

Spring 2007

**California State University, Northridge  
Department of Kinesiology**

**KIN 275 - Musculoskeletal Foundations of Human Movement  
TTH 11:00AM– 12:20PM**

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**Required Textbook:**

Human Anatomy, 4<sup>th</sup> Edition. Marieb, Mallatt and Wilhelm. Pearson/Benjamin Cummings, 2005. ISBN: 0-8053-5512-X

**Recommended Textbook:**

The Anatomy Coloring Book. Kapit and Elson. Benjamin Cummins, 2002. ISBN: 0-8053-5086-1.

**Prerequisites:** Successful completion of Biology 101 (General Biology).

**Course Description:** This course explores the human musculoskeletal, neurological, and cardiovascular systems. This course emphasizes how these systems are integrated to produce and control human movement and function.

**Course Objectives:** At the conclusion of the course the student will be able to: 1) Identify the major components of the skeletal-articular, musculoskeletal, neuromuscular, cardiovascular, and pulmonary systems; 2) Identify specific bones and bony landmarks of the skeletal system; 3) Identify specific components of the major articulations of the axial and appendicular skeleton; 4) Describe human movements at the primary articulations of the axial and appendicular skeletal systems; 5) Identify the essential skeletal muscles involved in the production of human movements; 6) Describe the processes involved in skeletal muscle excitation, contraction, and force production; 7) Identify the primary nervous system structures and essential concepts of nervous system control; 8) Illustrate the connections between the nervous system and musculoskeletal and how these systems function to promote limb coordinated structure; 9) Describe the major components of the cardiovascular system and their function; 10) Identify the primary elements of the pulmonary system and their function .

**Exams:** Examination material is predominately from lecture although there may be some questions from the textbook that are not covered in lecture.

**Make Up Exams:** In the case of a medical or family emergency, a make-up exam can be scheduled ONLY if I am notified prior to the class in which the exam is scheduled. This requires that we meet and discuss the issue, I agree that your reason for missing the assignment is valid, **AND** I excuse you from the exam. You will receive a 0 (ZERO) for the exam if this procedure is not followed.

**Exam Review Policy:** Possession or use of a previous student's exam notes will constitute an ethics violation. Course examinations will NOT be returned to the student. Students will be allowed to review their previous exams in the instructor's office during office hours. You should review your exams immediately after they are graded (i.e., when they are returned in class). When you review a previously completed exam, you may NOT take notes or use any type of device to record or document the exam material. Violation of this rule will constitute an ethics violation on the exam.

**Personal Communication Devices:** All personal communication devices (i.e., pagers, cell phones, etc.) will be turned off while in class. Ten (10) points will be deducted from your final grade on each occasion that your communication device is activated in class. This policy may be modified on an individual basis if the need is warranted.

**Cheating:** Any student caught cheating will automatically fail the course and may be subject to more severe University discipline. I expect all students to know, understand, adhere to and enforce the California Code of Regulations, Section 41301, Title 5 as found in the university catalog. If you cannot abide by the policies stated in the code, you should not be here.

## **COURSE OUTLINE**

<b>Human Anatomy, Chapter</b>	<b>Date</b>	<b>Content</b>
	1/30	Introduction
1	2/1	The Human Body: An Orientation
2	2/6	Cells: The Living Units
4	2/8	Tissues
6	2/13	Bones and Skeletal Tissues
<b>Exam I</b>	<b>2/15</b>	<b>Exam</b>
7	2/20	Bones, Part 1: The Axial Skeleton: The Skull
7	2/20; 2/22	Bones, Part 1: The Axial Skeleton: The Vertebral Column and Thoracic Cage
8	2/22; 3/1	Bones, Part 2: The Appendicular Skeleton: Pectoral Girdle and Upper Limb
	2/27	No Class
8	3/1	Bones, Part 2: The Appendicular Skeleton: Pelvic Girdle and Lower Limb
9	3/6	Joints

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<b>Exam II</b>	<b>3/8</b>	<b>Exam</b>
10	3/13	Muscle Tissue
11	3/15	Muscles of the Body: Head, Neck and Back
11	3/20	Muscles of the Body: Torso and Upper Limb
11	3/22	Muscles of the Body: Limb and Forearm
11	3/27	Muscles of the Upper Body: Functional Overview
<b>Exam III</b>	<b>3/29</b>	<b>Exam</b>
		<b>Spring Break – No Class (4/2 – 4/6)</b>
11	4/10	Muscles of the Body: Lower Limb
11	4/12	Muscles of the Body: Lower Limb and Foot
11	4/17	Muscles of the Lower Body: Functional Overview
<b>Exam IV</b>	<b>4/19</b>	<b>Exam</b>
12	4/24	Fundamentals of the Nervous System and Nervous Tissue
13	4/26	The Central Nervous System
14	5/1	The Peripheral Nervous System
17	5/3	Blood
18	5/8	The Heart
19	5/10	Blood Vessels
21	5/15	The Respiratory System
25	5/17	The Endocrine System
<b>Exam V</b>	<b>5/22</b>	<b>Exam 10:15AM – 12:15PM</b>

Grading		Grade Scale			
Exam I	100 points	A	94-100%	C	70-73
Exam II	100	A-	89-93	C-	67-69
Exam III	100	B+	84-88	D+	64-66
Exam IV	100	B	80-83	D	60-63
Exam V	100	B-	77-79	D-	57-59
Total	500	C+	74-76	F	<56