KINES 80 Intro to Applied Kinesiology & Anatomy
Sect #4973   Th 6-9 pm PC698

Course Description
This course combines anatomy and kinesiology by addressing the anatomical structure and function of the musculoskeletal system as it relates to human movement and exercise. Muscular analysis and practical application, including strengthening and flexibility exercises for each muscle, will be emphasized. Students will also study physiological and biomechanical principles.

Student Learning Outcomes
1. Use correct anatomical terminology when describing a particular movement or exercise.
2. Identify and analyze exercises or movements related to muscle groups using the principles of biomechanics and neuromuscular properties.

Instructor Contact
Venona Orr
Email: vorr@santarosa.edu
Office Hours: Tues 10:30-11:30, Th 5-6, PC 805
I respond to emails with 24 hours M-Th

Course Web Site
Students will use the Canvas course web site for assignment instructions, submitting assignments, viewing classmate's work, sharing resources, and viewing grades.
 Log in to Canvas at canvas.santarosa.edu using your SRJC Portal ID and PIN. You will see the KINES 80 Canvas companion website on your Dashboard.

Students new to Canvas can get assistance at SRJC Distance Education's Learn Canvas Now web page (https://de.santarosa.edu/content/learn-canvas-now).

I highly recommend that you update your user settings to make sure you receive the following right away. (Click the check mark – notify me right away) for

1) Announcement: this is how I will communicate with the entire class.
2) Submission comment: this is how I will give you personal feedback on your assignments.
3) Conversation message: this is where I send students private messages through Canvas.

Feel free to change the settings on any others based on your personal preferences.

Textbook
Kinetic Anatomy Third Edition, Robert S. Behnke, Human Kinetics, 2011
ISBN-13: 978-1450410557
ISBN-10: 9781450410557

Required Software
You will need the following software for this course.
- Adobe Reader
- QuickTime Player
- Flash Player

Important Dates
Day Class Begins: 1/15/2019
Day Class Ends: 5/16/2019
Last Day to Add without instructor's approval: 1/20/2019
Last Day to Drop with refund: 1/27/2019
Last Day to Add with instructor's approval: 2/3/2019
Last Day to Drop without a 'W' symbol: 2/3/2019
Last Day to Drop with a 'W' symbol: 4/21/2019
Final Exam: 5/21/2019, 7:30-8:30am

Dropping the Class
If you decide to discontinue this course, it is your responsibility to officially drop it to avoid getting no refund (after 10% of course length), a W symbol (after 20%), or a grade (after 60%). Also, for several consecutive, unexplained absences, the instructor may drop a student.

Instructor Announcements and Q&A Forum

I will post announcements on the "Instructor Announcements" page in Canvas throughout the semester. Canvas notifies students according to their preferred Notification Preferences as soon as the instructor creates an Announcement. A "Q&A Forum" is also on Canvas to ask for assistance of your classmates or of instructor.

Attendance
Students who fail to attend the first class (face-to-face courses) or do not log-in to an online class after the second week will be dropped from the class. It is strongly advised that if you need to miss more than one class/homework deadline in a row that you contact me to avoid being dropped from the class.

Late Policy
All assignments are due 11:55 on the due date. A late submission will receive a 20% penalty. Submissions more than one week late are not accepted without prior arrangement. Late work will not be graded unless student sends instructor an email with URL for late work.

Exams
There will be 7 quizzes and exams. The material comes from the textbook, class lectures and supplemental materials. If any exam is missed, a zero will be recorded as the score. It is your responsibility to take the online exams by the due date.

Grading Policy
Visit the "Grades" in Canvas to keep track of your grades. I grade within one week and post grades and comments on the online Canvas gradebook.

Grades will be assigned as follows:

A	90%	360 points or more
B	80%	320 to 359 points
C	70%	280 to 319 points
D	60%	240 to 279 points

Standards of Conduct

Students who register in SRJC classes are required to abide by the SRJC Student Conduct Standards. Violation of the Standards is basis for referral to the Vice President of Student Services or dismissal from class or from the College. See the Student Code of Conduct page.

Collaborating on or copying of tests or homework in whole or in part will be considered an act of academic dishonesty and result in a grade of 0 for that test or assignment. I encourage students to share information and ideas, but not their work. See these links on Plagiarism:
SRJC Writing Center Lessons on avoiding plagiarism
SRJC's statement on Academic Integrity

Special Needs

Students with disabilities who believe they need accommodations in this class are encouraged to contact Disability Resources (527-4278), as soon as possible to better ensure such accommodations are implemented in a timely fashion.

Course Schedule

If any changes are made to the class schedule during the semester, I will update the Schedule and post an Instructor Announcement on Canvas.

This syllabus is an agreement, continued registration in this course means that you agree to the policies and procedures outlined in this syllabus.

This syllabus is intended to give the student guidance in what may be covered during the semester and will be followed as closely as possible. However, the instructor reserves the right to modify, supplement and make changes as the course needs arise.

ABSENCE INFORMATION HOTLINE – 707.778.2488