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Applied Anatomy

North Carolina Agricultural and Technical State University

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NORTH CAROLINA AGRICULTURAL AND TECHNICAL STATE UNIVERSITY

COURSE SYLLABUS

College Name: College of Health and Human Services
Department Name: Kinesiology
Course Name: Applied Anatomy

COURSE INFORMATION

- Course Number/Section: HPED 345
- Term:
- Semester Credit Hours: 3
- Times and Days:
- Class Location:

INSTRUCTOR CONTACT INFORMATION

- Instructor:
- Office Location:
- Office Phone:
- Email Address:

Faculty must notify students of the approximate time and method they can expect to receive an answer to all communications (e.g., email, phone, course messages). Excluding holidays, the response should be provided within 48 hours.

If there's a graduate teaching assistant assigned to work with this course, please include their names also.

STUDENT HOURS

These are times students may visit the professor without an appointment to request the assistance they need.

NOTE: Students are responsible for reading, understanding, and following the syllabus.

: AM ☐ / PM ☐ – : AM ☐ / PM ☐

Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐

COURSE PREREQUISITES

Course Syllabus (rev 05-15-20 by the Extended Campus)

BIOL 100 + BIOL 361 (Anatomy & Physiology) **OR**
BIOL 100 + SSFM 261 **OR**
BIOL 100 + BIOL 350
*C or better must be earned in SSFM 261.

COURSE DESCRIPTION

This course provides theoretical and practical experience in studying biomechanical concepts as they apply to movement in humans.

STUDENT LEARNING OBJECTIVES/OUTCOMES (SLO)

Learning outcomes should be specific, measurable, and focused on the content knowledge the students are expected to master and not what the faculty will teach.

If the course is a General Education Course, the SLO should be listed and labeled as "General Education."

- SLO 1: Understand directional terms associated with human movement.
- SLO 2: Describe the skeletal, articular and muscular systems as they affect functional anatomy.
- SLO 3: Describe the functional anatomy of the upper and lower extremities.
- SLO 4: Analyze human biomechanics qualitatively and quantitatively.
- SLO 5: Apply mechanical principles to the study of internal and external forces acting on the human body, and the effects produced by these forces.

REQUIRED TEXTBOOKS AND MATERIALS

Any course-level subscriptions and tools linked in Blackboard Learn learning management system (LMS) should be listed here. The Blackboard LMS must have links to their student data privacy statement.

REQUIRED TEXTS:

Lippert, L. (2017) *Clinical kinesiology and anatomy (6th edition)*. FA Davis, Publisher.

ISBN-13: 978-0803658233
ISBN-10: 0803658230

REQUIRED MATERIALS:

SUGGESTED COURSE MATERIALS

SUGGESTED READINGS/TEXTS:

SUGGESTED MATERIALS:

GRADING POLICY

ASSIGNMENTS AND GRADING POLICY

94% and above	A		76% - 74%	C
93% - 90%	A-		73% - 70%	C-
89% - 87%	B+		69% - 67%	D+
86% - 84%	B		66% - 64%	D
83% - 80%	B-		63% - 60%	F
79% - 77%	C+			

For GRADUATE COURSES: See 2019-2020 Graduate Catalog p.38 for graduate grading scale and Non-Graded Courses

GRADING ALLOCATION

Course grades are based on a weighted grading scale of 100%. The breakdown for the course is as follows: *[Faculty, please adjust according to your course.]*

Category	# of Activities	Percentage Grade Weight
Assignments	4	20%
Exams	4	60%
Labs	4	20%
Bonus Quizzes	15	0%
Discussion Board	3	0%
Total		100%

COURSE POLICIES

USE OF BLACKBOARD AS THE LEARNING MANAGEMENT SYSTEM

Blackboard is the primary online instructional and course communications platform. Students can access the course syllabus, assignments, grades, and learner support resources. Students are encouraged to protect their login credentials, complete a Blackboard orientation, and log in daily to the course.

Note: Uploading assignments through Blackboard presents a challenge for Chromebook users in locating the files for submission. If you use a Chromebook, please be sure you also have access to a Mac computer or Windows computer so you can fully participate in your Blackboard class. For more information about student computer recommendations, please visit <https://hub.ncat.edu/administration/its/computer-recommendations.php>.

MAKE-UP EXAMS

See << Update Academic Year >> *Undergraduate Bulletin*:

<https://www.ncat.edu/provost/academic-affairs/bulletins/index.php>

For GRADUATE STUDENTS: See 2019-20 Graduate Catalog p. 54
EXTRA CREDIT

LATE WORK

SPECIAL ASSIGNMENTS

For GRADUATE STUDENTS: FAILING TO MEET COURSE REQUIREMENTS (Graduate Catalog p.40)

For GRADUATE STUDENTS: CLASS ATTENDANCE (see 2019-20 Graduate Catalog p. 53-54)

Students are expected to attend class and participate on a regular basis in order to successfully achieve course learning outcomes and meet federal financial aid requirements ([34 CFR 668.22](#)). Class attendance in online courses is defined as active participation in academically-related course activities. Active participation may consist of course interactions with the content, classmates, and/or the instructor. Examples of academically-related course activities include, but are not limited to:

- Completing and submitting assignments, quizzes, exams, and other activities within Blackboard or through Blackboard (3rd-party products).
- Participating in course-related synchronous online chats, discussions, or meeting platforms such as Blackboard Collaborate in which participation is tracked.

CLASSROOM CITIZENSHIP

Courtesy, civility, and respect must be the hallmark of your interactions.

COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT

North Carolina A&T State University is committed to following the requirements of the Americans with Disabilities Act Amendments Act (ADAAA) and Section 504 of the Rehabilitation Act. If you need an academic accommodation based on the impact of a disability, you must initiate the request with the Office of Accessibility Resources (OARS) and provide documentation in accordance with the Documentation Guidelines at N.C. A&T. Once documentation is received, it will be reviewed. Once approved, you must attend a comprehensive meeting to receive appropriate and reasonable accommodations. If you are a student registered with OARS, you must complete the Accommodation Request Form to have accommodations sent to faculty.

OARS is located in Murphy Hall, Suite 01 and can be reached at 336-334-7765, or by email at accessibilityresources@ncat.edu. Additional information and forms can be found on the internet at <https://www.ncat.edu/provost/academic-affairs/accessibility-resources/index.php>.

Please note: Accommodations are not retroactive and begin once the Disability Verification Form is provided to faculty.

TITLE IX

North Carolina A&T State University is committed to providing a safe learning environment for all students—free of all forms of discrimination and harassment. Sexual misconduct and relationship violence in any form are inconsistent with the university's mission and core values, violates

university policies, and may also violate federal and state law. Faculty members are considered “Responsible Employees” and are required to report incidents of sexual misconduct and relationship violence to the Title IX Coordinator. If you or someone you know has been impacted by sexual harassment, sexual assault, dating or domestic violence, or stalking, please visit the Title IX website to access information about university support and resources. If you would like to speak with someone confidentially, please contact Counseling Services at 336-334-7727 or the Student Health Center at 336-334-7880.

TECHNICAL SUPPORT

If you experience any problems with your A&T account, you may call Client Technology Services (formerly Aggie Tech Support and Help Desk) at 336-334-7195, or visit <https://hub.ncat.edu/administration/its/dept/ats/index.php>.

FIELD TRIP POLICIES / OFF-CAMPUS INSTRUCTION AND COURSE ACTIVITIES

If applicable:

Off-campus, out-of-state, foreign instruction, and activities are subject to state law and university policies and procedures regarding travel and risk-related activities. Information regarding these rules and regulations may be found at <https://www.ncat.edu/campus-life/student-affairs/index.php>.

STUDENT HANDBOOK

<https://www.ncat.edu/campus-life/student-affairs/departments/dean-of-students/student-handbook.php>

STUDENT TRAVEL PROCEDURES AND STUDENT TRAVEL ACTIVITY WAIVER

https://hub.ncat.edu/administration/student-affairs/staff-resources/student_activity_travel_waiver.pdf

OTHER POLICIES (e.g., Copyright Guidelines, Confidentiality, etc.)

STUDENT HANDBOOK

<https://www.ncat.edu/campus-life/student-affairs/departments/dean-of-students/student-handbook.php>

[Graduate Catalog](#)

SEXUAL MISCONDUCT POLICY

<https://www.ncat.edu/legal/title-ix/sexual-harassment-and-misconduct-policies/index.php>

FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT (FERPA)

<https://www.ncat.edu/registrar/ferpa.php>

STUDENT COMPLAINT PROCEDURES

<https://www.ncat.edu/current-students/student-complaint-form.php>

STUDENT CONDUCT AND DISCIPLINE

North Carolina A&T State University has rules and regulations that govern student conduct and discipline meant to ensure the orderly and efficient conduct of the educational enterprise. It is the responsibility of each student to be knowledgeable about these rules and regulations.

Please consult the following about specific policies such as academic dishonesty, cell phones, change of grade, disability services, disruptive behavior, general class attendance, grade appeal, incomplete grades, make-up work, student grievance procedures, withdrawal, etc.:

- Undergraduate Bulletin
<https://www.ncat.edu/provost/academic-affairs/bulletins/index.php>
- Graduate Catalog
<https://www.ncat.edu/tgc/graduate-catalog/index.php>
- Student Handbook
<https://www.ncat.edu/campus-life/student-affairs/departments/dean-of-students/student-handbook.php>

ACADEMIC DISHONESTY POLICY

Academic dishonesty includes but is not limited to the following:

1. Cheating or knowingly assisting another student in committing an act of cheating or other academic dishonesty;
2. Plagiarism (unauthorized use of another's words or ideas as one's own), which includes but is not limited to submitting exams, theses, reports, drawings, laboratory notes or other materials as one's own work when such work has been prepared by or copied from another person;
3. Unauthorized possession of exams or reserved library materials; destroying or hiding source, library or laboratory materials or experiments or any other similar actions;
4. Unauthorized changing of grades, or marking on an exam or in an instructor's grade book or such change of any grade record;
5. Aiding or abetting in the infraction of any of the provisions anticipated under the general standards of student conduct;
6. Hacking into a computer and gaining access to a test or answer key prior to the test being given. N.C. A&T reserves the right to search the emails and computers of any student suspected of such computer hacking (if a police report of the suspected hacking was submitted prior to the search); and
7. Assisting another student in violating any of the above rules.

A student who has committed an act of academic dishonesty has failed to meet a basic requirement of satisfactory academic performance. Thus, academic dishonesty is not only a basis for disciplinary action, but may also affect the evaluation of a student's level of performance. Any student who commits an act of academic dishonesty is subject to disciplinary action.

In instances where a student has clearly been identified as having committed an act of academic dishonesty, an instructor may take appropriate disciplinary action, including loss of credit for an assignment, exam, or project; or awarding a grade of "F" for the course, **subject to review and endorsement by the chairperson and dean.**

For GRADUATE STUDENTS: Reference for academic dishonesty – 2010-2020 Graduate Catalog, p.58-59

For GRADUATE STUDENTS: STUDENT RELIGIOUS OBSERVANCE (see Graduate Catalog, p.55)

ASSIGNMENTS AND ACADEMIC CALENDAR

Include topics, reading assignments, due dates, exam dates, withdrawal dates, pre-registration and registration dates, all holidays, and convocations.*

THE WEEK OF MM/DD/YY	SUBJECT	UNIT LEARNING OUTCOMES (ULO)	READING IN TEXT, ACTIVITY, HOMEWORK, EXAM
	Unit 1: Directional Terms & Course Overview	ULO 1: Define the course objectives, the logistics of the conduction of the course and the assessments in the course. (SLO 1, 2) ULO 2: Describe the plane in which each movement action occurs and the associated axes. (SLO 1, 2) ULO 3: Evaluate how directional terminology applies to anatomy. (SLO 1, 2)	1. Read: Textbook: Chapter 1: Basic Information 2. Take: Bonus Quiz #1 (ULO 1) 3. Complete: Discussion Board#1 (ULO 2)
	Unit 2: Skeletal System	ULO 1: Identify the basic structures of bone. (SLO 2) ULO 2: Evaluate functions of the skeletal system as it applies to exercise. (SLO 2) ULO 3: Apply knowledge of osteoporosis and other bone related disorders to exercise. (SLO 2, 3)	1. Read: Textbook: Chapter 2: The Skeletal System 2. Take: Bonus quiz #2(ULO 1 to 3) 3. Complete: Assignment#1(ULO 1 to 3)
	Unit 3: Articular System	ULO 1: Identify the basic structures of the articular system. (SLO 2) ULO 2: Explain how to establish ROM in a joint. (SLO 2) ULO 3: Evaluate injuries related to ball, socket, and hinge joints. (SLO 2, 3)	1. Read: Textbook: Chapter 3: The Articular System 2. Take: Bonus quiz#3 (ULO 1 to 3) 3. Complete: Lab#1(ULO 1 to 3)
	Unit 4: Muscular System	ULO 1: Identify the basic structures of the	1. Read: Textbook: Chapter 5: The Muscular System

		<p>muscular system. (SLO 2)</p> <p>ULO 2: List the functions of the muscular system. (SLO 2)</p> <p>ULO 3: Evaluate the biomechanics of muscles in the human body. (SLO 2, 3)</p>	<p>2. Take: Bonus quiz #4(ULO 1 to 3)</p> <p>3. Take: Exam #1(ULO 1 to 3)</p>
	Unit 5: Applied Anatomy of the Lower Extremity	<p>ULO 1: Explain the interrelationship of the skeletal, articular and muscular systems as applied to the lower extremity. (SLO 2)</p> <p>ULO 2: Describe the structure and function of the hip, knee and ankle. (SLO 1, 2)</p> <p>ULO 3: Evaluate different types of atypical gaits. (SLO 2, 3)</p>	<p>1. Read: Textbook: Chapter 18, The Hip Joint</p> <p>2. Take: Bonus quiz # 5 (ULO 1 to 3)</p> <p>3. Participate: Discussion #2. (ULO 1 to 3)</p>
	Unit 6: Knee Joint	<p>ULO 1: Describe structure and function of the knee joint. (SLO 1, 2)</p> <p>ULO 2: Explain how structure relates to function in the knee joint. (SLO 1, 2)</p> <p>ULO 3: Evaluate injuries associated with the knee joint. (SLO 2, 3)</p>	<p>1. Read: Textbook: Chapter 19, The Knee Joint</p> <p>2. Take: Bonus quiz #6 (ULO 1 to 3)</p> <p>3. Complete: Assignment #2(ULO 1 to 3)</p>
	Unit 7: Ankle Joint	<p>ULO 1: Describe the structure and function of the ankle. (SLO 1, 2)</p> <p>ULO 2: Explain the ligaments and muscles that cause motion at the ankle. (SLO 1, 2)</p> <p>ULO 3: Evaluate injuries related to the ankle. (SLO 2, 3)</p>	<p>1. Read: Textbook: Chapter 20: The Ankle Joint</p> <p>2. Take: Bonus quiz #7 (ULO 1 to 3)</p> <p>3. Complete: Lab #2(ULO 1 to 3)</p>
	Unit 8: Gait	<p>ULO 1: Describe primary lower extremity muscles used in walking and running. (SLO 2)</p> <p>ULO 2: Explain the phases of gait. (SLO 1, 2, 3)</p>	<p>1. Read: Textbook: Chapter 22: Gait</p> <p>2. Take: Bonus quiz #8(ULO 1 to 3)</p> <p>3. Complete: Exam #2(ULO 1 to 3)</p>

		ULO 3: Evaluate atypical gaits. (SLO 3, 4)	
	Unit 9: Upper Extremity	<p>ULO 1: Describe bones, joints and muscles that comprise the shoulder girdle, shoulder joint and elbow. (SLO 1, 2, 3)</p> <p>ULO 2: Explain the structure and function of the 3 joints of the upper extremity. (SLO 1, 2, 3)</p> <p>ULO 3: Evaluate injuries associated with those joints. (SLO 5)</p>	<ol style="list-style-type: none"> 1. Read: Textbook: Chapter 9: Shoulder Girdle 2. Take: Bonus quiz #9 (ULO 1 to 3) 3. Complete: Discussion Board #3(ULO 1 to 3)
	Unit 10: Shoulder Joint	<p>ULO 1: Describe the structure and function of the shoulder joint. (SLO 1, 2, 3)</p> <p>ULO 2: Explain the interconnection between the shoulder girdle and the shoulder joint. (SLO 1, 2, 3)</p> <p>ULO 3: Evaluate injuries associated with the shoulder joint. (SLO 5)</p>	<ol style="list-style-type: none"> 1. Read: Textbook: Chapter 10: Shoulder Joint 2. Take: Bonus quiz #10(ULO 1 to 3) 3. Complete: Lab #3(ULO 1 to 3)
	Unit 11: Elbow	<p>ULO 1: Explain how the elbow interacts with the shoulder joint. (SLO 1, 2, 3)</p> <p>ULO 2: Describe the structure and function of the elbow. (SLO 1, 2, 3)</p> <p>ULO 3: Evaluate injuries associated with the elbow. (SLO 5)</p>	<ol style="list-style-type: none"> 1. Read: Textbook: Chapter 11: The Elbow Joint 2. Take: Bonus quiz #11 (ULO 1 to 3) 3. Complete: Assignment #3(ULO 1 to 3)
	Unit 12: Posture and the Neck and Trunk Anatomy	<p>ULO 1: Explain forces acting on the spine and how these affect posture. (SLO 5)</p> <p>ULO 2: Describe the vertebral column and muscles of the torso and include movement actions/planes/axes. (SLO 2, 3)</p>	<ol style="list-style-type: none"> 1. Read: Textbook: <ol style="list-style-type: none"> 1. Chapter 15: Neck and Trunk 2. Chapter 21: Posture and Spine 2. Take: Bonus quiz #12 (ULO 1 to 3) 3. Take: Exam #3(ULO 1 to 3)

		ULO 3: Evaluate injuries associated with the back. (SLO 2, 3, 5)	
	Unit 13: Forces Affecting Human Movement	ULO 1: Explain Newton's Laws. (SLO 4,5) ULO 2: Describe the forces acting on the human body. (SLO 4,5) ULO 3: Evaluate the effect of forces on injury. (SLO 4,5)	1. Read: Textbook: Chapter 8: Basic Biomechanics 2. Take: Bonus quiz #13(ULO 1 to 3) 3. Submit: Assignment #4(ULO 1 to 3)
	Unit 14: Projectiles	ULO 1: Explain the physics of center of gravity in a projectile. (SLO 4,5) ULO 2: Describe how the body is a projectile in terms of forces. (SLO 4,5) ULO 3: Evaluate the relationship of the terms, speed, velocity and acceleration. (SLO 4,5)	1. Read: Textbook: Chapter 8: Basic Biomechanics 2. Take: Bonus quiz #14 (ULO 1 to 3) 3. Complete: Lab #4(ULO 1 to 3)
	Unit 15: Stability and Fluid Mechanics	ULO 1: Explain how air and water affect human movement. (SLO 4,5) ULO 2: Describe how stability contributes to movement efficiency. (SLO 4,5) ULO 3: Evaluate sports equipment to determine how its design is affected by the principles of fluid mechanics. (SLO 4,5)	1. Read: Textbook: Chapter 8: Basic Biomechanics 2. Take: Bonus quiz #15 (ULO 1 to 3) 3. Take: Exam #4 (ULO 1 to 3)

** These descriptions and timelines are subject to change at the discretion of the instructor.*