

## **KINES 3092 Kinesiology**

Spring 2024

Tuesday and Thursdays, 10:45 am – 12:05 pm

EHSEB 2600

3 Credit Hours

**Instructor:** Kerry Magiske, DNP, MS

**Contact information:** Kerry.Magiske@hsc.utah.edu

**Office Hours/Location:** Thursdays 1:00 – 2:00 pm and by appointment  
HPER-N 255

*My door is usually open. I look forward to having you drop by to ask questions related to the course, talk about your future goals/plans, or just talk story.*

### **Course Description:**

This course is designed to engage you in the process of learning how to qualitatively analyze the movements of the human body and to discover underlying principles. As a result of integrating information from musculoskeletal anatomy and neuromuscular physiology you will be better able to help your students/clients perform with optimum safety, effectiveness, and efficiency.

### **Pre- or co-requisites:**

Prerequisites: "C-" or better in BIOL 2325.

### **Suggested Materials:**

Floyd, R.T. Manual of Structural Kinesiology, McCraw-Hill 22<sup>nd</sup> Ed., 2024.

### **Student Learning Outcomes:**

By the end of this course, you will be able to:

1. Analyze complex movements through knowledge of the musculoskeletal system,
2. Identify structural units that carry out the functions of the muscle and connective tissue,
3. Identify the main structures and components of the joints of the body; namely tendons, ligament, articular cartilage, bones, and muscles
4. Analyze resistance training exercises to determine the muscles utilized during the exercise
5. Analyze the mechanism of injury and structures injured in common human performance activities.

## Teaching and Learning Methods:

This class will consist of a combination of lectures, small and large group discussions/activities, and case studies as we learn together in-person in a classroom-based setting.

## Assignments:

### **Case Study Analyses** (100 pts; 8 at 12.5 points each) **Due Date: Ongoing**

Case studies will require that you determine the plane of motion, muscle actions, joint movements, and muscles involved for common strength training exercises. It will be your task to analyze the movement/exercise shown to you in a video. You may work in pairs or alone for Case Studies. Some of these will be open book/notes, others will be closed book/notes. These will be done in class.

### **Quizzes** (50 points; 10 at 5 points each)

### **Due Date: Ongoing**

You will be assigned a Canvas quiz for each subject area and joint we cover. You will have 15 minutes to complete ~10 multiple choice questions. Quizzes are open note/open book. Quizzes are to be done independently and NOT with a partner(s).

### **Exams:** (2 Exams - 138 points each)

### **Due: See Table**

Exams will be primarily in a multiple-choice format. Some exam questions may be more similar to the format of the Case Studies which require you to analyze a movement and fill in the blanks in provided table. Exams will be done in class.

### **Injury Project** (75 points)

### **Due: April 22<sup>nd</sup>**

You will be assigned an injury that is common in a joint of the upper or lower extremity. You will write a brief case report about a fictional client that has experienced the assigned injury condition. Describe the injury and the joint where the injury occurs. Assuming your client has been cleared for exercise, provide at least 5 resistance and stretching exercises to help your client rehabilitate from this injury or prevent future/further injury. You will provide a structural kinesiology breakdown of at least 2 of the exercises. Your final product will be a voiceover PowerPoint presentation. You may work alone or with up to 2 partners.

<b>Evaluation</b>	<b>Weighting</b>	<b>Date(s)</b>
Case Studies (8)	100 points (20%)	Ongoing
Quizzes (10)	50 points (10%)	Ongoing
Injury Project	75 points (15%)	April 19th
Exam #1	138 points (27.5%)	Tuesday Feb 27th or Thursday Feb 29th
Exam #2 (Final Exam)	138 points (27.5%)	Wednesday May 1st, 10:30 AM - 12:30 PM
TOTAL	500 points	

## Missed Exams/Assignments:

Absolutely NO late case studies, exams, or assignments will be accepted. You will receive "0" points for any missed Case Study, exam, quiz and/or assignment. If extenuating circumstances prevent you from taking a test and/or Case Study, or turning in an assignment during the scheduled time, you need to make arrangements with me PRIOR TO the test or due date.

## Grading Criteria:

<b>A</b> =93-100%	<b>C</b> =73-76%
<b>A-</b> =90-92%	<b>C-</b> =70-72%
<b>B+</b> =87-89%	<b>D+</b> =67-69%
<b>B</b> =83-86%	<b>D</b> =63-66%
<b>B-</b> =80-82%	<b>D-</b> =60-62%
<b>C+</b> =77-79%	<b>E</b> =<60%

- Grades will be determined based on a percentage of total points earned. Grades at or above the .5 level will be rounded up; grades at or below .4 level will be rounded down.
- Course grades are non-negotiable. Your grade is based on points earned.
- You will NOT be given opportunities at the end of the semester to score additional points.
- To have this course satisfy KINES degree requirements you must earn at least a C- in the course.

## Canvas:

It is your responsibility to **check Canvas regularly** as course notes, assignments, and announcements will be updated regularly. PowerPoint slides will be posted for each topic we cover in class. Be sure to set your Canvas settings to get daily updates.

## Course Schedule:

Note: Our schedule is subject to revision based on the needs of our class; any updates will be made available for students through Canvas.

Week	Date	Topics, Readings, Assignments, Due Dates
1	Jan 8-12	Class Intro and Foundations of Structural Kinesiology
2	Jan 15-19	Neuromuscular Fundamentals
3	Jan 22-26	Case Study and Shoulder Girdle
4	Jan 29-Feb 2	Case Study and Shoulder Joint
5	Feb 5-9	Case Study and Elbow
6	Feb 12-17	Case Study and Wrist
7	Feb 19-23	Case Study and Exam Review
8	Feb 26 – March 1	Exam 1
9	March 4 – 8	Spring Break
10	March 11-15	Hip Joint and Case Study
11	March 18-22	Knee Joint
12	March 25-29	Case Study and Ankle Joint
13	April 1-5	Trunk and Spinal Column and Case Study
14	April 8-12	Project Work Day and Case Study
15	April 15-19	Project Work Days and Project Due
16	April 22-26	Exam Review
17	Finals	May 1 <sup>st</sup> , 10:30 AM – 12:30 PM

## Course Policies:

### Attendance & Punctuality:

- *My expectation is that you are coming to class daily. Students are most successful in the course when they attend daily. We cover information in class that may not be covered in the posted PowerPoint slides. The course info is really exciting and can be used in your daily life (and is important for exams). I also value your thoughts, insights, and questions. The best class is one where we all attend regularly and one where we are all part of the team. (And, I will notice when you are gone and you may find an email from me checking up on you!)*
  - Our course is designated by the University of Utah to be an in-person class. Except in cases of ADA accommodations or quarantining due to COVID-19 exposure or infection, you will be expected to attend class in person and complete assignments. Changes to this policy are up to the discretion of the instructor. Students who miss class are responsible for getting notes, making sure that any assignments due on that date are turned in prior to the beginning of class when possible, and/or making up missed coursework.

## Academic Honesty:

- It is expected that students will adhere to generally accepted standards of academic honesty, including but not limited to refraining from cheating, plagiarizing, misrepresenting one's work, and/or inappropriately collaborating. This includes the use of generative AI tools without citation, documentation, or authorization. Students will also be expected to adhere to the prescribed professional and ethical standards of the profession/discipline for which the student is preparing. Any student who engages in academic dishonesty or who violates the professional and ethical standards for the profession/discipline for which the student is preparing, may be subject to academic sanctions as per the University of Utah's Student Code : <https://regulations.utah.edu/academics/6-410.php>
- Students engaging in academic dishonesty will receive a "0" on the assignment or exam and may receive a failing grade in the course.

## Other information:

1. **COVID-19 Campus Guidelines.** Please refer to the University's COVID-19 Central website for the latest information and guidelines.

### COVID-19 Central @ The U

801-213-2874

[coronavirus.utah.edu](http://coronavirus.utah.edu)

**Please note that students in clinical programs should remain in close contact with their program director about the latest guidelines pertaining to COVID-19.**

2. **The Americans with Disabilities Act.** The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations in this class, reasonable prior notice needs to be given to the Center for Disability & Access (CDA; <http://disability.utah.edu/>; 162 Olpin Union Building; 801-581-5020). CDA will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in an alternative format with prior notification to the CDA.
3. **Addressing Sexual Misconduct.** Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) 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, color, religion, age, status as a person with a disability, veteran's status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police, contact the Department of Public Safety, 801-585-2677(COPS).

4. ***The Code of Student Rights and Responsibilities.*** The code, which specifies student rights as well as conduct involving cheating, plagiarism, collusion, fraud, theft, etc., is provided at <http://regulations.utah.edu/academics/6-400.php>.
5. ***Wellness Statement.*** Personal concerns such as stress, anxiety, relationship difficulties, depression, cross-cultural differences, etc., can interfere with a student's ability to succeed and thrive at the University of Utah. For helpful resources contact the Center for Student Wellness, <http://wellness.utah.edu/>; 801-581-7776.
6. ***University Safety Statement.*** The University of Utah values the safety of all campus community members. To report suspicious activity or to request a courtesy escort, call campus police at 801-585-COPS (801-585-2677). You will receive important emergency alerts and safety messages regarding campus safety via text message. For more information regarding safety and to view available training resources, including helpful videos, visit [safeu.utah.edu](http://safeu.utah.edu)
7. ***Drop/Withdrawal Policies.*** Students may drop a course within the first two weeks of a given semester without any penalties. Students may officially withdraw (W) from a class or all classes after the drop deadline through the midpoint of a course. A "W" grade is recorded on the transcript and appropriate tuition/fees are assessed. The grade "W" is not used in calculating the student's GPA. For deadlines to withdraw from full-term, first, and second session classes, see the U's Academic Calendar.
8. ***Learners of English as an Additional/Second Language.*** If you are an English language learner, please be aware of several resources on campus that will support you with your language development and writing. These resources include: the Writing Center (<http://writingcenter.utah.edu/>); the Writing Program (<http://writing-program.utah.edu/>); the English Language Institute (<http://continue.utah.edu/eli/>). Please let me know if there is any additional support you would like to discuss for this class.

9. **Lauren's Promise.** The following statement discusses interpersonal violence that has occurred on our campus and resources available. It may evoke feelings of distress or past trauma by individuals who have experienced situations involving interpersonal violence. We wanted to acknowledge as well that this situation does not describe every victim's experience and certain communities may be at a higher risk for these experiences.

**Lauren's Promise—I will listen and believe you if someone is threatening you.**

If you are in urgent need of support, call 911 and/or the Utah crisis line at 800.273.8255.

If you are experiencing interpersonal violence, sexual assault, domestic violence, and/or stalking, please report it to me and I can connect you to resources. **Here are additional sources of support and help:**

Resource	Phone #	Hours	Affiliation
McCluskey Center for Violence Prevention:	TBD	TBD	University
Center for Student Wellness, Victim Survivor Advocate:	801.581.7776	8-5	University
Office of Equal Opportunity:	801.581.8365	9-5	University
University Department of Public Safety:	801.585.2677	24 hrs	University
University of Utah Neuropsychiatric Institute	801.587.3000	24 hrs	University
Utah Domestic Violence Coalition:	800.897.5465	24 hrs	State
<u>Rape Recovery Center 24-hour Crisis Line:</u>	801.467.7273	24 hrs	State
<u>Domestic Violence Link Line:</u>	800.897.5465	24 hrs	State
<u>Stalking Helpline:</u>	800.621.4673	24 hrs	State
Rape Recovery Center Crisis Line:	801.467.7272	24 hrs	State

Mandatory reporters are university employees, including students in paid leadership positions, who are required to report sexual misconduct to the Office of Equal Opportunity and Affirmative Action per university regulations. Examples of mandatory reporters include:

- Professors and other faculty
- Administration and staff (non-mental health)
- Resident advisors
- Student employees
- Campus police or campus security officials
- Athletic coaches/assistants

Confidential resources are employees not required to report any identifying information regarding an incident of sexual violence to the university. Survivors of sexual misconduct can speak openly to confidential resources about their

experiences without their names or extensive details about their experience being reported to the Title IX coordinator or law enforcement.

- University Counseling Center:
- University Hospitals Chaplin
- Student Athlete Support Services
- Center for Student Wellness Victim Advocates
- Women's Resource Center

10. ***Diverse Supports for Students.*** Your success at the University of Utah is important to all of us here! If you feel like you need extra support in academics, overcoming personal difficulties, or finding community, the U is here for you.

### ***Student Support Services (TRIO)***

TRIO federal programs are targeted to serve and assist low-income individuals, first-generation college students, and individuals with disabilities.

Student Support Services (SSS) is a TRIO program for current or incoming undergraduate university students who are seeking their first bachelor's degree and need academic assistance and other services to be successful at the University of Utah.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### **Student Support Services (TRIO)**

801-581-7188

[trio.utah.edu](http://trio.utah.edu)

Room 2075

1901 E. S. Campus Dr.

Salt Lake City, UT 84112

### ***American Indian Students***

The AIRC works to increase American Indian student visibility and success on campus by advocating for and providing student centered programs and tools to enhance academic success, cultural events to promote personal well-being, and a supportive "home-away-from-home" space for students to grow and develop leadership skills.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### **American Indian Resource Center**

801-581-7019

[diversity.utah.edu/centers/airc](http://diversity.utah.edu/centers/airc)



Fort Douglas Building 622  
1925 De Trobriand St.  
Salt Lake City, UT 84113

### ***Black Students***

Using a pan-African lens, the Black Cultural Center seeks to counteract persistent campus-wide and global anti-blackness. The Black Cultural Center works to holistically enrich, educate, and advocate for students, faculty, and staff through Black centered programming, culturally affirming educational initiatives, and retention strategies.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

**Black Cultural Center**  
801-213-1441  
[diversity.utah.edu/centers/bcc](https://diversity.utah.edu/centers/bcc)  
Fort Douglas Building 603  
95 Fort Douglas Blvd.  
Salt Lake City, UT 84113

### ***Students with Children***

Our mission is to support and coordinate information, program development and services that enhance family resources as well as the availability, affordability and quality of child care for University students, faculty and staff.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

**Center for Childcare & Family Resources**  
801-585-5897  
[childcare.utah.edu](https://childcare.utah.edu)  
408 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

### ***Students with Disabilities***

The Center for Disability & Access is dedicated to serving students with disabilities by providing the opportunity for success and equal access at the University of Utah. They also strive to create an inclusive, safe, and respectful environment.

For more information about what support they provide and links to other resources, view their website or contact:

**Center for Disability & Access**

801-581-5020

[disability.utah.edu](http://disability.utah.edu)

162 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

***Students across Intersectional Identities and Experiences***

The Center for Equity & Student Belonging (CESB) creates community and advocates for academic success and belonging for students across intersectional identities and experiences among our African, African American, Black, Native, Indigenous, American Indian, Asian, Asian American, Latinx, Chicanx, Pacific Islander, Multiracial, LGBTQ+, Neurodiverse and Disabled students of color.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

**Center for Equity and Student Belonging (CESB)**

801-581-8151

[diversity.utah.edu/centers/CESB/](http://diversity.utah.edu/centers/CESB/)

235 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

***English as a Second/Additional Language (ESL) Students***

If you are an English language learner, there are several resources on campus available to help you develop your English writing and language skills. Feel free to contact:

**Writing Center**

801-587-9122

[writingcenter.utah.edu](http://writingcenter.utah.edu)

2701 Marriott Library  
295 S 1500 E  
Salt Lake City, UT 84112

**English Language Institute**

801-581-4600

[continue.utah.edu/eli](http://continue.utah.edu/eli)

540 Arapeen Dr.  
Salt Lake City, UT 84108

### ***Undocumented Students***

Immigration is a complex phenomenon with broad impact—those who are directly affected by it, as well as those who are indirectly affected by their relationships with family members, friends, and loved ones. If your immigration status presents obstacles that prevent you from engaging in specific activities or fulfilling specific course criteria, confidential arrangements may be requested from the Dream Center.

**Arrangements with the Dream Center will not jeopardize your student status, your financial aid, or any other part of your residence.** The Dream Center offers a wide range of resources to support undocumented students (with and without DACA) as well as students from mixed-status families.

For more information about what support they provide and links to other resources, view their website or contact:

#### **Dream Center**

801-213-3697

[dream.utah.edu](http://dream.utah.edu)

1120 Annex (Wing B)  
1901 E. S. Campus Dr.  
Salt Lake City, UT 84112

### ***LGBTQ+ Students***

The LGBTQ+ Resource Center acts in accountability with the campus community by identifying the needs of people with a queer range of [a]gender and [a]sexual experiences and responding with university-wide services.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

#### **LGBTQ+ Resource Center**

801-587-7973

[lgbt.utah.edu](http://lgbt.utah.edu)

409 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

## ***Veterans & Military Students***

The mission of the Veterans Support Center is to improve and enhance the individual and academic success of veterans, service members, and their family members who attend the university; to help them receive the benefits they earned; and to serve as a liaison between the student veteran community and the university.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### **Veterans Support Center**

801-587-7722

[veteranscenter.utah.edu](http://veteranscenter.utah.edu) (Links to an external site.)

418 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

## ***Women***

The Women's Resource Center (WRC) at the University of Utah serves as the central resource for educational and support services for women. Honoring the complexities of women's identities, the WRC facilitates choices and changes through programs, counseling, and training grounded in a commitment to advance social justice and equality.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### **Women's Resource Center**

801-581-8030

[womenscenter.utah.edu](http://womenscenter.utah.edu)

411 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

## ***Inclusivity at the U***

The Office for Inclusive Excellence is here to engage, support, and advance an environment fostering the values of respect, diversity, equity, inclusivity, and academic excellence for students in our increasingly global campus community. They also handle reports of bias in the classroom as outlined below:

*Bias or hate incidents consist of speech, conduct, or some other form of expression or action that is motivated wholly or in part by prejudice or bias whose impact discriminates, demeans, embarrasses, assigns stereotypes, harasses, or*

*excludes individuals because of their race, color, ethnicity, national origin, language, sex, size, gender identity or expression, sexual orientation, disability, age, or religion.*

For more information about what support they provide and links to other resources, or to report a bias incident, view their website or contact:

**Office for Inclusive Excellence**

801-581-4600

[inclusive-excellence.utah.edu](http://inclusive-excellence.utah.edu) (Links to an external site.)

170 Annex (Wing D)

1901 E. S. Campus Dr.

Salt Lake City, UT 84112

***Other Student Groups at the U***

To learn more about some of the other resource groups available at the U, check out:

[getinvolved.utah.edu/](http://getinvolved.utah.edu/)

[studentsuccess.utah.edu/resources/student-support](http://studentsuccess.utah.edu/resources/student-support)