class period on which the reading is listed.

## Fall 2015 Semester Information

### Important Dates\*

Last day to adjust schedule w/out fee 08/18/2015

Semester Classes Begin ..... 08/19/2015

Last day to adjust schedule w/fee,  
or withdraw with 100% refund 08/25/2015

Last day to apply for December commencement 09/25/2015

Final day to drop a course or resign 10/14/2015

Mid-semester examinations 10/05-10/09/2015

Final examinations ..... 12/07-12/11/2015

Commencement ..... 12/18/2015

*\*Note: check Registrar's website for Saturday and A/B sessions, and for items not listed here: <http://www.registrar.uno.edu>*

### Fall Semester Holidays

Labor Day ..... 09/07/2015

Mid-semester break ..... 10/15-10/16/2015

Thanksgiving ..... 11/26-11/27/2015

### Withdrawal Policy – Undergraduate only

Students are responsible for initiating action to resign from the University (withdraw from all courses) or from a course on or before dates indicated in the current Important dates calendar. Students who fail to resign by the published final date for such action will be retained on the class rolls even though they may be absent for the remainder of the semester and be graded as if they were in attendance. Failure to attend classes does not constitute a resignation. Check the dates on the Registrar's website, <http://www.registrar.uno.edu>. Please consult The Bulletin for charges associated with dropping and adding courses.

### Incomplete Policy – Undergraduate only

The grade of I means *incomplete* and is given for work of passing quality but which, because of circumstances beyond the student's control, is not complete. The issuance of the grade of I is at the discretion of the faculty member teaching the course. For all graduate and undergraduate students, a grade of I becomes a grade of F if it is not converted before the deadline for adding courses for credit (as printed in the Important Dates Calendar) of the next regular semester including summer semester.

### Repeat Policy

When a student is permitted to repeat a course for credit, the last grade earned shall be the one which determines course acceptability for degree credit. A student who has earned a C or better in a course may not repeat that course unless, (1) the catalog description indicates that the course may be repeated for credit, or (2) the student's Dean gives prior approval for documented extenuating circumstances.

### **Academic Dishonesty Policy**

<http://www.uno.edu/student-affairs-enrollment-management/documents/academic-dishonesty-policy-rev2014.pdf>

### **Safety Awareness Facts and Education**

Title IX makes it clear that violence and harassment based on sex and gender is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, etc. If you or someone you know has been harassed or assaulted, you can find the appropriate resources here: <http://www.uno.edu/student-affairs-enrollment-management/>

### **UNO Counseling Services and UNO Cares**

UNO offers care and support for students in any type of distress. Counseling Services assist students in addressing mental health concerns through assessment, short-term counseling, and career testing and counseling. Find out more at <http://www.uno.edu/counseling-services/>. First-year students often have unique concerns, and UNO Cares is designed to address those students succeed. Contact UNO Cares through <http://www.uno.edu/fye/uno-cares.aspx>.

### **Emergency Procedures**

Sign up for emergency notifications via text and/or email at E2Campus Notification: <http://www.uno.edu/ehso/emergency-communications/index.aspx>. All emergency and safety procedures are explained at the Emergency Health and Safety Office: <http://www.uno.edu/ehso/>.

### **Diversity at UNO**

As the most diverse public university in the state, UNO maintains a Diversity Affairs division to support the university's efforts towards creating an environment of healthy respect, tolerance, and appreciation for the people from all walks of life, and the expression of intellectual point of view and personal lifestyle. The Office of Diversity Affairs promotes these values through a wide range of programming and activities. <http://diversity.uno.edu/index.cfm>

### **Learning and Support Services**

Help is within reach in the form of learning support services, including tutoring in writing and math and other supplemental instruction. Visit the Learning Resource Center in LA 334, or learn more at <http://www.uno.edu/lrc/>.

### **Affirmative Action and Equal Opportunity**

UNO is an equal opportunity employer. The Human Resource Management department has more information on UNO's compliance with federal and state regulations regarding EEOC in its Policies and Resources website: <http://www.uno.edu/human-resource-management/policies.aspx>