

Musculoskeletal Foundations Department of Kinesiology CALIFORNIA STATE UNIVERSITY, NORTHRIDGE

Fall 2004	KIN 275 (11313)	T,THR 08:00-09:15	Location: KN278
-----------	------------------	-------------------	-----------------

Instructor: Konstantinos “Dino” Vrongistinos, Ph.D.	e-mail: kv61497@csun.edu
Office: KN281	Phone: (818)-677-7567
Office Hours: M,W 11:30-12:30 , T, Th: 09:30-10:30 & by appointment	http://www.csun.edu/~kv61497

Required Text: Manual of Structural Kinesiology. CW. Thompson & R.T. Floyd, 15th Edition.
ISBN- 0-07-255891-1

Course Prerequisites: Biology 101

Course Description : Comprehensive introduction to the Human skeletal, muscular, nervous, and cardiorespiratory systems with emphasis on how these systems are involved in the production, control and modification of human movement

Course Objectives: To provide students with the knowledge and skills to be able to understand the:

- (1) Fundamentals of Bone and Muscle Physiology
- (2) Skeletal System, both axial and appendicular.
- (3) Joint Classification. Structural and Functional
- (4) Systems of bone and of muscle identifications
- (5) Muscles that move the bones at major joints, and the nerves innervating them
- (6) Describe how musculoskeletal structures influence human movement
- (7) Apply the knowledge to activities of daily living and exercise
- (8) Analyze selected injury mechanisms and identify abnormalities of the systems
- (9) Introduce movement patterns characteristic of special populations throughout the lifespan
- (10) Introduction to cardio and respiratory systems
- (11) Introduce students to Web Assisted materials related to Anatomy

Evaluation: Course grades will be based on the following point distribution.

275 (2 units)		
Quizzes + HW	2-8 per semester	100 pts (10%)
Exam #1	(5 th Week)	200 pts (20%)
Exam #2	(8 th or 9 th Week)	200 pts (20%)
Exam #3	(13 th or 14 th Week)	200 pts (20%)
Final Exam	(Final’s Week)	300 pts (30%)
Course Total		1000pts (100%)

Assignment of grades will be based on the following ranges:

A = 900-1000 pts;

B = 800-899 pts;

C = 700-799 pts;

D = 600-699 pts;

F = less than 600 pts.

Assignment of plus/minus grade adjustments to the above scale will be determined by the final class point distribution.

Examination Policies & Miscellaneous Information

1. 1. Students will **not** be allowed to leave the room during exams. Please attend to any personal needs before the exam.
2. 2. Make-up exams will be considered only under exceptional circumstances. (Note: "I overslept", "I'm tired", "I'm not prepared", etc. are **not** exceptional circumstances!) Any student who fails to contact the instructor prior to any missed exam may **not** be allowed to makeup the exam.
3. 3. Absence for medical reasons requires written verification by a physician.
4. 4. Exams will **not** be rescheduled based on a student's personal work/school schedule. Please plan ahead.
5. 5. Questions/concerns regarding grading for any exam must be resolved with the instructor within **one week** of the date graded-exams are returned to the student.
6. 6. All exams are non-circulating.

A. *Time Elements* Class begins promptly on the scheduled hour

B. *Behavior* Treat other students and the instructor with respect and civility. Free discussion, inquiry, and expression is encouraged in this class. Classroom behavior that interferes with either (a) the instructor's ability to conduct the class or (b) the ability of students to benefit from the instruction is not acceptable. Examples may include routinely entering class late or departing early; use of beepers, cellular phones, or other electronic devices; repeatedly talking in class without being recognized; talking while others are speaking; or arguing in a way that is perceived as "crossing the civility line." Eating food or chewing ice during lecture or discussion time is unacceptable. Turn-off cellular phones and other communications electronics

C. *Cheating* will not be tolerated. Severe penalties will be imposed including an F on the exam, and potentially and F in the course, and may also be subject to more severe discipline by the University. Please review the Student Conduct on Academic Dishonesty in the current Schedule of Classes and in the University Catalog.

Each student is expected to be familiar with, and abide by, the conditions of student conduct, as presented in the CSUN Catalog (Appendix C), with emphasis on sections: Student Conduct Code, Academic Dishonesty, Faculty Policy on Academic Dishonesty, and Penalties. Any student engaging in academic dishonesty (e.g., cheating, fabrication, facilitating academic dishonesty, plagiarism) is subject to discipline, which may include a failing grade in the course, and may also be subject to more severe discipline by the University.

D. *Assignments* turned in one day late will receive 50% credit. After one day, no credit will be given.

Reading Assignments Please Note: The reading assignments listed below are intended to *supplement* the lecture materials. Some of the material in the text will not be covered in lecture but may be included on the exams. By the same token, all of the information given in lecture will not be found in the text, but may also be included on the exams. Students are expected to have read the assigned sections in the text *before* the scheduled lectures to which they apply. (Reading assignment schedule subject to change with appropriate notice).

	Day			Chapters (C)	Weeks	
Aug	24	T	Introduction	C 1	1	
	26	THR	Physiology of The Bone I	C 1		
	31	T	Axial Skeleton	WebCT Notes	2	
Sep	2	THR	Physiology of The Bone II	WebCT Notes		
	7	T	Appendicular Skeleton & Joint Classification	C2	3	
	9	THR	Muscle Physiology	C2		
	14	T	The Shoulder Girdle	C 4	4	
	16	THR	The Shoulder Girdle & Shoulder Joint			
	21	T	The Shoulder Joint	C 5	5	
	23	THR	Test 1			Test 1
	28	T	Elbow and Radioulnar Joint	C6	6	
	30	THR				
Oct	5	T	The Wrist and Hand Joints	C7	7	
	7	THR	WebCT and Library Assignment			Online
	12	T	Muscular Analysis of Upper Extremity	C8	8	
	14	THR				
	19	T	The Hip Joint and Pelvic Gridle	C9	9	
	21	THR	Test 2			Test 2
	26	T	The Knee Joint	C10	10	
	28	THR				
Nov	2	T	The Ankle and Foot Joints	C11	11	
	4	THR				
	9	T	The Trunk and Spinal Column	C12	12	
	11	THR				
	16	T	Muscular Analysis of Trunk	C13	13	
	18	THR	Test 3			Test 3
	23	T	Muscular Analysis of Upper Extremity	C13	14	
	25	THR	Thanksgiving – No class			No class
	30	T	Integration	Notes	15	
Dec	2	THR	Review			
Dec	7	T	Final at 8:00 am, December 7 Tuesday, room 278			Final

Schedule is tentative and subject to changes

Note: Students with exceptional needs: This instructor, in conjunction with California State University Northridge, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act (ADA) of 1990 and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact office of Students with Disabilities Resources located in Student Services Building SB 110, or call (818) 677-2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodation should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness for this class.

Attention: Last day to drop is Friday of the 2nd week of classes