



Instructor: Andrea Clark
Phone: 2203184
Email: alclark@kin.ucalgary.ca
Office: KNB304
Office Hours: By Appointment

Room: ST 141
Days: Tues and Thurs
Time: 12:30-1:20
Course Website: Blackboard

Course Description: Experience in various activities and movement patterns and the study of the fundamental factors that influence the activities we choose and the way we move.

Course Objectives: By the end of this course students should be able to:

- Understand the principles of linear and angular kinematics
- Understand the principles of linear and angular kinetics
- Accurately apply the principles outlined above in a qualitative manner to sports examples
- Integrate multiple principles taught in class into a single example from sport
- Work fairly in a group environment to effectively present (verbally and visually) sports examples of biomechanics principles to the class

Recommended Reading Materials: The Biomechanics of Sports Techniques,
Author: James G. Hay, 4th Edition, Publisher : Prentice Hall International Editions

Contacting the Instructor: Students requiring assistance are encouraged to speak with their instructor during class or office hours. Should you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment.

Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his/her expectations about emails.

Grading Scale:

Grade	Percent	Grade Point Value	Description
A+	95.0-100	4.00	Outstanding
A	90.0-94.9	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	86.0-89.9	3.70	
B+	82.0-85.9	3.30	
B	78.0-81.9	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	74.0-77.9	2.70	
C+	70.0-73.9	2.30	
C	66.0-69.9	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	62.0-65.9	1.70	Minimum grade required if needed as a prerequisite course.
D+	58.0-61.9	1.30	
D	54.0-57.9	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	<54.0	0	Fail – unsatisfactory performance or failure to meet course requirements.

Evaluation of Course Content:

7.5% Quiz 1, 7.5% Quiz 2, 15% Group Presentation, 35% Activity A, 35% Activity B

Late Policy:

If the written notes required by groups after presentation classes are handed in late (i.e. after the class has left the classroom) they will be given no credit.

Final Examination:

No registrar scheduled final exam

Additional Course Information:

The use of calculators and/or portable computing machines will NOT be allowed during quizzes.

The demands of this activity can be harmful to a student with physical limitations. It is the student's responsibility to inform the instructor of any physical limitations (including a recent positive PAR-Q) **prior to** participating in any activity class. Appropriate activity modifications will be made to accommodate these students.

Course Content:

Week	Date	Topic (approximate schedule)	
1	Sept 11	Class organization	1 st half KNES 201 activities: Start Mon, Sept 10 or Tues, Sept 11 End: Mon, Oct 22 or Thurs, Oct 18
	Sept 13	Biomechanics introduction	
		Forms of motion	
2	Sept 18	Linear kinematics	
	Sept 20	Linear kinematics	

3	Sept 25	Linear kinetics	
	Sept 27	Linear kinetics	
4	Oct 2	Linear kinetics	
	Oct 4	Angular kinematics	
5	Oct 9	Angular kinematics	
	Oct 11	Group presentations	
6	Oct 16	Quiz 1	
	Oct 18	Group presentations	
7	Oct 23	Angular kinematics	
	Oct 25	Group presentations	
8	Oct 30	Angular kinetics	2 nd half KNES201 activities: Start: Wed, Oct 24 or Tues, Oct 23 End: Wed, Dec 5 or Thurs, Dec 6
	Nov 1	Group presentations	
9	Nov 6	Angular kinetics	
	Nov 8	Group presentations	
10	Nov 13	Reading week – no class	
	Nov 15	Group presentations	
11	Nov 20	Energy	
	Nov 22	Group presentations	
12	Nov 27	Energy	
	Nov 29	Group presentations	
13	Dec 4	Group presentations	
	Dec 6	Quiz 2	

Group presentations

5 people per group all from the same activity class. All group members will receive the same grade.
10 minutes presentation followed by 3 minutes of questions

Grade: 25% content

Groups must not repeat sport examples already utilized by the lecturer or classmates. 2% will be deducted from the group mark for each repeated example

5%	10%	15%	20%	25%
Covers 1-3 biomechanical concepts, made some errors in application, each concept is explained by a different sport example		Covers 4-6 biomechanical concepts, correctly applies them to sport, concepts are integrated into 3 or less sports examples		Covers 7-9 biomechanical concepts, correctly applies them to sport, all concepts are integrated into 3 or less sports examples

25% verbal communication – in presentation and question answering

5%	10%	15%	20%	25%
Difficult to hear presentation, speech not well organized, could not answer any		Can hear presentation clearly, speech is reasonably well organized but read from		Can hear presentation clearly, speech is excellently organized and prepared - no

questions		script, could answer some questions		notes used, could answer all questions
-----------	--	-------------------------------------	--	--

25% visual communication – use of powerpoint/white board/live examples/engagement of audience

5%	10%	15%	20%	25%
Utilized one form of visual communication in a basic manner		Utilized two forms of visual communication to a medium level		Utilized at least three forms of visual communication to an expert level

25% participation/question asking of other presenters – Groups are to sit together in the ‘audience’ during presentation classes and at the end hand in a written note summarizing questions their group has asked/formulated – at least one per group member. When presenting, the group is to hand in a written note signed by every group member describing the contributions of each member to their presentation. This note must also include 5 short answer questions (and their answers) based on their presentation and suitable for a class Quiz test.

5%	10%	15%	20%	25%
One person from the group did all the work, no questions were asked by this group during presentation classes, sheet not handed in		Three people in the group did most of the work for the presentation, questions were asked by the group at half the presentation classes, sheet not handed in		Work for the presentation was equally distributed among group members, questions were asked by the group in every presentation class

Supplementary Course Information

In accordance with the University of Calgary Calendar

Academic Accommodation Awareness Information:	It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre <u>are not</u> eligible for formal academic accommodation.
Plagiarism/Cheating/Other Academic Misconduct: (see Calendar)	A <u>single</u> offence of cheating, plagiarism, or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.
Midterm Exam Policy:	The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in <u>exceptional circumstances only</u> which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification <u>prior</u> to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are <u>not</u> valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.
FOIP Policy:	Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details: http://www.ucalgary.ca/secretariat/privacy
Internet and Electronic Communication Device Information:	Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture. Instructors have the authority, at the discretion of the dean of their faculty, to require that specific course assignments, term papers and academic exercises be submitted in an electronic format. Instructors cannot require that multiple copies of an assignment be submitted.
Emergency Evacuation/Assembly Points: Safewalk Information:	For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day/7 days a week/365 days a year).
Student's Union:	The Kinesiology Representative is Calindy Ramsden - E-mail: kinesrep@su.ucalgary.ca .