Professor: Michael Oldham, MS, ACSM - CPT  
Office: Field House 213  
Telephone: Office: 903-886-5542  
Office Hours: M W 10:30am – 11:00am or by appointment  
E-mail: michael.oldham@tamuc.edu (preferred method of communication)  

(online version of the text can be purchased at www.coursesmart.com)

Course Description:
A study of human musculoskeletal anatomy and principles of biomechanics. Prerequisite BSc 251, or consent of instructor. This course emphasizes the effects of joint structures and muscles on movement while providing an introduction to the principles of biomechanics.

Course Objectives:
TLW:
1) Use precise, well-defined terminology to describe motion.
2) Describe linear and angular descriptors of human motion (kinematics).
3) Describe the relationship between linear and angular characteristics of motion.
4) Explore the basic causes of human movement (kinetics).
5) Qualitatively analyze movements in sport applications.
6) Explore the skeletal system, articular system, arthrokinematics, muscular system, nervous system, and others in relationship to movement.
7) Investigate posture and gait and their relationship to movement.

Course Requirements:

**Class Participation, Group/ Homework Activities, Quizzes**
The student will participate in several class, group, and homework activities (including quizzes) throughout the semester. Some will be graded, and some will not. Student attendance will be averaged into this category. All attendance and activities will be worth 250 points (or **25% of your final grade**).

**Late Work / Absences**
No late work will be accepted. Exceptions: documented illness, documented death in the family, documented court date. This includes missing classes quizzes / tests.

**Tests:**
Students will take 2 tests throughout the semester worth 150 points each. Tests will cover lectures, class activities, and the book. Makeup tests (even for excused cases) will be all essay. (300 points, **30% of final grade**)

**Article Summaries**
Each student will be required to write Two (2) summaries of kinesiology and biomechanics articles. Articles should be from journals such as: *Medicine and Science in Sports & Exercise or Research Quarterly for Exercise and Sport*. Each article summary should be 1.5-2.0 pages typed, Times New Roman Font, with one-inch margins. Reference should be listed at the top of the summary. Each article summary is worth 50 points each. (**10% of your final grade**)
**Sport Skill Analysis:**
Students will create a detailed analysis of a sport skill (approved by the instructor). *(10% of your grade)*

**Laboratory Experiences:**
*You must attend all labs.* All lab write-ups are required and are due at the beginning of the next lab. Mr. Joseph Wolf, lab graduate assistant, will conduct labs and collect all lab write-ups from you. Laboratory write-ups will consist of *25% of your final grade.*

**Course Grading:**

1. Class, group, homework, quizzes 250 points 25%
2. Tests (2) 300 points 30%
3. Article Summaries (2) 100 points 10%
4. Sport Skill Analysis (1) 100 points 10%
5. Labs 250 points 25%

**Total:** 1000 points 100%

**Grading Scale:**

- 100 – 90% A
- 89 – 80% B
- 79 – 70% C
- 69 – 60% D
- 59 – 0% F

**Student Conduct:**
This course will cover exercise physiology and body mechanics. Students should feel comfortable discussing their individual views and experiences concerning each subject. Students should also respect each others’ differences and respect each other as each issue is discussed. If the instructor deems that individual students are not being respectful toward each other or the instructor, then these students will be asked to leave (and eventually drop the course if the negative conduct continues). Please refer to pages 42 – 45 of the TAMU-C Student Guidebook’s Codes of Conduct for details.

**Students with Disabilities:**
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

**Office of Student Disability Resources and Services**  
Texas A&M University-Commerce  
Gee Library, Room 132  
Phone (903) 886-5150 or (903) 886-5835  
Fax (903) 468-8148  
StudentDisabilityServices@tamu-commerce.edu

**Plagiarism/academic dishonesty**---Plagiarism is copying another’s work as your own without proper acknowledgment. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. Also ignorance of the definition of plagiarism is also not an excuse and will result in the same consequences as for someone who has knowledge of it. Plagiarism is also not restricted to copying the writings of others, nor to stealing from established authors; it includes the ideas of your fellow students. If you plagiarize in this class (including cheating on tests) you will receive an automatic “F”. If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.
### Tentative Itinerary (75% - does not include labs)

<table>
<thead>
<tr>
<th>Day</th>
<th>Chapters</th>
<th>Topics and Page Numbers</th>
<th>Assignments Due</th>
</tr>
</thead>
</table>
| 6/8 | 1        | **Course Overview and Introduction**  
Chapter 1: Basic Information (Clinical Kinesiology and Anatomy), 3  
Descriptive Terminology, 4  
Segments of the Body, 5  
Types of Motion, 6  
Joint Movements (Osteokinematics), 7 |                |
| 6/9 | 2        | **Chapter 2: Skeletal System**  
Functions of the Skeleton, 13  
Types of Skeletons, 13  
Composition of Bone, 13  
Structure of Bone, 14  
Types of Bones, 16  
Common Skeletal Pathologies, 17 | Quiz 1 |
| 6/10| 3        | **Chapter 3: Articular System**  
Types of Joints, 21  
Joint Structure, 24  
Planes and Axes, 27  
Degrees of Freedom, 28  
Common Pathological Terms, 28 | Quiz 2 |
| 6/11| 4        | **Chapter 4: Arthrokinematics**  
Osteokinematic Motion, 31  
End Feel, 31  
Arthrokinematic Motion, 32  
Accessory Motion Terminology, 32  
Joint Surface Shape, 32  
Types of Arthrokinematic Motion, 33  
Convex-Concave Rule, 34  
Joint Surface Positions (Joint Congruency), 35  
Accessory Motion Forces, 36 | Quiz 3 |
| 6/15| 5        | **Chapter 5: Muscular System**  
Muscle Attachments, 39  
Muscle Names, 40  
Muscle Fiber Arrangement, 41  
Functional Characteristics of Muscle Tissue, 42  
Length-Tension Relationship in Muscle Tissue, 42  
Active and Passive Insufficiency, 43  
Types of Muscle Contraction, 45  
Roles of Muscles, 48  
Angle of Pull, 48  
Kinetic Chains, 49 | Quiz 4 |
<table>
<thead>
<tr>
<th>Date</th>
<th>Page</th>
<th>Topic</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/16</td>
<td>8</td>
<td><strong>Chapter 8: Basic Biomechanics</strong>&lt;br&gt;Laws of Motion, 94&lt;br&gt;Force, 95&lt;br&gt;Torque, 97&lt;br&gt;Stability, 99&lt;br&gt;Simple Machines, 102</td>
<td><strong>Discussion 1</strong></td>
</tr>
<tr>
<td>6/17</td>
<td>8</td>
<td><strong>Basic Biomechanics continued</strong>&lt;br&gt;Levers, 102&lt;br&gt;Pulleys, 108&lt;br&gt;Wheel and Axle, 109&lt;br&gt;Inclined Plane, 109</td>
<td></td>
</tr>
<tr>
<td>6/18</td>
<td>9</td>
<td><strong>Chapters 9: Shoulder Girdle</strong>&lt;br&gt;Clarification of Terms, 115&lt;br&gt;Bones and Landmarks, 116&lt;br&gt;Joints and Ligaments, 117&lt;br&gt;Joint Motions, 119&lt;br&gt;Companion Motions of the Shoulder Joint and Shoulder Girdle, 120&lt;br&gt;Scapulohumeral Rhythm, 120&lt;br&gt;Angle of Pull, 121&lt;br&gt;Anatomical Relationships, 125&lt;br&gt;Force Couples, 126&lt;br&gt;Reversal of Muscle Action, 126</td>
<td></td>
</tr>
<tr>
<td>6/22</td>
<td></td>
<td><strong>Mid-Term Exam</strong></td>
<td><strong>Mid-Term Exam</strong></td>
</tr>
<tr>
<td>6/23</td>
<td>10</td>
<td><strong>Chapter 10: Shoulder Joint</strong>&lt;br&gt;Joint Motions, 131&lt;br&gt;Bones and Landmarks, 132&lt;br&gt;Ligaments and Other Structures, 134&lt;br&gt;Muscles of the Shoulder Joint, 135&lt;br&gt;Anatomical Relationships, 140&lt;br&gt;Glenohumeral Movement, 141&lt;br&gt;Summary of Muscle Innervation, 142&lt;br&gt;Summary of Muscle Action, 142</td>
<td><strong>Quiz 5</strong>&lt;br&gt;Article Summary 1</td>
</tr>
<tr>
<td>6/24</td>
<td>11</td>
<td><strong>Chapter 11: Elbow Joint</strong>&lt;br&gt;Joint Motions, &lt;br&gt;Bones and Landmarks, &lt;br&gt;Ligaments and Other Structures, &lt;br&gt;Elbow Pathologies &lt;br&gt;Muscles of the Elbow Joint, &lt;br&gt;Anatomical Relationships, &lt;br&gt;Summary of Muscle Innervation, &lt;br&gt;Summary of Muscle Action,</td>
<td><strong>Quiz 6</strong></td>
</tr>
<tr>
<td>Date</td>
<td>Page</td>
<td>Chapter</td>
<td>Topics</td>
</tr>
<tr>
<td>------</td>
<td>------</td>
<td>---------</td>
<td>--------</td>
</tr>
</tbody>
</table>
| 6/25 | 15   | Chapter 15: Neck and Trunk | Vertebral Curves, 211  
Clarification of Terms, 211  
Joint Motions, 212  
Bones and Landmarks, 213  
Joints and Ligaments, 217  
Muscles of the Neck and Trunk, 219  
Muscles of the Cervical Spine, 219  
Muscles of the Trunk, 222  
Anatomical Relationships, 227 |
| 6/29 | 17 & 18 | Chapter 17: Pelvic Girdle | Structure and Function, 247  
False and True Pelvis, 248  
Sacroiliac Joint, 248  
Pubic Symphysis, 252  
Lumbosacral Joint, 252  
Pelvic Girdle Motions, 253  
Muscle Control, 256  
Joint Structure and Motions, 262  
Chapter 18: Hip Joint | Bones and Landmarks, 262  
Ligaments and Other Structures, 265  
Muscles of the Hip, 267  
Anatomical Relationships, 274  
Common Hip Pathologies, 275 |
| 6/30 | 19   | Chapter 19: Knee Joint | Joint Structure and Motions, 283  
Bones and Landmarks, 286  
Ligaments and Other Structures, 287  
Muscles of the Knee, 289  
Anterior Muscles, 290  
Posterior Muscles, 291  
Anatomical Relationships, 293  
Summary of Muscle Action, 294  
Summary of Muscle Innervation, 294  
Common Knee Pathologies, 294 |
| 7/1  | 20   | Chapter 20: Ankle Joint and Foot | Functional Aspects of the Foot, 303  
Joints and Motions, 304  
Ankle Motions, 304  
Ankle Joints, 305  
Foot Joints, 307  
Ligaments and Other Structures, 308  
Arches, 308  
Muscles of the Ankle and Foot, 310  
Extrinsic Muscles, 310  
Anatomical Relationships, 317  
Intrinsic Muscles, 317 |
|      |      | Quiz 7 |        |
| 6/29 | 17 & 18 | Quiz 8 |        |
| 6/30 | 19   | Quiz 9 | Article Summary  
2  
Sign up for Sport  
Skill to Analyze |
<p>| 7/1  | 20   | Quiz 10 |        |</p>
<table>
<thead>
<tr>
<th>Date</th>
<th>Page</th>
<th>Content</th>
</tr>
</thead>
</table>
| 7/2  | 21   | **Chapter 21: Posture**  
Vertebral Alignment, 329  
Development of Postural Curves, 330  
Standing Posture, 332  
Lateral View, 332  
Anterior View/Posterior View, 333  
Sitting / Supine Posture, 334  
Common Postural Deviations, 336 |
| 7/6  | 22   | **Chapter 22: Gait**  
Analysis of Stance Phase, 342  
Analysis of Swing Phase, 346  
Additional Determinants of Gait, 347  
Age-Related Gait Patterns, 348  
Abnormal (Atypical) Gait, 349  
Muscular Weakness/Paralysis, 349  
Joint/Muscle Range-of-Motion Limitation, 351  
Neurological Involvement, 352  
Pain, 353  
Leg Length Discrepancy, 354 |
| 7/7  |      | **Sport Skill Analysis Presentations**  
Presentation |
| 7/8  |      | **Review Day for Final** |
| 7/9  |      | **Final Exam – Exam Time TBA**  
Final Exam |