

MCMASTER UNIVERSITY
Department of Kinesiology

Kinesiology 3BB3: Exploring Movement and Posture (EMP)

Winter 2018

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IWC 215

If my door is open you are welcome to drop in and say hi. Appointments are usually best. I will post specific office hours as we approach tests/exams.

A. DESCRIPTION

This term we will explore human motion and posture (focusing on topics such as gait and balance) with an emphasis on experimentation and participation in student-informed course design. We will work to develop a range of practical skills, which may include: observation, palpation, drawing, measurement, interpretation, communication (visual, verbal and written), testing, media development, and use of current research.

This course requires students to work with a high degree of preparation, independence, and co-operation – they are active participants in the classroom. The material is non-linear – we will be exploring areas of uncertainty and work in others that require some degree of subjective evaluation.

B. REQUIRED MATERIALS

- Washable markers, for drawing and palpation activities
- Schuenke, M., Schulte, E., Schumacher, U. (2014). *Thieme Atlas of Anatomy: General Anatomy and Musculoskeletal System* (2nd ed.). New York, NY: Thieme Medical Publishers Inc.
- Additional class materials will be posted on Avenue.

C. THIS IS HOW WE WORK

Think big – Practice – Take initiative – Ask questions – Seek solutions - Respect others

Feedback from the instructors and your peers will be the cornerstone to your learning. Skills cannot be studied; they can only be developed with effortful practice and this feedback. Attendance is essential – directions provided in the class notes are the starting point to your learning, notes cannot replace the learning that happens during class. When you need to miss a class, it is your responsibility to learn the material from your peers.

Appropriate clothing is required for all practical/lab-based classes. Clothing should be made of materials that are lightweight and allow free motion to occur at all joints, and facilitate accurate palpation and drawing. T-shirts, tank tops and shorts are ideal – other clothing may be appropriate as long as it will not hinder practice of the required skills. Accommodation can be provided; please contact me directly if you wish to discuss privately.

D. EVALUATION

Written Test	35%	Sat February 10 th , 9:30am -11:30am MDCL 1102
Portfolio	10%	Monday February 26 th , submit online by 12pm
Practical Test	20%	Fri March 16 th , 5:30pm to 7:30pm, MDCL 1102
Final Test	35%	Scheduled by the Registrar*

E. CONTENT OUTLINE (TENTATIVE)

This year we are working within a new course framework and will be working flexibly with respect to dates and content. All schedules, readings and notes will be posted on Avenue.

Week Of	Content	Labs and Tests
Jan 8 to 12	Intro to Posture	
Jan 15 to 19	Posture	Lab 1 – Posture
Jan 22 to 26	Intro to Testing	Lab 2 – Testing
Jan 29 to Feb 2	Testing and Balance	Lab 3 – Balance
Feb 5 to 9	Balance	Test 1 - Saturday
Feb 12 to 16	Intro to Gait	
Feb 19 to Feb 23	Reading Week	
Feb 26 to Mar 2	Gait Kinematics and Muscle Activity	Lab 4 – Gait Portfolio Due – Feb 26
March 5 to 9	Gait Energy and Kinetics	
March 12 to 16	Gait Checklist	Friday - Practical Test
March 19 to 23	Pathological Gait	
March 26 to 30	Running	
Apr 2 to Apr 6	Running	

F. POLICY REGARDING DEFERRED TESTS AND EXAMS

In the event of an absence for medical or other reasons, students should review and follow the Academic Regulation in the Undergraduate Calendar “Requests for Relief for Missed Academic Term Work”. **Please note these regulations have changed and are effective Fall 2015.**

If you use the MSAF (by visiting the Associate Dean's office in person) you must report your absence to me by email **within 3 working days** of the scheduled assessment (although ideally, soonest is best) in order to request accommodation (madsenk@mcmaster.ca). If you fail to do so you may forfeit your opportunity for accommodation and receive a score of zero on your evaluation.

The alternate date for the Written test is Monday February 19th, 2018.

The alternate date for the Practical test is Friday March 30th, 2018.

If you submit an MSAF for the portfolio **you must still submit your incomplete draft by the deadline in order to be eligible for an extension**. You must submit your MSAF and contact me by email (madsenk@mcmaster.ca) as soon as possible.

Students who miss a Registrar-scheduled final exam can apply to the Associate Dean's office for permission to write in the deferred final exam schedule. In all cases, appropriate documentation must be submitted to the Office of the Associate Dean, Faculty of Science, for consideration of deferred examination permission. Under no circumstances will the instructor re-schedule a final exam for individual students.

G. USE OF COURSE MATERIALS

Course materials provided by the instructor are for use by students registered in this class only. Under no circumstances are these materials to be shared, posted or sold to a third party without permission from the instructor. This includes, but is not limited to, online posting of instructor provided lecture/lab notes, online lectures, recordings of lectures, or any lab materials on a website other than the Avenue site designed for the course.

H. ACADEMIC INTEGRITY

Academic dishonesty consists of misrepresentation by deception or by other fraudulent means and can result in serious consequences (e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript reading "Grade of F assigned for academic dishonesty", and/or suspension or expulsion from the university). It is your responsibility to understand what constitutes academic dishonesty.

For information on the various kinds of academic dishonesty please refer to the Academic Integrity Policy, specifically Appendix 3, located at:

<http://www.mcmaster.ca/univsec/policy/AcademicIntegrity.pdf>

The following illustrates only three forms of academic dishonesty: plagiarism (e.g. the submission of work that is not one's own or for which other credit has been obtained), inappropriate collaboration on group work, copying or using unauthorized aids in tests and examinations.

I. ACADEMIC ACCOMMODATION OF STUDENTS WITH DISABILITIES

Students who require academic accommodation must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone 905-525-9140, ext. 2865 or e-mail sas@mcmaster.ca. For further information, consult McMaster University's Policy for Academic Accommodation of Students with Disabilities.

J. ON-LINE LEARNING RESOURCES

Students should be aware that, when they access the electronic components of this course, private information such as first and last names, user names for the McMaster e-mail accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in this course will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure please discuss this with the course instructor.

K. MODIFICATIONS TO COURSE

The instructor and university reserve the right to modify elements of the course during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check their McMaster email and course websites weekly during the term and to note any changes.

L. FEEDBACK

It really helps us improve our services when we hear from our students, faculty and staff about what we can do better. A feedback process brings to our attention situations in which we may not have adequately considered accessibility and allows us to better plan for accessibility in the future.