



UNIVERSITY OF NORTHERN COLORADO

Extended Campus

College of Natural & Health Sciences
School of Sport & Exercise Science

UNC Dual Enrollment at Windsor High School

SES 220-650 Anatomical Kinesiology (4 credits; LAC, gtP*)
Fall 2020 & Spring 2021

Ms. Ulibarri

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Course Description:

Study of anatomical bases of human movement. Laboratory provides application of principles.

Course Objectives:

Students will be introduced to the functional aspects of the skeletal, muscular, cardiopulmonary and nervous systems and how these anatomical systems function and interact to produce movement.

At the completion of this course, students should be able to (with appropriate levels of effort):

- Demonstrate an understanding of basic anatomical terminology, with special emphasis on movement-related concepts.
- Demonstrate an understanding of the anatomy and function of the skeletal, cardiopulmonary, muscle, and nervous systems.
- Identify bones, bony landmarks, and skeletal articulations (i.e., joints).
- Identify and analyze movements that take place at joints.
- Identify skeletal muscles, muscle attachment sites, nervous innervation, and resulting muscular actions.
- Apply anatomical information to a qualitative assessment of movement (e.g., identify specific bones, joints, muscles, and nerves responsible for given movements).
- Demonstrate an understanding of practical applications within anatomical kinesiology.

Course Materials:

Required: Custom SES 220 Kinesiology textbook (2019). ISBN (9781307478785), McGraw-Hill Primis.
Anatomy & Physiology Revealed® Interactive software, McGraw-Hill.

Grading Components:

Exams 54% - There will be four exams throughout the year. Exam 2 is comprehensive of the first semester content, exam 4 is comprehensive of the second semester content.

(1st Semester: Exam 1= 24% Exam 2= 30%; 2nd Semester: Exam 3= 24% Exam 4=30%)

Canvas Quizzes 8%

In-class activities 8%

Laboratory activities, assignments, and quizzes 30%

Grading Scale:

A 89.50 – 100% B 79.50 - 89.49% C 69.50 - 79.49% D 59.50 - 69.49% F less than 59.50%

Descriptions of Evaluation Components:

- Exams will consist of true/false questions, multiple choice questions, and figure identification. Canvas

quizzes will be available for 2-3 weeks, will consist of a variety of question types, and may be attempted multiple times.

- In-class activities will consist of worksheets, questioning activities, and trivia/jeopardy contests

Anatomical Kinesiology Units and Exams

Units & Topics
Intro, Tissue, Systems 1
Introduction to Course, History, Tissue Types
Direction & Movement Terms, Planes, Axes, Joints Skeletal System
Muscular System
Nervous System
Exam 1 – In Class
Systems 2 & Trunk
Cardiovascular System
Respiratory System
Trunk & Spinal Cord
Exam 2 – In Class, Comprehensive
Upper Extremity
Shoulder Girdle & Shoulder
Elbow
Wrist & Hand
Upper Extremity Movement Analysis
Exam 3 – In Class
Lower Extremity
Pelvic Girdle & Hip
Knee
Ankle & Foot
Lower Extremity Movement Analysis
Exam 4 – In Class, Comprehensive

Students with Disabilities:

Any student requesting disability accommodation for this class must inform the instructor giving appropriate notice. Students are encouraged to contact Disability Support Services at Windsor High School to certify documentation of disability and to ensure appropriate accommodations are implemented in a timely manner.

Changes:

The instructor reserves the right to amend, adjust, or otherwise modify the outline and syllabus at any time during the course. Changes will be announced in class and posted online. The new syllabus will be available under the 'Syllabus' link, and I will post an announcement on canvas to make everyone aware of the changes.

Academic Conduct: UNC's Policies:

UNC's policies and recommendations for academic misconduct will be followed. For additional information, please see the Dean of Student's website, <http://www.unco.edu/dean-of-students/>. Off-campus students taking courses from UNC, should familiarize themselves with the academic regulations and procedures contained in the current UNC catalog: <http://catalog.unco.edu/>.

Honor Code:

All members of the University of Northern Colorado community are entrusted with the responsibility to uphold and promote five fundamental values: Honesty, Trust, Respect, Fairness, and Responsibility. These core elements foster an atmosphere, inside and outside of the classroom, which serves as a foundation and guides the UNC community's academic, professional, and personal growth. Endorsement of these core elements by students, faculty, staff, administration, and trustees strengthens the integrity and value of our academic climate.

Dropping or withdrawing from a course:

Note: Drop and withdrawal dates for the courses at your school can be found on your [dual enrollment page for your high school](#).

Please use the [Dual Enrollment Drop & Withdrawal Form](#).

- You can drop your course up until the designated Drop Deadline. The course will be removed from your transcript and you will receive a full tuition refund.
- After the Drop Deadline and up until the Withdrawal Deadline you can withdraw from your course. The course will remain on your transcript with a grade of "W" (this does not impact your GPA), and there is no tuition refund.
- After the withdrawal deadline you are unable to be removed from the course. The course will remain on your transcript with the grade that you have earned, and there is no tuition refund.
- If you stop attending the course but fail to officially withdraw from the course(s), you will be responsible for full tuition and fees and the course grade will remain on your transcript.

***Liberal arts core & Colorado gtPathways:**

This course satisfies 4 credits of Area 6. (Physical & Life Sciences) of the UNC Liberal Arts Core. This course has been approved by the Colorado Commission on Higher Education for inclusion in the Colorado Guaranteed Transfer Program, gtP. gtP courses automatically transfer to any public institution in Colorado and will continue to count toward general education or other graduation requirements for any liberal arts or science associate or bachelor's degree program if a grade of C- or higher is recorded. Statewide articulation agreements prescribe specific general education and degree requirements in the following professional degree programs: business, early childhood, elementary education, engineering and nursing. Most other courses not approved for the gtP designation will also be accepted in transfer by other institutions but may not fulfill general education or degree requirements. For more information on the GT Pathways program, go to <http://highered.colorado.gov/academics/transfers/gtpathways/curriculum.html>.