

**Virtual Campus**

**Don. A Williams School of Education**

**UNIVERSITY MISSION STATEMENT**

Wayland Baptist University exists to educate students in an academically challenging, learning-focused, and distinctively Christian environment for professional success and service to God and humankind.

**COURSE NUMBER & NAME:**

EXSS 3315.VC01 - Kinesiology

**TERM:**

Fall II VC 2025

**INSTRUCTOR:**

Dr. Carley D. Hunt, PT, DPT, Cert. DN

**CONTACT INFORMATION:**

WBU Email: carley.hunt@wayland.wbu.edu (e-mail is the best way to reach me)

**OFFICE HOURS, BUILDING, & LOCATION:**

Laney Center, Room 203

Monday/Thursday/Friday: 9:00 a.m. to 11:00 a.m.

Tuesday: 8:50 a.m. to 11:00 a.m.

Wednesday: 8:00 a.m. to 9:50 a.m.

**COURSE MEETING TIME & LOCATION:**

WBU’s Virtual Campus: [WBU Blackboard](https://wbu.blackboard.com/)

**CATALOG DESCRIPTION:**

Examines movement, motor skills in relation to anatomical, mechanical principles, and the physical laws which govern them.

**PREREQUISITE(S):**

BIOL 1400, EXSS 1301

**REQUIRED TEXTBOOK & RESOURSE MATERIAL:**

For all undergraduate courses, textbooks and course materials are a part of the **Pioneer Academic Access** program. This program provides students with access to eBooks and other interactive learning materials on the first day of class through their Blackboard course(s). If the course requires a physical book, it can be ordered through the University Bookstore at bookstore.wbu.edu. The costs of these course materials are automatically billed to student accounts based on the number of credit hours in which a student enrolls. Students may choose to opt-out, but in doing so, they will lose access to all course materials and will have to source those materials through third-party vendors. (Students will receive additional course material details via email and/or in their Blackboard courses.)

* Floyd, R. T. (2018). *Manual of Structural Kinesiology* (21st ed.). New York, NY: McGraw Hill.
* Access to Blackboard and WBU e-mail along with access to a computer with internet are also required for successful completion of the course. WBU technical requirements are listed [here](https://www.wbu.edu/wbu-online/current-students/technical-requirements.htm%20https%3A/www.wbu.edu/wbu-online/current-students/technical-requirements.htm).

**Optional Materials:**

* Access to [WBU Learning Resources Center](https://www.wbu.edu/academics/library/)
* Resources available through WBU and online libraries, especially including [PubMed.](https://pubmed.ncbi.nlm.nih.gov/)

**COURSE OUTCOMES & COMPETENCIES:**

Upon the conclusion of this course, students actively engaged in learning will be able to:

1. Student will comprehend and apply the relationship between anatomical structure and physiological and kinesiological functioning.
2. Student will kinesiologically analyze real-life examples of movement.
3. Student will recognize and analyze key elements in combinations of motor skills, demonstrations of agility and balance, and dance steps and sequences.
4. Student will comprehend and apply mathematical, physical, and mechanical principles that relate to kinesiological analysis.
5. Student will apply kinesiological principles to design, adapt, and modify activities that promote cardiovascular endurance, flexibility, posture, and improve muscular strength and endurance.
6. Student will analyze and synthesize selected topics through laboratory experiments.
7. Students will recognize characteristics and elements of locomotor, nonlocomotory, body control, manipulative, and rhythmic skills.

The more the student puts into the course, the higher his or her outcome competencies will be.

**ATTENDANCE REQUIREMENTS:**

As stated in the Wayland Catalog, students enrolled at one of the University’s external campuses should make every effort to attend all class meetings. All absences must be explained to the instructor, who will then determine whether the omitted work may be made up. When a student reaches that number of absences considered by the instructor to be excessive, the instructor will so advise the student and file an unsatisfactory progress report with the campus executive director. **(NOTE) Any student who misses 25 percent or more of the regularly scheduled class meetings may receive a grade of F in the course.** Additional attendance policies for each course, as defined by the instructor in the course syllabus, are considered a part of the University’s attendance policy.

\*\*Because this is an online course and because we will not regularly meet synchronously, your attendance for the course is largely dependent on your contribution to the discussion board’s topics and other participation grades. In keeping with the on-site attendance policy, failure to provide a full response for at least 75% of the discussion topics will result in an F for the course.\*\*

**STATEMENT ON PLAGIARISM & ACADEMIC INTEGRITY:**

Wayland Baptist University observes a zero-tolerance policy regarding academic dishonesty. Per university policy as described in the academic catalog, all cases of academic dishonesty will be reported, and second offenses will result in suspension from the university. See the full policy [here](https://www.wbu.edu/faculty-and-staff/policies-and-procedures-private/01_documents_march272020/8_4_1%20Academic%20Integrity1.pdf).

You are expected to submit original work in this class. This means the work you submit for this class cannot be from another course. Further, plagiarism in this course will not be tolerated. Plagiarism is constituted at stealing words or ideas from another source and passing them as your own. Students who plagiarize or recycle work in this class will receive a zero for the assignment and will be subject to university policies regarding plagiarism (See Policy on Plagiarism and Academic Integrity in Blackboard)

Generative AI tools usage encouraged and may be actively assigned in coursework.

* Use of generative AI tools is actively encouraged and incorporated into specific assignments for this course.
* Use of generative AI tools for assignments in brainstorming, content understanding, or revision to work is perfectly acceptable if cited and referenced properly in any submitted work for the course.
* Use of generative AI is encouraged as long as students understand the use of generative AI in the course is to be an assistance tool and not the generator of assignments and submitted work. Ultimately, all submitted work must still reflect student’s own work, understanding, and analysis.
* Any use of generative AI tools outside of the approved instructor parameters will be considered a form of plagiarism and academic dishonesty.

**DISABILITY STATEMENT:**

In compliance with the Americans with Disabilities Act of 1990 (ADA), it is the policy of Wayland Baptist University that no otherwise qualified person with a disability be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the university. The Disability Services Coordinator and Academic Coach serves as the coordinator of students with disabilities and must be contacted concerning accommodation requests (office (806) 291-1057. Documentation of a disability must accompany any request for accommodations.

**DUE DATES & LATE PENALITIES:**

**(NOTE) Assignments are due by 11:59 p.m. (*Central Time Zone*) on the date posted.** Be sure that your clock matches the clock in WBU’s Blackboard. All assignments must be submitted to the Blackboard site to receive a grade. These deadlines, like most things in life, are not negotiable. **(NOTE) Any late assignment will receive a 10-point deduction per day late, up to five days. Any assignment submitted more than five days late will receive a 50-point deduction.**

**EXPECTATIONS, COMMUNICATION, & OTHER INFORMATION:**

While the nature of an online course allows students to work at their own pace, you are expected to keep up with the course material weekly. *Please note, this is not a self-paced course and not every assignment is due on a Sunday.* This means that you should keep up with the readings and assignments by the posted due date. Students who get behind in the weekly requirements will likely not do well in the course. Remember, also, that your attendance for the course is measured by your participation in the discussion board. Announcements and important information will be posted on the Blackboard site. Be sure to check the site often. Additional information may be sent to your WBU emails, so make sure you’ve set up a WBU email and are checking it often. Always feel free to email me if you are concerned about the course or your progress. I am available to help you, provide resources, and give direction – but I cannot help you if I do not know you’re struggling.

In an effort to accommodate the schedules and preferences of online students, all major assignments are due on Sundays. However, although the HW assignments and major assignments are due on Sunday, this does not mean you should wait until the end of the week to think about them, particularly if you need help from me. I am happy to answer questions about assignments; however, please note that while I typically answer email within 24 hours M-F, I am not always as tied to a computer on the weekends. This means if you need help with an assignment, you’ll need to get in touch with me by Thursday or Friday at the latest.

If you ever have a major life event that will affect your participation in the course, it’s imperative that you communicate with me as soon as possible. I try to work with students as best as I can, but I can be more flexible and gracious if you tell me in advance rather than after the fact. In an online course, communication is *key.* As I mention above, I cannot help you if I do not know you’re struggling. This is a 3000-level course, which means it ought to challenge you more than your previous courses.

**COURSE REQUIREMENTS & GRADING CRITERIA:**

More specific descriptions of the course requirements will be made available in course modules on the WBU Blackboard site: WBU Blackboard. However, the assignments and weights are posted below.

Required First Assignment (Not Graded)

Read the Academic Integrity Statement and complete this Blackboard survey ASAP. This is required to be considered in attendance for census purposes and must be completed to avoid disenrollment from the course. This does not count for a grade.

Discussion Board Posts and Responses/Journal Reflections (20%):

Students will complete weekly discussion board posts and 2 responses.

Discussion board post for week 1 will be a chance for you to introduce yourself to the class and get to know your classmates.

Discussion board posts for weeks 3 and 6 will be as follows:

Students will select topics containing (1) course-related primary-source research article published in the last 5 years and providing a summary of the article. The summary should include the following:

1. No direct quotes- this is a summary and displays your thoughts and understandings from the project
2. Key findings of the authors
3. Methodology and subjects’ description
4. Your thoughts/reaction to the article
5. Reference to the article in APA format at the end of the discussion post

You should complete 1-2 thorough paragraphs including your description and summary.

Discussion board posts for weeks 2 and 5 will be based off textbook material as found in the description in the weekly schedule. More detail regarding specifics to the posts will be found on Blackboard in the course modules.

Weeks 4 and 7 will be journal reflections. Each reflection should be at least 350 words. More detail regarding specific topics and guidelines will be found in Blackboard in the weekly module/journal assignment.

Reading Quizzes (15%):

Students will complete (almost) weekly quizzes based on the corresponding chapter readings. There will not be quizzes the week of an examination. Quizzes will be open book and open note, but you are expected to complete your quizzes independently. Each quiz is timed, and you will have two attempts.

Laboratory Participation (20%):

Students will complete various lab activities, due at the end of each unit, with real-life application of the principles taught within each unit. There is no unit 1 lab.

Unit 2 Lab: (10%): Fitness Assessment Part 1- The objective of the fitness assessment part 1 is to learn how to evaluate cardiovascular fitness and flexibility. You will complete two portions of a fitness assessment for the unit 2 lab, including a heart rate assessment and a flexibility assessment. You are expected to include all of the following information:

Heart Rate Assessment:

* Resting heart rate: Measure the heart rate first thing in the morning before getting out of bed. Use the following steps:
	+ Find the pulse on your wrist or neck.
	+ Count beats for 30 seconds and multiply by 2 to get beats per minute (BPM).
* Recovery heart rate: After a brief cardio activity (like jogging in place for 3 minutes), measure the heart rate immediately after and again after 1 minute. Record both rates to assess recovery efficiency.

Flexibility Assessment:

* Sit and reach test: Sit on the floor with legs straight and feet against a box or wall. Reach forward with both hands as far as possible, holding the position for 2 seconds. Measure the distance reached (or how far beyond the toes you can reach) in inches.

To record your data for Unit 2 Lab, you may use the chart provided for you in BlackBoard. Under your data, write 1-2 paragraphs analyzing your results, comparing your data to normative data where available. Reflect on your fitness level and areas for improvement, discussing specific goals for improving on future assessments. Please include citations in APA format for the normative data you find and use to compare your results.

Unit 3 lab: (10%): Fitness Assessment Part 2 – The objective of the fitness assessment part 2 is to learn how to evaluate muscular strength and endurance. You will complete two portions of a fitness assessment for the unit 3 lab, including strength assessment and an endurance assessment. You are expected to include all of the following information:

Strength Assessment:

* Bodyweight squats: Perform as many squats as possible in 1 minute while maintaining good form. Record the total number of squats.
* Push-up test: Perform as many push-ups as possible in 1 minute (modified or standard as per ability). Record the total number of push-ups.
* Plank hold: Hold a plank position for as long as possible. Record the time in seconds.

Endurance Assessment:

* 1-mile walk/run test: Time how long it takes to walk or run 1 mile. Record the total time in minutes and seconds.

To record your data for Unit 2 Lab, you may use the chart provided for you in BlackBoard. Under your data, write 1-2 paragraphs analyzing your results, comparing your data to normative data where available. Reflect on your fitness level and areas for improvement, discussing specific goals for improving on future assessments. Please include citations in APA format for the normative data you find and use to compare your results.

Examinations (45%):

First unit exam: Basics (15%)

Second unit exam: Upper extremity (15%)

Third unit exam (final): Lower extremity and spine (15%)

Exams will be open book and open notes, but you are expected to work alone. Each exam is timed, and you will have only one attempt.

***\*\*LATE SUBMISSIONS ARE NOT ALLOWED OR ACCEPTED FOR FINAL EXAM\*\****

\*\*Questions included in the exams will cover the content from the unit’s chapters and course discussions. Vocabulary from the first unit will be used throughout the course, so expect these terms to be used in context in all unit exams.\*\*

**Grade Appeal Statement:** “Students shall have protection through orderly procedures against prejudices or capricious academic evaluation. A student who believes that he or she has not been held to realistic academic standards, just evaluation procedures, or appropriate grading, may appeal the final grade given in the course by using the student grade appeal process described in the Academic Catalog. Appeals may not be made for advanced placement examinations or course bypass examinations. Appeals are limited to the final course grade, which may be upheld, raised, or lowered at any stage of the appeal process. Any recommendation to a lower course grade must be submitted through the vice president of academic affairs to the Faculty Assembly Grade Appeals Committee for review and approval. The Faculty Assembly Grade Appeals Committee may instruct that the course grade be upheld, raised, or lowered to a more proper evaluation.”

# **The University has a standard grade scale:**

A = 90-100, B = 80-89, C = 70-79, D = 60-69, F= below 60, W = Withdrawal, WP = withdrew passing, WF = withdrew failing, I = incomplete. An incomplete may be given within the last two weeks of a long term or within the last two days of a micro term to a student who is passing, but has not completed a term paper, examination, or other required work for reasons beyond the student’s control. A grade of “incomplete” is changed if the work required is completed prior to the last day of the next long (10 to 15 weeks) term unless the instructor designates an earlier date for completion.  If the work is not completed by the appropriate date, the I is converted to an F.

**TENTATIVE SCHEDULE:**

The schedule below is a tentative outline for the term. The schedule and assignments that appear below are subject to change before the term begins. Even after the beginning of the term, this schedule will be subject to change with advance notification, of course.

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| Weekly Topic | Reading | Discussion Topic | Assignment(s) |
| Week 1 (10/13-10/19): Introduction to Kinesiology & class expectations | Chapter 1 | Introductions (initial post and 2 responses) | * Discussion board introductions (initial post due 10/15, two responses due 10/19)
* Chapter 1 quiz (due 10/19)
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| Week 2 (10/20-10/26): Neuromuscular fundamentals & basic biomechanics | Chapters 2 & 3 | Course material (initial post and 2 responses) | * Discussion board over course material (initial post due 10/22, two responses due 10/26)
* **Unit 1 exam (due 10/26)**
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| Week 3 (10/27-11/2): Shoulder girdle and shoulder joint | Chapters 4 & 5 | Scholarly article summary (see discussion board section above.) Include your initial post and two (2) responses. | * Discussion board article summary (initial post due 10/29, two responses due 11/2)
* Chapters 4 & 5 quizzes (due 11/2)
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| Week 4 (11/3-11/9): Elbow, radioulnar joints, wrist & hand joints | Chapters 6 & 7 | Journal reflection – course material | * Journal reflection (due 11/5)
* **Unit 2 lab (due 11/9)**
* **Unit 2 exam (due 11/9)**
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| Week 5 (11/10-11/16): Hip, pelvis, and knee joints | Chapters 8 & 9 | Course material (initial post and 2 responses) | * Discussion board over course material (initial post due 11/12, two responses due 11/16)
* Chapters 8 & 9 quizzes (due 11/16)
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| Week 6 (11/17-11/23): Ankle & foot joints | Chapter 10 | Scholarly article summary (see discussion board section above.) Include your initial post and two (2) responses. | * Discussion board article summary (initial post due 11/19, two responses due 11/23)
* Chapter 10 quiz (due 11/23)
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| 11/24-11/30 | NO READINGS | NO DISCUSSION | THANKSGIVING HOLIDAY |
| Week 7 (12/1-12/7): Trunk, spinal column, and muscular analysis of selected exercises | Chapters 11 & 12 | Journal reflection – course material | * Journal reflection due (12/3)
* **Unit 3 lab (due 12/7)**
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| Week 8 (12/8-12/13): Final exam (NO LECTURES) | NO READINGS | NO DISCUSSION | * **Final exam (due 12/13)**
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**ALL ASSIGNEMENTS MUST BE SUBMITTED TO BLACKBOARD TO RECEIVE CREDIT.**