

HPA 2384: Movement Science in Health and Physical Activities Fall 2019

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Course Objectives

This course in Movement Science in Health and Physical Activities is designed to examine human movements across the lifespan (youth, adults, older adults), health conditions, and exercise-related activities. Students will learn how to assess movement patterns and how to apply this knowledge to prevention, treatment, and rehabilitation situations. This course will provide fundamental knowledge in the fields of biomechanics, movement and health sciences. This course will be a combination of classroom and laboratory experiences. Upon successful completion of the course, students should be able to understand or perform the below:

1. Understand and utilize biomechanics terminology for effective professional communication
2. Understand concepts associated with kinesiology and biomechanics
3. Understand anatomy and physiology of the skeletal, nervous, and muscular systems as it applies to movement science
4. Obtain and analyze kinematics of human movement
5. Obtain and analyze kinetics that occur during human movement
6. Obtain and analyze muscle activity that occurs during human movement
7. Appreciate the pervasiveness and diversity of movement in human life
8. Identify differences in biomechanics across the lifespan and health conditions
9. Understand the application of movement science to functional activities
10. Explore current topics in movement science and biomechanics
11. Use the research process to evaluate movements and explain findings in a coherent and precise manner

Course Description

To accomplish the above objectives, the course is designed in the following manner. Class lectures covering the critical information necessary to accomplish course objectives will include Power Point lectures provided on CourseWeb for students to access and supplement links, videos, and PDF documents on CourseWeb for students to access. Current topics and research will be explored through journal articles and in class discussions. The class is accompanied by laboratories which will provide students with hands on experience and assist with reinforcing concepts.

This information will carry forward into your professional careers. Ask for help. If you find that you are experiencing difficulties, please ask for assistance sooner than later.

Class Meeting Times

Lecture: Thursday 5:30 – 8:10 PM, 166 Trees Hall

Course Materials

Recommended Texts: Kinesiology: Scientific Basis of Human Movement by Hamilton
Dynamic Human Anatomy by Whiting
Clinical Mechanics & Kinesiology by Loudon
Human Movement: An Introductory Text by Everett

Course Requirements and Grading

Quizzes – 10%

Vary class-to-class but majority will be multiple choice or true/false. Based on content from previous class session.

Journal Article Presentations & Participation – 20%

Students will be responsible for identifying journal article on specified topic and leading in class discussion. When not leading the discussion, students are expected to actively participate.

Assignments & Laboratories – 40%

Students will be responsible for the completion of in class worksheets, assignments and laboratories.

Final Project – 30%

General grading scale, subject to curve if deemed necessary by instructor is as follows:

90-100% A- thru A+
80-89.9% B- thru B+
70-79.9% C- thru C+
60-69.9% D- thru D+
<60% F

IMPORTANT:

- All evaluations are “closed-book” unless otherwise noted by instructor.
- Use of cell phones, smart watches, tablets, and laptops is not permitted during quizzes and exams.
- Use of cell phones is prohibited during class – no exceptions.
 - Students will be asked to leave class if caught on cellular devices.
- Students are required to be present and on-time.
 - If late and a quiz or exam is missed, students will not be permitted to make-up the quiz.
 - Failure to be present for a quiz will result in a zero (0 points) given.
- Quizzes and exams can be made-up under the following conditions for absences that are considered excusable:

- Medical Emergency or Sickness – Must have a note from medical doctor documenting medical visit (must correspond with and list dates of absence).
- Mandatory Academic Event – Must have a note from advisor/professor documenting attendance (must correspond with and list dates of absence).
- Personal or Family Emergency – Must communicate with Dr. Chambers prior to missing class so it can be determined if this is a reasonable reason for missing and alternative arrangements can be made immediately.
- The instructor reserves the right to alter the grade assignment algorithm in a systematic manner.

Course Policies

Communication

Email is the best form of communication. The subject line should read:
HPA 2384_ *YOUR LAST NAME*

Class Attendance

Class attendance is expected and **strongly encouraged**. If a student misses a class, it is the student's responsibility, not the professor's, to obtain the material which was discussed in class. If you miss a class, please get the notes from a classmate. A significant portion of the class material may not be written in lecture slides. I do not always provide full notes for my lecture slides to students who miss class because they would still be missing much of the material. My notes will not provide all of the course material.

Inclement Weather

Inclement weather may lead to a cancellation of class. If the University decides to close, cancel, or delay classes, an announcement is posted immediately on various websites, including www.pitt.edu. In cases where the University does not close and the weather is questionable, the instructor will send you an email notice or post an announcement on courseweb if class is cancelled. If no such email or announcement is made, then class will continue as normal. Any work due on the day of the cancelled class will be due on the next scheduled class or as otherwise directed by the instructor. Any student absent due to bad weather while class is still in session must notify the instructor prior to class. Students are responsible for getting cancellation information. In all emergency situations, however, we rely on individuals to make the best decision for themselves about their safety.

Department of Health and Physical Activity Grievance Procedure

If a student feels that they have been treated unfairly by the instructor with regard to their grade or other aspects of their course participation, there are a series of steps that should be taken in an attempt to resolve this matter. These include the following:

1. The student should first inform the instructor of the course of the issue in an attempt to resolve this matter. If the course is taught by a Teaching Assistant, Graduate Student, or Part-Time instructor, their faculty supervisor should also be informed of this matter. The student should bring this issue to the attention of the instructor in a timely matter and should maintain a record of interactions that occurred with the instructor regarding the matter in question. The course instructor should take necessary steps to address the concern raised by the student in a timely matter and should maintain a record of the interactions that occurred with the student regarding this matter.

2. If, after reasonable attempts to resolve the matter, the matter is not resolved in a manner that is deemed to be acceptable to the student, the student retains the right to file a grievance. This grievance is to be filed with the Department Chair in the form of a written document that can be submitted via email or campus mail. This document should include the following: a. Student's name b. Student contact information (email, address, telephone number) c. Information on the course for which the grievance applies (course title, course number, instructor name). d. A copy of the course syllabus that was provided to the student by the instructor e. Detailed description of the grievance and additional information the student feels is pertinent to this matter.

After receiving this information the Department Chair will inform the student if additional information is needed, as appropriate will discuss this matter with the student and the instructor, and will issue a decision in a timely manner.

3. If the student is not willing to accept the decision of the Department Chair, the student will be informed that they can request an additional review of this matter through the Office of the Dean of the School of Education. If the student decides to pursue this, the student should contact the Associate Dean for Student Affairs & Certification in the School of Education at the University of Pittsburgh.

University Policies

ACADEMIC INTEGRITY

All students are expected to adhere to the standards of academic honesty. Any student engaged in cheating, plagiarism, or other acts of academic dishonesty would be subject to disciplinary action. Any student suspected of violating this obligation for any reason during the semester will be required to participate in the procedural process, initiated at the instructor level, as outlined in the University Guidelines on Academic Integrity <http://www.provost.pitt.edu/info/ai1.html>. This may include, but is not limited to the confiscation of the examination of any individual suspected of violating the University Policy.

DISABILITY SERVICES

If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and Disability Resources and Services (DRS), 140 William Pitt Union, (412) 648-7890, drsrecep@pitt.edu, (412) 228-5347 for P3 ASL users, as early as possible in the term. DRS will verify your disability and determine reasonable accommodations for this course.

STATEMENT ON CLASSROOM RECORDING

To address the issue of students recording a lecture or class session, the University's Senate Educational Policy Committee issued the recommended statement on May 4, 2010. While it is optional, the Committee recommends that faculty consider adding the statement to all course syllabi.

"To ensure the free and open discussion of ideas, students may not record classroom lectures, discussion and/or activities without the advance written permission of the instructor, and any such recording properly approved in advance can be used solely for the student's own private use."

Student Opinion of Teaching Surveys

Students in this class will be asked to complete a Student Opinion of Teaching Survey. Surveys will be sent via Pitt email and appear on your CourseWeb landing page during the last three weeks of class meeting days. Your responses are anonymous. Please take time to thoughtfully respond, your feedback is important to me. Read more about Student Opinion of Teaching Surveys.

Diversity and Inclusion

The University of Pittsburgh does not tolerate any form of discrimination, harassment, or retaliation based on disability, race, color, religion, national origin, ancestry, genetic information, marital status, familial status, sex, age, sexual orientation, veteran status or gender identity or other factors as stated in the University's Title IX policy. The University is committed to taking prompt action to end a hostile environment that interferes with the University's mission. For more information about policies, procedures, and practices, see: <http://diversity.pitt.edu/affirmative-action/policies-procedures-and-practices>.

I ask that everyone in the class strive to help ensure that other members of this class can learn in a supportive and respectful environment. If there are instances of the aforementioned issues, please contact the Title IX Coordinator, by calling 412-648-7860, or e-mailing titleixcoordinator@pitt.edu. Reports can also be filed online: <https://www.diversity.pitt.edu/make-report/report-form>. You may also choose to report this to a faculty/staff member; they are required to communicate this to the University's Office of Diversity and Inclusion. If you wish to maintain complete confidentiality, you may also contact the University Counseling Center (412-648-7930).

Schedule for HPA 2384
 Subject to change
 University of Pittsburgh, Fall Term 2019

8/29	Introduction to Movement
9/5	Kinematics
9/12	Movement Lab
9/19	Kinetics
9/26	Neuromuscular Considerations
10/3	Balance
10/10	Posture
10/17	Gait
10/24	Gait
10/31	Functional Movements Push, Pull, Lift
11/7	Jumping
11/14	Adaptive Sports Throwing, Kicking, Striking
11/21	Slips, Trips, Falls
11/28	No Class (Thanksgiving Break)
12/5	Final Project