KINE 3050.001 – Biomechanics – Maymester 2013

COURSE SYLLABUS

Instructor: Jakob L. Vingren, Ph.D.
Office Location: PEB 210-H
Office hours: By appointment
Contact Information: (940) 565-3899
jakob.vingren@unt.edu
Please include KINE 3050.001 in the title of all emails

Teaching assitant Anthony Duplanty, M.S.
thony.duplanty@unt.edu

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!!!

Class Schedule: Mon-Thur: 8:30AM-11.50 AM unless otherwise noted (please be on time and do not leave early without prior approval from the instructor)

Lecture Location: PEB 216

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 text messages 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.
## Tentative Course Schedule (italicized denotes additional online learning module or recording)

<table>
<thead>
<tr>
<th>Week/Day</th>
<th>Meet time</th>
<th>Topics and Exams</th>
<th>Reading etc.</th>
<th>Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Mon. (05/13)</td>
<td>9AM</td>
<td>Class outline/Syllabus <em>Introduction, Forces</em></td>
<td>Introduction Appendix A, Ch. 1</td>
<td></td>
</tr>
<tr>
<td>1 Tues. (05/14)</td>
<td>8.30AM</td>
<td><em>Linear Kinematics</em></td>
<td>Ch. 2</td>
<td>Online Lab 1 due</td>
</tr>
<tr>
<td>1 Wed. (05/15)</td>
<td>None</td>
<td><strong>No in-class meeting</strong> <em>Linear Kinetics Panopto recording</em></td>
<td>Ch. 3</td>
<td>Online Lab 2 due</td>
</tr>
<tr>
<td>1 Thur. (05/16)</td>
<td>None</td>
<td><strong>No in-class meeting</strong> <em>Work, Power, Energy Panopto recording</em></td>
<td>Ch. 4</td>
<td>Out-of-class assignment Practical biomechanics experience</td>
</tr>
<tr>
<td>2 Mon. (05/20)</td>
<td>8.30AM</td>
<td>Discussion of: -Linear Kinetics -Work, Power, Energy Exam review</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Tues. (05/21)</td>
<td>8.30AM</td>
<td><strong>Exam 1</strong> <em>Torques &amp; Moments</em></td>
<td>Ch. 5</td>
<td>Exam 1</td>
</tr>
<tr>
<td>2 Wed. (05/22)</td>
<td>8.30AM</td>
<td><em>Angular Kinematics &amp; Angular Kinetics</em></td>
<td>Ch. 6, 7</td>
<td></td>
</tr>
<tr>
<td>2 Thur. (05/23)</td>
<td>8.30AM</td>
<td>Tissue Stress, Bone,</td>
<td>Ch. 9, 10,</td>
<td></td>
</tr>
<tr>
<td>3 Mon. (05/27)</td>
<td></td>
<td><strong>Memorial Day-No class</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 Tues. (05/28)</td>
<td>8.30AM</td>
<td>Ligament &amp; Tendon</td>
<td>Ch. 15</td>
<td>Practical biomechanics experience Placement and Liability forms due</td>
</tr>
<tr>
<td>3 Wed. (05/29)</td>
<td>8.30AM</td>
<td>Muscle Exam review</td>
<td>Ch. 11,12</td>
<td>Practical biomechanics experience paper due</td>
</tr>
<tr>
<td>3 Thur. (05/31)</td>
<td>8.30AM</td>
<td><strong>Exam 2</strong></td>
<td></td>
<td>SETE confirmation due</td>
</tr>
</tbody>
</table>

### Grading:

<table>
<thead>
<tr>
<th>Item</th>
<th>Maximal score</th>
<th>Final Grade (points)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam 1</td>
<td>50 points</td>
<td>A ≥135</td>
</tr>
<tr>
<td>Exam 2</td>
<td>70 points</td>
<td>B 120-134</td>
</tr>
<tr>
<td>Completed learning modules and Panoptos (10@ 2 points)</td>
<td>20 points</td>
<td>C 105-119</td>
</tr>
<tr>
<td>Online laboratory assignments: (2@ 5 points)</td>
<td>10 points</td>
<td>D 90-104</td>
</tr>
<tr>
<td><strong>Total points available</strong></td>
<td><strong>150 points</strong></td>
<td>F 89 and below</td>
</tr>
</tbody>
</table>

### Out-of-class assignments:

- Practical biomechanics experience 10 points
- SETE (print/bring confirmation of completion to Exam 2) 1 points
All grading for this course will be criterion based (i.e. your grade will not depend on the score of other students). There are optional assignments offered, **no additional or extra credit will be offered; please do not ask for any.**

**DO NOT** e-mail me asking what your grade is!!! All your points are listed on Blackboard as soon as we have them so you can calculate it yourself. **DO NOT** email me asking for any extra points you have not earned or if you can earn extra points.

**Attendance:**
Attendance is expected for all lessons. From prior semesters results it is clear that it is very difficult to do well or even pass this class without a high/perfect attendance rate. If you leave early without permission you will be considered absent for that day. If you miss more than 1 class day, you will **lose 20 points** for each additional missed class day. **If you are sick, you must provide me with a physician’s note with time and date stating that you are not capable of attending class on that date during class time (8.30-11.50AM).**

**Lecture/reading material 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.

**Online Lab assignment:** There are two online lab assignments to be completed this semester. The assignments will be released via Blackboard and the lab report for each assignment must be submitted via Blackboard (under assessments). You will be able to repeat the labs as many times as you wish (i.e., until you get a perfect score of 5 points).

**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 5 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 and you must submit the placement and liability form **BEFORE** you begin your experience and no later than **midnight on the date in the course schedule.** 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. Final paper is due **by midnight on the date in the course schedule.** All material must be submitted on Blackboard under assignments)

**Online learning modules and Panopto recordings:**
To obtain points for completing the learning modules and Panopto recordings outlined in the course schedule above (italicized), you must complete them **before** the scheduled lectures to which they apply.

**Survey:** You must print confirmation for completion of the SETE and bring it to the final to receive credit for that survey.
**Reading Assignments**

Please note: The reading assignments listed in this syllabus are intended to **supplement** the lecture materials. A lot of the material in the text will **not** be covered in lecture but will be included on the exams. By the same token, all of the information given in lecture will **not** be found in the text, but will also be included on the exams. **I request and recommend** that you read the assigned sections in the textbook 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. Two 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.
2. Students will **not** be allowed to leave the room during exams. Please attend to any personal needs before the exam.
3. Make-up exams 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 might **not** be allowed to make-up the exam. It is your responsibility to contact the instructor in case of an emergency
4. Absence for medical reasons requires **written dated** verification by a physician.
5. Exams will **not** be rescheduled based on a student's personal work/school schedule. Please plan ahead.
6. Questions/concerns regarding grading for any exam assignment must be resolved with the instructor within **one week** of the date graded exams are returned to the student.
7. All exams are non-circulating.
8. During exams, hats must be removed or turned backwards and phones/pagers must be turned off and stored out of sight.
9. In the event that a student arrives late to an exam 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.
10. Students must bring #2 pencils and a calculator to each exam. **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:** 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. DO NOT send emails via blackboard as the instructor does not check emails on Blackboard.

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