

**Department of Athletic Training and Human Movement
Introduction to Kinesiology
ATHM 115, Fall 2022**

COURSE INFORMATION

Instructor: Scott Copley
Office: 551D Fisher Hall
Office Hours: By appointment M-F
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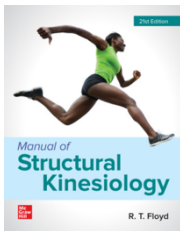
COURSE DESCRIPTION

This asynchronous course examines body movement and body language from the vantage points of biology, psychology, biomechanics, healthcare, psychology, communications, and more. This a multidisciplinary introduction to the field of kinesiology for first- or second-year students who are majoring (or interested) in Kinesiology, Athletic Training, Physical Therapy, or other healthcare majors.

COURSE STRUCTURE

This is an 8-week asynchronous course, with all coursework being conducted online, <https://scottcopley.wixsite.com/mysite>. There, you will find course instructions, as well as weekly assignments. Instructor videos for each session will be uploaded by Noon on Sunday to begin each week of class. If you have questions along the way, I am happy to arrange a meeting with you via Zoom.

REQUIRED TEXT



Floyd, R. (2021). Manual of Structural Kinesiology, 21st Edition. McGraw Hill. ISBN13: 9781260237757

- Other articles and readings assigned during class, which will be available via the website.

GRADING SCALE

90-100 = A
80-89 = B
70-79 = C
60-69 = D
59-below = F

LATE WORK

Please keep in mind that this is a fast-paced course, and that work should be conducted on-time. If you are unable to submit assignments on their due dates, please discuss it with me. Submissions that are more than three (3) days past the due date will have an automatic grade deduction.

CLASS SESSIONS

Week 1: Biomechanics and Kinesiology

Week 2: Neuromuscular System

Week 3: Shoulder, Elbow, Wrist, Hands, and Radioulnar Joints

Week 4: Hip, Pelvic Girdle, Knee, Ankle and Foot Joints

Week 5: Trunk and Spine

Week 6: Communication

Week 7: Psychology and Movement

Week 8: Health and Wellness