



**Kinesiology 201 – Introduction to Kinesiology (3)
Fall 2012**

Time: Lectures – T/R 8:15-9:45
Tutorials – To be scheduled as needed

Instructor : Dr. Carol Gibbons Kroeker
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Course Description:

This course will introduce students to the mechanics and physiology of movement, as well as the short and long term benefits of exercise. It will also discuss the role of exercise in health, disease, and physical therapy.

Text : Kinesiology – Scientific Basis of Human Motion, Nancy Hamilton, Wendi Weimar, and Kathryn Luttgens; 12th ed. McGraw-Hill; 2012

Note: You may substitute an earlier edition (11th) of the text for the course.

Pre-requisites: Biology 131 and 133; Zoology 261, 263, and 265 are strongly recommended

Learning Objectives:

1. Students will learn the general fields of kinesiology
2. They will understand the biomechanical principles behind human movement
3. They will study the effects of training and fitness on the body
4. Students will learn the role of exercise in health, disease, and physical therapy

Mark Distribution	:	2 Midterm Exams	40%
		Assignments	10%
		Papers – Research Critiques	10%
		Final Exam	40%

This course consists of 3 hours of lectures per week.

The midterm and final exam will be a combination of multiple choice questions, as well as short and long answer questions. While many questions will be based on lecture material, the textbook reading will absolutely help in the understanding of this material. Attendance at lectures will help ensure success on course exams and assignments

TENTATIVE LECTURE SCHEDULE

WEEK OF	TOPIC	TEXTBOOK CHAPTER
Sept. 3	Intro, Anatomy terminology	1
10	Musculoskeletal – Motions	2-3
17	Extremities – Muscle Actions	5-9
24	Biomechanics terminology	10
Oct. 1	Human motion / Linear motion	11-12
8	Rotational motion / Exam I	13
15	Reading Week	
22	Centre of gravity and stability	14
29	Moving objects – pushing / pulling	16
Nov. 5	Throwing, Kicking / Exam II	17
12	Locomotion	18, 19
19	Testing and fitness programs	22
26	Fitness and Exercise	15
Dec. 3	Fitness and disease / Review	

SUPPLEMENTARY REFERENCES: Located in AUC library or at University of Calgary.

Human Anatomy (2^{ne} ed.)
- M. McKinley and V.D. O’Loughlin

Human Anatomy (6th ed)
- Martini, Timmons, and Tallitsch

The Biomechanics of Sports Techniques; James C Hay, 4th Ed.
Prentice-Hall

Grading Scheme

A+	97-100%	C+	67-70%
A	90-96%	C	63-67%
A-	87-90%	C-	60-63%
B+	83-87%	D+	54-59%
B	77-83%	D	50-53%
B-	70-77%	F	Below 50%

Important Notes/Dates:

The last day to enter a course without permission and /or voluntary withdrawal from a course without financial penalty – Sunday, Sept. 16, 2012

The last day to voluntarily withdraw from a course or change to audit without academic penalty – Monday, November 12, 2012.

Please note that final grades will be available on your student portal. Printed grade sheets are no longer mailed out.

Classroom Etiquette:

It is expected that students will take an active role in the learning process. This includes: (a) regular class attendance, (b) reading course material in advance of class, and (c) engaging in discussions during class.

In respect to the professor and to your fellow students, we ask that you:

- a) Turn your phone off during class and that you don't use it for texting during lecture or lab
- b) Not have conversations with the people beside you during lecture – it is very distracting to the people around you
- c) Use your laptops for lecture material and assignments only – that you are not using the internet or facebook during class time.
- d) Arrive to lecture and lab on time
- e) Don't come to class or lab with your ipod or equivalent.

These will help to maximize the learning experience for you and your fellow students (and will keep your professor in a good mood).

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Student Handbook and Academic Calendar. Personal information, that is information about an individual that may be used to identify that individual, may be collected as a requirement as part of taking this class. Any information collected will only be used and disclosed for the purpose for which the collection was intended. For further information contact the Privacy Compliance Officer at privacy@ambrose.edu.

Academic dishonesty is taken seriously at Ambrose University College as it undermines our academic standards and affects the integrity of each member of our learning community. Any attempt to obtain credit for academic work through fraudulent, deceptive, or dishonest means is academic dishonesty. Plagiarism involves presenting someone else's ideas, words, or work as one's own. Plagiarism is fraud and theft, but plagiarism can also occur by accident when a student fails or forgets to give credit to another person's ideas or words. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from Ambrose. Students are expected to be familiar with the policy statements in the current academic calendar and the student handbook that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean and become part of the student's permanent record.

We are committed to fostering personal integrity and will not overlook breaches of integrity such as plagiarism and cheating. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the university college. Students are expected to be familiar with the policies in the current Academic Calendar and the Student Handbook that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean.