

Mayville State University
HPER 441 – Applied Kinesiology
Spring, 2025
3 credits

Course and Instructor Information

Instructor Name: Sofia Wentz

Contact Information:

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Hours of Availability: Tuesday and Thursday afternoons

Instruction Mode: On-campus, Face-to-Face.

Meeting Days and times: Mondays, Wednesdays and Fridays, 9:00 am-9:50 am

Time Zone: Central Time Zone (CT).

As your instructor, I reserve the right to adjust or alter the syllabus as I see fit. I will notify the class to any changes.

Course Description

Study the anatomical bases of human movement. Special emphasis will be on movements related to sport and physical ability. Prerequisite: [BIOL 111](#) or [BIOL 150](#), and [BIOL 220](#). Fall, Spring.

Applied kinesiology can be best described as applying the study of human movement to dynamic activities such as training or sport. As students of this course, you will be exposed to how human anatomy interacts with the environment in which it moves. These movement situations can be described as dynamic (in motion), static (stationary), ground-based, aquatic, open chain, or closed chain. Situations for motion success and failure, including the possibility of injuries that may result) will also be examined. The course will examine the anatomy related to human motion and the biomechanics associated with how the anatomy is applied to the environment.

Course Objectives:

To successfully complete this course, the learner will be expected to meet the following objectives, as aligned to Physical Education Program Approval Standards through North Dakota's Education Standards and Practices Board ([ND ESPB](#)):

1. Acquire a fundamental knowledge of anatomical kinesiology. (INTASC 1, 6, 9)
 - 1.a Describe and apply common content knowledge for teaching preK-12 physical education.
 - 1.b Describe and apply specialized content knowledge for teaching preK-12 physical education.
 - 1.c Describe and apply physiological and biomechanical concepts related to skillful movement, physical activity and fitness for preK-12 students.

2. Identify the bones of the human body. (INTASC 1, 6, 9)
3. Identify the major muscles of the human body. (INTASC 1, 6, 9)
4. Identify the ligaments that attach the bones and form the major joints of the human body. (INTASC 1, 6, 9)
5. Describe the fundamental movements created in the human body's joints by the muscles that cross the joints. (INTASC 1, 6, 9)
- 5.a Describe strategies, including the use of technology, for the promotion and advocacy of physical education and expanded physical activity opportunities.
6. To study and apply the principles of biomechanics and physics to human motion. (INTASC 1, 6, 9)
7. To apply the above objectives to the physical training of athletes and active individuals. (INTASC 1, 6, 9)

Standards Alignment (Physical Education Program Approval Standards-ND ESPB):

08025.1 Standard 1. Content and Foundational Knowledge Physical education candidates demonstrate an understanding of common and specialized content, and scientific and theoretical foundations for the delivery of an effective preK-12 physical education program.

08025.5 Standard 5. Professional Responsibility

Physical education candidates demonstrate behaviors essential to becoming effective professionals. They exhibit professional ethics and culturally competent practices; seek opportunities for continued professional development; and demonstrate knowledge of promotion/advocacy strategies for physical education and expanded physical activity opportunities that support the development of physically literate individuals.

Program Student Learning Outcomes (SLOs) Addressed in This Course (required) The Academic Program Student Learning Outcomes document can be found in your course shell. It contains all learning outcomes pertaining to Essential Studies courses and all majors and minors. The document has an index, so you can quickly find the degree you are pursuing. As part of Mayville State's effort to demonstrate continuous improvement in achieving student learning outcomes, this course:

- ☐ introduces SLO # ☐ reinforces SLO # ☒ masters SLO #1 For Major / Minor:
- ☐ introduces SLO # ☐ reinforces SLO # ☒ masters SLO #2 For Major / Minor:
- ☐ introduces SLO # ☐ reinforces SLO # ☒ masters SLO #3 For Major / Minor:
- ☐ introduces SLO # ☐ reinforces SLO # ☒ masters SLO #4 For Major / Minor:

Course Improvements Based on Most Recent Assessment Findings This course will be assessed in the future (based on the 2019-2025 assessment curriculum map) and the findings will be reported in this syllabus.

Course Materials and Technologies

Kinetic Anatomy, 4th Edition

Publisher: Human Kinetics

Author: Robert S. Behnke, Jennifer L. Plant

Course Expectations

Instructor/Student Communication

- Students are accountable for all academic communications sent to their Mayville State University e-mail address.
- Students will be expected to check their Mayville State University e-mail account regularly, especially on the day of a class taking place (every day would be preferable).
- Email is the preferred method of communication, but office visits are always welcome. Students can typically expect an email response within 24 hours during a school week or 48 hours on a weekend.
- Please use my office hours or appointments for in-person visits and phone calls.

Attendance

Attendance will be recorded and tracked each class period.

Student Computer Usage in the Classroom:

Students have the privilege to use a Tablet, PC, or computer in the classroom for academic purposes. The privilege can be revoked as deemed appropriate by the course professor. Occasionally, the professor may require the computer to cease based on course content for the instructional period.

Assignments and Assessments

- Each assessment item may consist of multiple choice, true/false, matching questions, labeling, short answer, long answer, and/or essay questions randomly selected from the sections covered. Questions will require applying information given during the lecture, within the text, and from assigned readings or websites. Quiz material will generally be based on information covered since the previous exam, although some information will be cumulative and, therefore, included.
- Exams will take place during regular class sessions. If an exam is missed, **PRIOR** arrangements **MUST** be made to ensure your chance to take the exam. **NO MAKE-UPS WILL BE PERMITTED WITHOUT APPROPRIATE DOCUMENTATION.** There are no make-up exams for individuals who have a missed exam after the exam has been given (**athletic events included**).

- Quizzes will be given periodically in class via Blackboard prior to beginning new content at the beginning of each class. Each quiz will be worth 10 points based on your current chapter readings. **Quizzes may NOT be made up if absence is unexcused. Missed quizzes must be made up prior to the next scheduled class unless PRIOR arrangements are made (This includes athletic events).**
- Projects/Assignments are due as assigned. **Late assignments are NOT accepted past due date and time, period.** Any work submitted must be of upper-level college quality to be acceptable for grading. Use of Dropbox in LMS for assignments is due at the beginning of class – no e-mails, please, unless requested.

Instructional Strategies

The following is a list of strategies that can be used in the course for learning:

- Lecture
- In-class examples/activities/labs
- Practical experiences
- Written and oral communication
- Quizzes
- Exams
- Blackboard

Learning Experiences

Assignments will be given via a Detailed Schedule OR as stated in Blackboard by week. Submit all assignments in Blackboard on designated due dates.

Instructional Technologies Utilized in this Course.

- Blackboard
- Microsoft Word

Expectations/Protocols

- **Tests/Quizzes** – All tests and quizzes are closed books and notes. Quizzes will be given weekly; you have a week to complete them. Tests are given on specific days and must be completed during the period assigned during that particular day/week.
- **Chapter Review/Anatomy Questions** – Check the drop box in Blackboard for specific questions to be completed for each assignment. When completed, submit the assignment into the assigned drop box.
- **Lab Activities**- In-class lab activities will be completed during the class period, and missed labs are generally unable to be made up if missed. If you are going to miss a lab, make arrangements with the professor prior to missing the lab.

- **Partnered Project** – A partner project will focus on the agonists and antagonist muscles during an activity of the groups choice. Presentations will be done at the end of the semester

Instructor/Student Communication

- The best way to communicate with me is via my email. Please make sure that you check your email daily to keep up with any communication.
- If you contact me on a weekday between 8:00 am-2:00 pm I will be sure to get back to you the same day. If it is after that time, I will respond the following day. You can expect to hear back the next workday if it is a weekend.
- Students are accountable for all academic communications sent to their Mayville State University e-mail address.

Evaluation and Grading

- I will grade all material at the end of the grading timeline for each assignment. Expect a two-week turnaround on all assignments and one week on all tests.
- I do not accept late work. If you notify me before missing an assignment, we can work through how to gain points. If it is after the fact, no points will be awarded.
- Labs/Assignments: 100pts
- Quizzes: 130 points
- Partner Project: 100 points
- Attendance: 50 points
- Exams: 50 points each, 150 points total
- Lab Exams: 50 points each, 150 points total
- Final Exam: 100 points

Grade Scale

90%-100%- A

80%-89%- B

70%-79%- C

60%-69%- D

59% and below- F

Enrollment Verification

The U.S. Department of Education requires instructors of online courses to provide an activity that will validate student enrollment in this course. The only way to verify that a student has been in this course is if he or she takes an action in the LMS, such as completing an assignment or taking a quiz. Logging into the LMS is **NOT** considered active course participation. Please complete the designated enrollment verification activity by the date indicated. If it is not completed, your enrollment in this course will be at risk.

Proctor Notification

No proctors are required for this course.

Important Student Information

In the Announcements section of the Blackboard Institution Page, you can view and download the Important Student Information document for the current academic year. It includes information about:

- Land Acknowledgement Statement
- Academic Grievance Concerns and Instructor English Proficiency
- Starfish - Student Success System
- Students with Documented Disabilities
- Student Learning Outcomes / Essential Learning Outcomes
- Academic Honesty
- Emergency Notification
- Continuity of Academic Instruction for a Pandemic or Emergency
- Family Educational Rights and Privacy Act of 1974 (FERPA)
- Diversity Statement (Title IX)

Course Timeline/Schedule

Week	Monday	Wednesday	Friday	Homework & Assignments Due
1-Jan 13-17	No Class	Intro To class	Intro to Semester Projects	
2-Jan 20-24	No Class	Chapter 1	Chapter 1 Lab	
3-Jan 27-31	Chapter 2	Chapter 2	Chapter 2 Lab	
4-Feb 3-7	Chapter 3	Chapter 3	Chapter 3 Lab	
5-Feb 10-14	Chapter 4	Chapter 4	Chapter 4 Lab	
6-Feb 17-21	No Class	Chapter 5	Chapter 5 Lab	
7-Feb 24-28	Chapter 6	Chapter 6	Exam 1	
8-Mar 3-7	Lab Exam 1	Chapter 7	Chapter 7	
9-Mar 10-14	No Class	No Class	No Class	
10-Mar 17-21	Chapter 8	Chapter 8	Chapter 8 Lab	
11-Mar 24-28	Chapter 9	Chapter 9	Chapter 9 Lab	
12-Mar 31 – April 4	Chapter 10	Exam 2	Lab Exam 2	
13-Apr 7-11	Chapter 11	Chapter 11	Chapter 11 Lab	
14-Apr 14-18	Chapter 12	Chapter 12 Lab	No Class	
15-Apr 21-25	No Class	Chapter 13	Chapter 13	
16-Apr 28 – May 2	Chapter 13 Lab	Chapter 14	Lab Exam 3	
May 5 - 9	Exam 3	Presentations	Presentations	

May 12-16				Finals week
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