

Grossmont College Regional Occupational Program Personal Trainer and Group Exercise Leadership Certificate Program

ES 291: ANATOMY AND KINESIOLOGY Fall 2009

Tuesday and Thursday 5:30-6:20 pm

Instructor: Lisa Garrity, MA Ed., CSCS

Office Hours: Tuesday and Thursday 3 – 4 pm BY APPOINTMENT

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This course schedule may be changed with classroom notice.

- **Students with disabilities** who may need accommodations in this class are encouraged to notify the instructor and contact **Disabled Students Programs and Services (DSP&S) EARLY IN THE SEMESTER** so reasonable accommodations may be implemented as soon as possible. Students may contact DSP&S in person, room 110, or by phone at: **(619) 644-7112** or (619) 644-7119 (TTY for Deaf).
- If you are a single parent, displaced homemaker, or economically disadvantaged, and need **tutoring** or **academic advising**, please consult with your instructor.
- Students are referred to enroll in the following supervised tutoring courses if the service indicated will assist them in achieving or reinforcing the learning objectives of this course:
 - IDS 198, Supervised Tutoring – to receive tutoring in general computer applications in the Tech Mall
 - English 198W, Supervised Tutoring – for assistance in the English Writing Center (Room 70-119)
And / or
 - IDS 198T, Supervised Tutoring – to receive one-on-one tutoring in academic subjects in the Tutoring Center (Room 70-229, 644-7387).

To add any of these courses, students may obtain Add Codes at the Information / Registration Desk in the Tech Mall. All Supervised Tutoring courses are non-credit/non-fee. However, when a student registers for a supervised tutoring course, and has no other classes, the student will be charged the usual health fee.

Computer use/expectations

- Although this is not a computer based class, there is an expectation that you are familiar with basic computer operations and that you have access to a computer for class projects. All class assignments will be posted on Blackboard and students must access this on-line resource **AT LEAST ONCE PER WEEK**. Email communications will also be used throughout the semester to communicate classroom activities and assignments. The Tech Mall in the Library is available for those that need additional assistance or need access to computers. **PLEASE CHECK EMAIL** at least one time per week before coming to class.

Course description from the catalog: This course combines anatomy and kinesiology, addressing the structure of the musculoskeletal system of the human body. Students will study practical applications of muscle groups and their functional relationships to simple mechanical principles. Anatomical and mechanical analysis of motion as it pertains to human movement in exercise will be emphasized.

Required textbooks:

Fitness Professionals Guide to Musculoskeletal Anatomy and Human Movement.
Golding, L. and S. Golding. Healthy Learning. 2003.

The Anatomy Coloring Book, Kapit, W. and L. Elson. Benjamin Cummings, 2002.

Recommended Textbooks:

Strength Training Anatomy, Frederic Delavier, Human Kinetics, 2001.

Teaching Methods:

This course will be primarily taught by lecture and group discussion; Power Point, overheads, slides, models and demonstrations will be used frequently. A valuable web site for studying anatomy as it relates to exercise and movement is:
<http://www.exrx.net/Lists/Directory.html>

The course will move at a fast pace because there is a lot of material to cover. Students will need to keep up with the material and study outside the classroom at least 3-4 hours per week – one-two hours for each hour of class time.

Course competencies:

Students will be tested on competencies related to this course at the end of the program in preparation for their certification exams. Competencies for this course include:

1. Demonstrates proficiency in anatomical and human motion terminology.
2. Demonstrates knowledge of cardiovascular, respiratory, nervous, skeletal and muscular systems.
3. Demonstrates understanding of muscles and movements of the trunk, pelvis and lower extremity, muscles acting at the hip joint, knee joint and ankle joint.
4. Demonstrates understanding of muscles and movements of the neck, shoulder, arm, elbow, wrist and hand.
5. Demonstrates knowledge of Biomechanics.
6. Understands physical laws affecting motion, balance, and alignment, posture, and muscle imbalance.
7. Demonstrates knowledge of exercise analysis.

Student Learning Outcomes:

Upon completion of this course students will be able to demonstrate knowledge and skill in musculoskeletal anatomy and human movement, including but not limited to:

1. Identifying which joint is moving and what muscles are responsible for the movement during exercise.
2. Understanding anatomic kinesiology terms and using appropriate terminology to describe movement

Grading

A point system will be used to evaluate student performance.
Points will be assigned as follows:

Quizzes (100 possible points) – there will be a quiz *EVERY WEEK* starting with week #2. Each quiz will have 10 questions and is worth 10 points.

Tests (200 possible points) – there will be 4 larger tests that will cover the material up to that point in the semester. Test schedule is as follows (subject to change with classroom notice):

Thursday – Sept 24

Thursday – Oct 29

Tuesday – Nov 24

Tuesday – Dec 15 (scheduled final exam time)

Each test will be 50 questions and will be worth 50 points each. The tests will be a combination of matching, fill in the blank, and multiple choice.

Class Project (100 points possible – 50 for the presentation and 50 for the written report)

You will be grouped with other students and will present a class project as a group. You will be graded on the oral presentation and a written report. Every student in the group will receive the same grade. If one student is not “pulling their weight” on the project, the whole team will suffer. Therefore, you must work cooperatively as a team to complete this project successfully.

See class handout for specific instructions related to the project.

Homework – 10 points possible

Homework will be given occasionally. It is due at the next class meeting. Turning in all homework worksheets will result in 10 points at the end of the semester.

Scorecard

Students will be given a “Scorecard” to track all possible points available in the course and will be able keep score as the course progresses. The final grade will be based on a percentage of the total points. To figure your grade at any time during the course simply calculate the percentage of total points you have earned with those that are possible up to that point in the course. Quizzes, tests, and homework assignments will be returned the next class meeting.

Final grades will be determined by the following percentages:

A 90% - 100%

B 80% - 89.99%

C 70% - 79.99%

D 60% - 69.99%

F 59.99% and below

PERCENTAGES WILL NOT BE ROUNDED UP

Test Make-ups

Tests and the final exam can be made up with an official note from your physician or if there are serious and compelling circumstances (e.g., a death or serious illness in your family, your house burns down - running out of gas or your roommate didn't want to get out of bed to take you to school doesn't count ☹). It is your responsibility to contact the instructor to make arrangements for a make-up (ASAP!). Make-up tests will also be given BEFORE the test date (if you know you will be out on the test date). You MUST contact the instructor in advance to arrange for your test administration.

Quiz Make-ups: You may only make-up ONE missed quiz. Ask your instructor for a quiz make up article worksheet. You will review an article from a fitness or wellness magazine, fitness or sports medicine journal, or fitness/wellness related internet site. The make up article is due one week after the missed quiz. The make-up assignment is only worth 5 points maximum (1/2 the rate of the quiz you missed).

Final exam: Tuesday, December 15 – scheduled final time

NO EXTRA CREDIT

Incompletes will not be given. You must earn a grade of C or better in this course to meet the pre-requisite requirements for ES 293 and ES 294 in the Fitness Certificate Program for the Spring Semester.

Attendance

Absences

The instructor may drop you if you have more than 3 absences. (College policy – one absence/hours of instruction per week) Attendance will be taken daily. Notify the instructor if you are going to be absent (VM/E-mail) before the next class meeting or as soon as you know you will not make it to class. Absences start the first day of class regardless of when you add. If you are absent you are responsible to make-up all of the material you have missed. No shows will be dropped after the first day of class.

Tardiness

If you are late, it is your responsibility to see the instructor *after* class to note your presence; otherwise you will be marked absent. Make an effort to be on time, it is rude and disruptive to your classmates and the instructor when you are tardy. Two tardies = one absence.

Leaving early: Do not leave early unless you notify the instructor prior to class – it will count against your attendance (see tardies). Restroom breaks only if really necessary. Don't make it a habit (see tardies).

Buddy System

Every student will select a “buddy” in the class who will collect handouts and provide notes to the other student who missed a scheduled class. Check with your buddy to retrieve necessary materials. Many times the materials are also available on the class web site.

Unacceptable classroom behavior:

Unacceptable classroom behavior is defined (in part) as:

- Disrupting class by prolonged chattering (i.e., private conversations during classroom lectures, presentations, or discussions.)
- Sleeping in class.
- Disrupting class with cell phones or pagers – turn them off!!!
- Doing homework in class.
- Reading the newspaper or other materials not given as in-class work. In other words, using class time to “do your thing.”
- Engaging in disrespectful behavior toward the instructor, other students or guest speakers.
- Engaging in any activities that disrupt the instructional process. Please read the student code of conduct in the Grossmont College catalog.
- **Faculty-Initiated Suspensions:** Exclusion of the student by an instructor for the day of the removal and the next class meeting. The student shall not return to the class without concurrence of the instructor.

Cheating

Cheating will not be tolerated. If you are caught cheating you will receive a ZERO for the quiz or exam and you may be subject to discipline from the Director of Student Affairs (possible *expulsion* from the college.) Do not look around during quizzes, tests, or exams; cover your grade sheet so others can't steal your answers, cell phones off, no trips to the restroom or outside, ball caps must be turned backwards or removed during testing, and of course **no talking**. Raise your hand if you have a question. Do not give me any reason to suspect that you may be cheating. If I see you cheating there will be consequences.

Students who have children: I understand that childcare can be difficult to arrange; however, children are not allowed in class under any circumstances.

Food and beverages: Please do not bring food and beverages into the classroom. You will be asked to leave and get rid of it (outside). Food and beverages (even if it has a lid on it) are not permitted in the classroom before, during, or after class. Bottled water is permissible.

For a more complete description of the course please see the attached Official Course Outline.