

GEORGE MASON UNIVERSITY
School of Recreation, Health and Tourism
Fall 2014
ATEP 300 001

DAY/TIME:	M-W 9:00 AM-10:15 AM	LOCATION:	Bull Run Hall 148
INSTRUCTOR:	Dr. Shruti Ambegaonkar	EMAIL ADDRESS:	sambegao@gmu.edu
OFFICE LOCATION:	BRH 210A	PHONE NUMBER:	703-993-7119
OFFICE HOURS:	W: 10:15-11:15 am	FAX NUMBER:	703-993-2025
DEPT. WEBSITE:	rht.gmu.edu	CLASS WEBSITE:	mymason.gmu.edu

PRE/CO-REQUISITES

Pre-requisite: BIOL 124

Co-requisite: BIOL 125

COURSE DESCRIPTION

Increase student's knowledge and exposure to the structural and functional components of human anatomy including musculoskeletal origins, insertions, actions and innervations. On a live model, students will locate and identify anatomical landmarks, surface markings and soft tissue structures by palpation. Functional movements in various sport activities will be investigated to classify and identify musculature necessary to create the motions. Emphasis will be placed on normal walking and running gait, posture, throwing, kicking and jumping.

COURSE OBJECTIVES

At the completion of this course students should be able to:

1. Identify terminology related to biomechanics.
2. Describe linear, angular, and other forms of motion used in sports.
3. Describe types of mechanical loads that act on the human body
4. Describe the effects of mechanical loads on bones.
5. Describe human skeletal articulations in relation to their movement capabilities.
6. Describe the relationship of the musculotendinous unit to muscle function.
7. Identify muscle function in producing upper and lower extremity movements.
8. Identify muscle function in producing movements of the spine.
9. Describe kinematic and kinetic variables of human movement.
10. Describe the stability of a body in relation to mechanical factors.
11. Identify anatomical landmarks, surface markings, and various soft tissue structures by palpating a live model.

NATURE OF COURSE DELIVERY

This course will be delivered in a face to face type of environment. This class will consist of both lecture and laboratory instruction with the use of live model situations.

ATTENDANCE

Students are expected to be on time, attend all class meetings and be prepared for in class assignments, activities, laboratories and projects. Excused absences include the following: illness (must bring a receipt or note from a doctor), family death, athletic/academic event, and others at the discretion of the instructor. For known upcoming absences, students must contact the instructor at

least one week in advance to the missed class to make up work.

In the case of excused illness or some other unforeseen excused absence, the student must contact the instructor via e-mail or telephone. At the next attended class meeting the student will discuss material that is to be completed. Students will have one week from the excused absence to complete any missed assignments. It is the student's obligation to pursue any make-up work.

CLASS PARTICIPATION

If you do not attend class you cannot complete activities. Just being present in class does not mean you are an active and engaged participant in activities taking place that day. Be an active participant in all activities. You can only make up an in-class activity if you have pre-approved absence or proof of illness.

DRESS

During the laboratory section of the course, students will be asked to wear appropriate clothing to expose various body parts for the purposes of practicing the application of various palpation skills. Tank tops and sports bras/bathing suit tops will be required when topics focus on the upper body. Shorts will be required will be required when topics focus on the lower body. Please contact the instructor in case of any questions or concerns.

TECHNOLOGY USE DURING CLASS

As per GMU policy, all sound emitting technology is required to be turned off during the class meeting time.

Additionally, NO laptop computers, iPads, E-Tablets, Pagers, etc. will be permitted for use during class time; the exceptions are for use during presentations/projects, and technology deemed as necessary by the Office of Disability Services. Students utilizing various technology devices during class will be asked to leave class and will not be permitted to complete course work or receive any points for assignments that day.

ACADEMIC LOAD

Although many students must work to meet living expenses, employment and personal responsibilities are not a consideration for missed classes, late or incomplete assignments, the course content, or the course schedule (see <http://catalog.gmu.edu>). Student employment does not take priority over academic obligations.

It is recognized that many students need to work in order to meet living expenses, however, there are distinct guidelines for students in terms of the number of credit hours which should be attempted based on how many hours per week a student has outside employment. For additional information on the subject, please see the GMU Academic Catalog (<http://catalog.gmu.edu/content.php?catoid=17&navoid=1274#academicload>). Students who fail to observe these guidelines may expect no special consideration for academic problems arising from the pressure of employment.

EMAIL CORRESPONDENCE

Only messages that originate from a George Mason University address will be accepted. The following is an appropriate professional format:

Dear Dr. Ambegaonkar (Beginning salutation)

I am looking forward to your class. (Text body)

Regards, (Ending Salutation)

(Your name)

REQUIRED READINGS

- 1) Floyd, R.T. (2011). Manual of Structural Kinesiology, 18th edition. McGraw Hill.
- 2) Biel, A. (2010). Trail Guide to the Body, 4th Edition. Books of Discovery.
- 3) Biel, A. (2010). Trail Guide to the Body Student Workbook, 4th Edition. Books of Discovery.

RECOMMENDED

- 1) Biel, A. (2010). Trail Guide to the Body Flashcards, 4th Edition. Books of Discovery. OR AnatomyMap app from www.BooksOfDiscovery.com

EVALUATION

Students will be evaluated on content standards (knowledge gained) and performance (demonstration of the content). Content standards will be assessed via written assignments, quizzes, and exams. Performance will be assessed through completion of class participation activities and competency testing.

Quizzes

As indicated on the Course Calendar, 13 quizzes will be given during the semester for the required readings. Each quiz will be a brief multiple choice and true-false assessment of your knowledge from the reading. Quizzes will be made available online on the course Blackboard site at designated times and will be due on dates posted on the syllabus. It is the student's responsibility to complete the quiz prior to arriving for the class. Once missed, quizzes cannot be made up on an individual basis.

Written Examinations

Four written examinations will be administered. The format of the examinations will be multiple choice, true/false, short answer, matching, and fill in the blank type questions. Each of the examinations will test material covered during the prior class meetings and previous reading assignments. Exams will also cover material in the textbook and activities completed during class sessions. You are required to bring a Scantron to each examination.

Palpation Examinations

Four assessments of various palpation related psychomotor skills will be administered throughout the semester. The skills practiced in class will be assessed in a live practical examination format. This is a real time examination that will require the student to demonstrate various taping techniques. Students will be randomly scheduled for testing.

In Class Activities & Student Workbook Assignments

In-class activities will be assigned during the class meeting and due at the end of the course meeting. Each activity is worth 2 points. Students are only able to complete the activities if they are present in class.

Student work book assignments are listed on the syllabus and must be submitted at the beginning of the corresponding class meeting time. NO late assignments will be accepted!

Evaluation type	Number	Points each	Total points
In Class activities	15	2	50
Student work book assignments	8	5	40
Quizzes	13	10	130
Written exams	3	50	150
Palpation exams	3	50	150
TOTAL POINTS			500

Grading Scale

The student's final letter grade will be earned based on the following scale:

A: 465 – 500 pts. (93%)	C+: 385 – 399 pts. (77%)
A-: 450 – 464 pts. (90%)	C: 365 – 384 pts. (73%)
B+: 435 – 449 pts. (87%)	C-: 350 – 364 pts. (70%)
B: 415 – 434 pts. (83%)	D: 315 – 349 pts. (63%)
B-: 400 – 414 pts. (80%)	F: < 315

ATEP 300 TENTATIVE COURSE SCHEDULE

DATE	TENTATIVE TOPIC	READING ASSIGNMENT	QUIZ (due by 9am on this date)
8-25	Introduction to course and the Study of		
8-28	Anatomical direction terminology, Body regions, Planes, Axes	F: pg1-7 TG: pg 20-22 SWB: Bring To Class	
9-3	Skeletal system, Bone type/features/markings, Joint Types	F: pg 7-18 TG: pg 32-34	#1
9-8	Joint motion, movements & terminology	F: pg 19-26 TG: pg 23-31 SWB: Bring To Class	#2
9-10	Muscle names, contractions, roles	F: pg 35-47 TG: pg 35-37	#3
9-15	Neuromuscular system, dermatome/myotome	F: pg 47-62 TG: pg 42 SWB: Bring To Class	#4
9-17	Basic Biomechanics: Levers/Wheels/Axles	F: pg 69-84	#5
9-22	<i>Written Examination #1</i>		
9-24	Shoulder girdle; Palpation Intro	F: pg 87-102 TG: 1-18, 46-50, 61-62, 65-66	
9-29	Shoulder Girdle Palpation	TG: pg 46-59, 68-70, 82-88, 102 SWB: pg 1-2, 5, 25-26, 28-30, 32	#6
10-1	Shoulder Joint	F: pg 109-133 TG: pg 46, 48-50, 61-65, 100, 102-	
10-6	Shoulder Joint Palpation	TG: pg 46-51, 59-60, 67-68, 71-81, 89-94, 99, 104-106, 274 SWB: pg 27, 31, 33-50	#7

10-8	Elbow: Radioulnar joint	F: pg 141-160 TG: pg 108, 110-112	
10-13	COLUMBUS DAY RECESS Class meets on Tuesday 10/14		
10-14	Elbow: Radioulnar joint Palpation	TG: pg 95-98, 106, 108, 113-118, 127-130, 132-133, 147-148, 160-162	#8
10-15	Wrist, and Hand	F: pg 167-199 TG: pg 116-119, 108, 110-112, 119-120, 127-131, 149	
10-20	Wrist, and Hand Palpation	TG: pg 109, 116, 118-126, 134-166 SWB: pg 56-82	#9
10-22	<i>Written Exam #2</i>		
10-27	<i>Palpation Exam #1</i>		
10-29	Pelvis and Hip Joint	F: pg 227-264 TG: pg 276-283	
11-3	Pelvis and Hip Joint Palpation	TG: pg 284-295, 315-342 SWB: 143-159	#10
11-5	Thigh and Knee	F: pg 271-285 TG: pg 305, 344-345, 347-348,	
11-10	Thigh and Knee Palpation	TG: pg 306-314, 350-353, 394-397 SWB: pg 160-177	#11
11-12	Lower Leg, Ankle and Foot	F: pg 291-321 TG: pg 246	
11-17	Lower Leg, Ankle and Foot Palpation Lab	TG: pg 356-365, 371-391, 398-405 SWB: pg 179-208	#12

11-19	Trunk & Spinal Column Lecture	F: pg 327-354 TG: pg 168, 170-174, 188-195,	
11-24	Trunk & Spinal Column Palpation	TG: pg 169, 175-187, 196-223, 244-249 SWB: pg 85-117	#13
11-26	THANKSGIVING RECESS		
12-1	<i>Written Exam #3</i>		
12-3	<i>Palpation Exam #2</i>		
12-15	<i>Final Exam - Comprehensive Palpation Exam #3 7:30-10:15 am</i>		
		F: Floyd. Manual of Structural Kinesiology TG: Trail Guide to the Body SWB: Trail Guide to the Body Student Workbook <i>(due at the beginning of class)</i>	

Note: Faculty reserves the right to alter the schedule as necessary.

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.