KINE 3050.002 – Biomechanics - Spring 2010

COURSE SYLLABUS

Instructor: Jakob L. Vingren, Ph.D.
Office Location: PEB 210-C
Office hours: R 4.30-6.30 PM
By appointment (preferred)
Contact Information: (940) 565-3899
jakob.vingren@unt.edu
Please include KINE 3050.002 in the title of all emails

Email response policy: I will attempt to answer all emails within 24 hours on Mon-Fri.
Students must use their UNT e-mail for any sensitive information –
I will not respond with specific student information to e-mails
originating from other accounts.

Online: This class has a section on UNT’s Blackboard. USE IT!!!

Lecture Schedule: TR: 2:00PM-3.20PM
Recitation (optional): R: 3.30PM-4.30PM (location: Bahnsen [Men’s] Gym 110)
Lecture Location: PEB 216

Hall SJ. Basic Biomechanics, 5th ed. may be used as an alternative

Additional Resources: http://www.mhhe.com/hall5e

Course Description: Biomechanics is an introductory course designed to educate
kinesiology students on the basic principles of biomechanics and
their applications to human movement. This course will involve
the analysis of efficient movement through a study of mechanical
and anatomical principles and their application to human
movement.

Prerequisite(s): BIOL 2301/2311 (human anatomy), or consent of instructor. Basic
mathematics skills (algebra, geometry) are needed to successfully
complete this course.

Special accommodations: Please contact me as soon as possible if you need special
accommodations for classes, assignments, or exams. You must
register with the UNT Office of Disabilities accommodation before
any special accommodation can be made.

Please keep all cellular devices turned off during class, that also means no-reading or
sending texts etc. They are distracting to the instructor and your fellow students. Please see
me if you must keep your phone on during class due to potential medical emergencies.
Course Objectives: Understand the mechanical aspects of human motion:
1. Use physical laws of motion to quantitatively and qualitatively analyze human motion and performance.
2. Use physical laws of motion to solve problems of human motion.
3. Gain understanding of the relationship between mechanical properties and anatomical functions.
4. Understand how biomechanical principles can be applied to examine human activities such as sport and orthopedic rehabilitation.

Course Activities Examine mechanical properties and how these affect human motion
- Relate specific physical parameters to human motion, e.g.: force, velocity, acceleration, momentum, torque etc. A specific example: Understanding how muscle force vectors translate into torque generation at specific joints to effect motion (linear & angular).
- Examine biomechanical principles by solving quantitative questions regarding motion. Throughout the semester we will apply mathematics to the physical parameters of specific human motions to achieve an overall understanding of biomechanics.
- Examine how specific anatomical structures affect movement.
- Relate all of the above to everyday activities, especially sport and orthopedic rehabilitation related activity.

As a result, this course will necessarily draw upon a variety of disciplines including: Anatomy, Physiology, Mathematics, and Physics.
## Course Schedule:

<table>
<thead>
<tr>
<th>Week (date)</th>
<th>Topics</th>
<th>Reading etc.</th>
<th>Exams, Quizzes and Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (1/19)</td>
<td>Class outline/syllabus Introduction</td>
<td>Introduction Appendix A</td>
<td></td>
</tr>
<tr>
<td>2-3 (1/26 &amp; 2/2)</td>
<td>Forces Trigonometry refresher</td>
<td>Ch.1 Blackboard</td>
<td>Lab 1 due (Tuesday 2/2)</td>
</tr>
<tr>
<td>4 (2/9)</td>
<td>Linear Kinematics</td>
<td>Ch.2</td>
<td>Quiz 1 (Tuesday 2/9)</td>
</tr>
<tr>
<td>5 (2/16)</td>
<td>Linear Kinetics</td>
<td>Ch. 3</td>
<td>Quiz 2 (Tuesday 2/16) Lab 2 due (Tuesday 2/16)</td>
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<tr>
<td>6-7 (2/23 &amp; 3/2)</td>
<td>Work, Power, Energy Torques &amp; Moments</td>
<td>Ch. 4 Ch. 5</td>
<td>Exam 1 (Tuesday 2-23)</td>
</tr>
<tr>
<td>8 (3/9)</td>
<td>Angular Kinematics Ch 6</td>
<td></td>
<td>Quiz 3 (Tuesday 3/9) Lab 3 due (Tuesday 3/9)</td>
</tr>
<tr>
<td>9 (3/16)</td>
<td><strong>SPRING BREAK</strong></td>
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<tr>
<td>10 (3/23)</td>
<td>Angular Kinetics Ch. 7</td>
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<td>Quiz 4 (Tuesday 3/23)</td>
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<tr>
<td>11-12 (3/30 &amp; 4/6)</td>
<td>Joints, Bone &amp; Tissue Stress</td>
<td>Ch. 9, 10</td>
<td>Exam 2 (Tuesday 3/30) Last day to drop with WF (3/30)</td>
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<tr>
<td>13-14 (4/13 &amp; 4/20)</td>
<td>Ligament &amp; Tendon</td>
<td>Ch. 15</td>
<td>Quiz 5 (Tuesday 4/20)</td>
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<tr>
<td>15-16 (4/27 &amp; 5/4)</td>
<td>Muscle</td>
<td>Ch. 11,12</td>
<td>Article review (Thursday 4/29) Quiz 6 (Tuesday 5/4)</td>
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<tr>
<td>17 (5/11)</td>
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<td></td>
<td>Exam 3 (Tuesday 5/11; 1:30 p.m. - 3:30 p.m.)</td>
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## Grading:

<table>
<thead>
<tr>
<th>Item:</th>
<th>Maximal score:</th>
<th>Final Grade (points)</th>
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<tbody>
<tr>
<td>Test 1:</td>
<td>38 points</td>
<td>A ≥175</td>
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<tr>
<td>Test 2:</td>
<td>47 points</td>
<td>B 155-174</td>
</tr>
<tr>
<td>Test 3 (Final):</td>
<td>60 points</td>
<td>C 135-154</td>
</tr>
<tr>
<td>Quizzes: (5 points each for 6 quizzes)</td>
<td>30 points</td>
<td>D 115-134</td>
</tr>
<tr>
<td>Exam/class surveys (1 point each for 4 surveys)</td>
<td>4 points</td>
<td>F 114 and below</td>
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<tr>
<td>Article review</td>
<td>6 points</td>
<td></td>
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<tr>
<td>Laboratory assignments (5 points each for 3 assignments)</td>
<td>15 points</td>
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<tr>
<td><strong>Total points available</strong></td>
<td>200 points</td>
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**Optional:** Practical biomechanics experience 10 points
Exams:
Exams will cover the material specified in the course calendar unless otherwise delineated by the instructor. Although the exams are not designed to be cumulative biomechanics is cumulative by nature. Thus, you will be required to use some of the skills you learned in earlier sections during later exams.

Quizzes: all quizzes for this class are online via Blackboard. You can complete them any time on the designated dates. You will only have 10-15 min per quiz and will not be able to go back once you have moved pass a question (Regardless of whether you answered the question or not). Also remember to save your answers before moving to the next question. You may use your notes etc. but you will not have enough time to find it all in your notes. So make sure to you know the material well before taking the quiz.

Surveys: There are 4 surveys in this course: one after each exam and one just prior to the final (SETE). You must print confirmation for completion of the SETE and bring it to the final to receive credit for that survey.

Article review:
For this assignment you are to summarize (1 page) and critically review (1 page) an original research (NOT a review) paper from the biomechanics literature. All articles should be approved by the instructor in advance to ensure that they are appropriate for this assignment.
www.pubmed.com is a good source for articles, but be careful in your selection as Pubmed also includes review articles. Length of assignment: 2-page, 1 inch margins, double spaced, font 12. This assignment must be submitted online (via Blackboard) with a pdf-copy of the paper you reviewed. The University Writing Center is a good resource for help with the writing portion of this assignment; however, the work (ideas) must be yours. The Center is located in the Auditorium Building, Room 105. Call 565-2563 to make an appointment.

Online Lab assignment: There are 3 online lab assignments to be completed this semester. You will have one week to complete each assignment. The assignments will be released via Blackboard and the lab report for each assignment must be submitted via Blackboard.

Option Practical biomechanics experience/observation:
The objective for this assignment is to provide you with an experience in practical or applied aspects of biomechanics. You are expected to complete 3 hours of involvement/observation for this assignment. You are responsible for locating and setting up the appointment(s) with an appropriate agency/location for this experience, as this is an important component of the assignment. At the end of your experience you are to write a 2 page summary paper on your practical experience (see grading rubric for specifics on what to include). A step-by-step guide (including forms) and the grading rubric for this assignment are posted on Blackboard.

All grading for this course will be criterion based (i.e. your grade will not depend on the score of other students). No additional or extra credit will be offered; please do not ask for any.

Reading Assignments
Please note: The reading assignments listed in this syllabus 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. I request and recommend that you
read the assigned sections in the text before the scheduled lectures to which they apply. Due to the nature of the material in this class, it is very difficult to adequately catch up right before exams.

**Examination Policies**

1. Three exams will be scheduled during the semester. Each exam will consist of objective items (true-false, multiple choice, matching etc.). The exams will not be cumulative. The third exam will be scheduled during our final exam time.
2. Students will not be allowed to leave the room during exams and quizzes. Please attend to any personal needs before the exam.
3. Quizzes are administrated at the beginning of class on assigned dates. If you are late you will not be granted additional time to complete the quiz. If you arrive after the quiz has been completed, you will not be allowed to complete the quiz (with the exceptions stated in #4 below).
4. Make-up exams and quizzes will be considered only for exceptional circumstances or university approved absence. (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 or quizzes might not be allowed to make-up the exam. It is your responsibility to contact the instructor in case of an emergency.
5. Absence for medical reasons requires written dated verification by a physician.
6. Exams and quizzes will not be rescheduled based on a student's personal work/school schedule. Please plan ahead.
7. Questions/concerns regarding grading for any exam, quiz, or assignment must be resolved with the instructor within one week of the date graded exams are returned to the student.
8. All exams and quizzes are non-circulating.
9. Make-up exams and quizzes will differ from the corresponding test given to the rest of the class.
10. During exams and quizzes, hats must be removed or turned backwards and phones/pagers must be turned off and stored out of sight.
11. In the event that a student arrives late to an exam or quiz and one or more students have already completed the exam, the late student will not be allowed to take the exam and will receive a 0 for that exam.
12. Students must bring #2 pencils and a trigonometry calculator to each exam and quiz. No cell phone, PDA etc. calculators will be allowed. I will not have any for you to borrow and you may not share calculators with others in the class.

**Other important information**

**Feedback & exam surveys:** After the first 2 exams I will be asking you for feedback regarding this class. Please use this opportunity as it will help me to improve this class for you and future students. Please be as specific as possible in your comments. In addition, I encourage you to come by my office if you have questions, suggestions, or concerns regarding this class.

The Student Evaluation of Teaching Effectiveness (SETE) is a requirement for all organized classes at UNT. This short survey will be made available to you at the end of the semester, providing you a chance to comment on how this class is taught. I am very interested in the
feedback I get from students, as I work to continually improve my teaching. I consider the SETE to be an important part of your participation in this class.

**Classroom Behavior:** Every student is expected to conduct themselves in a manner appropriate for an Institution of Higher Learning. Disruptive or degrading behavior will not be tolerated. See Code of Student Conduct for further details.

**American with Disabilities Compliance:** The Department of Kinesiology, Health Promotion, and Recreation does not discriminate on the basis of disability in the recruitment and admission of students, the recruitment and employment of faculty and staff, and the operation of any of its programs and activities, as specified by federal laws and regulations. The designated liaison for the department is Dr. Chwee Lye Chng, Physical Education Building, Room 209, 565-2651. Copies of the KHPR Department ADA Compliance policies are available in the Chair’s Office, Physical Education Building, Room 209. Copies of the College of Education ADA Compliance Document are available in the Dean’s Office, Mathews Hall 214. The student has the responsibility of informing the course instructor of any disabling conditions that will require modifications to avoid discrimination.

**Academic Dishonesty:** Cheating will not be tolerated in the class. You are not to receive information from another student or give information to another student during a test or quiz. You are to use only your memory. Students caught cheating during an examination or quiz will be charged under the University's Code of Student Conduct. Among other punishments, students found guilty run the risk of having their score changed to a zero, receiving a grade of F for the course, and/or dismissal from the University. Academic dishonesty includes cheating, plagiarism, fabrication, and facilitating academic dishonesty. Cheating refers to collaborating on individual assignments and using unauthorized materials. Plagiarism refers to presenting ideas, words, or statements of another person without giving credit to that person. If you have questions about cheating or plagiarism, please see me.

**Family Educational Rights and Privacy Act (FERPA) Information:** Students have the right to expect their grades will be kept confidential. There are a few things, because of the size and/or nature of this class, the instructor must advise you of regarding collection and distribution of test results, quiz scores, homework assignments, roll sheets, projects, etc. During this class it may be necessary for you to pass your assignments forward to the instructor or it may be necessary for the instructor to call your name and then return your completed assignment to you by passing it across the room. The instructor, under the reasonable assumption guidelines, assumes students are collecting only their own materials. Every attempt will be made to keep your information confidential. Neither your course grades nor grades for any assignment will be posted in a way that could result in your being identified by other students or faculty members.

**UNT E-mail and Blackboard.** All students should activate and regularly check their UNT-E-mail account and the Blackboard site for this class. A lot of class information will be distributed ONLY via these outlets.

The instructor reserves the right to alter any portion of this syllabus.