

Mayville State University
HPER 441 – Applied Kinesiology, ONLINE
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: ONLINE

Meeting Days and times: ONLINE

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.

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 through the semester online through Blackboard. 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 via Blackboard prior to beginning new content. Each quiz will be worth 10 points based on your current chapter readings. **Quizzes may NOT be made up.**
- 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
- 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 Applications

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.
- **Semester Project** – A recorded presentation that will focus on the agonists and antagonist muscles during an activity of the groups choice. Presentations will be due at the end of the semester. You will need to record a video of yourself presenting this presentation. **It must be submitted via YuJa or uploaded as a YouTube. It CANNOT be uploaded to Blackboard.**

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
- Semester Project: 100 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 the syllabus 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	Homework & Assignments Due	
1-Jan 13-17	Intro and Syllabus	Syllabus Quiz
2-Jan 20-24	Chapter 1	Chapter 1 Reading, Lab Questions, Anatomy Identification
3-Jan 27-31	Chapter 2	Chapter 2 Reading, Lab Questions, Anatomy Identification
4-Feb 3-7	Chapter 3	Chapter 3 Reading, Lab Questions, Anatomy Identification
5-Feb 10-14	Chapter 4	Chapter 4 Reading, Lab Questions, Anatomy Identification
6-Feb 17-21	Chapter 5	Chapter 5 Reading, Lab Questions, Anatomy Identification
7-Feb 24-28	Chapter 6 Exam 1	Chapter 6 Reading, Lab Questions, Anatomy Identification
8-Mar 3-7	Chapter 7	Chapter 7 Reading, Lab Questions, Anatomy Identification
9-Mar 10-14	SPRING BREAK	
10-Mar 17-21	Chapter 8	Chapter 8 Reading, Lab Questions, Anatomy Identification
11-Mar 24-28	Chapter 9	Chapter 9 Reading, Lab Questions, Anatomy Identification
12-Mar 31 – April 4	Chapter 10 Exam 2	Chapter 10 Reading, Lab Questions, Anatomy Identification
13-Apr 7-11	Chapter 11	Chapter 11 Reading, Lab Questions, Anatomy Identification
14-Apr 14-18	Chapter 12	Chapter 12 Reading, Lab Questions, Anatomy Identification

15-Apr 21-25	Chapter 13	Chapter 13 Reading, Lab Questions, Anatomy Identification
16-Apr 28 – May 2	Chapter 14	Chapter 14 Reading, Lab Questions, Anatomy Identification
May 5 - 9	Exam 3	Presentations
May 12-16		Finals week