

Instructor: Reed Ferber
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Email: rferber@ucalgary.ca
Office: KNB 242
Office By appointment
Hours:

Room: KNB 133
Days: Monday, Wednesday, Friday
Time: 10.00 am
Course Website: Blackboard

Instructor: Kathryn Mills
Phone: 403 210 7091
Email: Kathryn.agmills@ucalgary.ca
Office: KNB 235
Office Friday 11.30 -12.30 or by
Hours: appointment

Room: KNB 133
Days: Monday, Wednesday, Friday
Time: 10.00 am
Course Website: Blackboard

Course Description:	Special topics in Kinesiology An examination of selected special topics in kinesiology and related subjects. Pre-requisites: KNES 259/260 (Human Anatomy & Physiology I/II) KNES 263 (Quantitative Biomechanics) KNES 371 (Scientific Basis of Prevention and Care of Athletic Injuries)
Course Objectives:	To provide students with a deeper understanding of musculoskeletal joint arthrokinematics and osteokinematics and how muscle dysfunction and/or injury alter normal movement biomechanics. We will discuss concepts related to muscle and ligament injury, rehabilitation, and chronic adaptations to injury. Basic biomechanics, anatomical, and clinical knowledge is necessary to understand the course. We will also discuss the physiological principles of tissue and joint inflammation and how changes in the local environment affect muscle function. This course will primarily focus on joints of the lower extremity and how they function during walking and running.
Required Reading Materials:	There is no prescribed textbook for this course as the main resources are peer-reviewed journal articles and podcasts (available online from the British Journal of Sports Medicine). Recommended textbook: <i>Joint Structure and Function</i> . Levangie and Norkin. DavisPlus.
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-	85.0-89.9%	3.70	
B+	80.0-84.9%	3.30	
B	75.0-79.9%	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	70.0-74.9%	2.70	
C+	65.0-69.9%	2.30	
C	60.0-64.9%	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	55.0-59.9%	1.70	Minimum grade required if needed as a prerequisite course.
D+	50.0-54.9%	1.30	
D	45.0-49.9%	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	<45.0%	0	Fail – unsatisfactory performance or failure to meet course requirements.

Evaluation of Course Content:

Lecture Midterm 1:	25%
Lecture Midterm 2:	35%
Group Project:	30%
Participation:	10%

Late Policy:

The group project is to be uploaded onto Blackboard by midnight (MST) on April 5 2013.

Late group assignments will be penalized 5% per day after the due date. Assignments more than 1 week late (i.e. received after April 12 2013) will be awarded a pass (45%)/fail (<45%) mark only. If students are unable to upload their group assignment, they are able to submit a CD version of their assignment by 5pm (MST) on April 5 to Kathryn Mills.

Final Examination:

There is no final exam for this course. There are two midterm examinations that will be conducted during lectures. These are scheduled for Wednesday 11 February 2013 and Friday April 12 2013.

Additional Course Information:

- Group project will be in the form of a podcast that will be uploaded onto the blackboard site. In addition to uploading the auditory file, student will be required to upload a written transcript. Podcasts will be made available to all students enrolled in the course once they are marked. Free open source, cross-platform software for recording and editing podcasts is available from the "Audacity" website. If students do not have a computer that can record podcasts, they are available at the Taylor Francis Digital Library or can be provided by the course convener during office hours or by appointment.
- Participation marks will be awarded based on 2 criteria:
 - Attendance in appropriate attire – this course will require students to

observe walking and running biomechanics. Several classes will require students to bring clothes and shoe suitable to run short distance. Failure to bring/wear appropriate attire will limit participation in these classes. 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

- Participation in case study group activities – the latter half of the course will involve a series of case studies. This part of the course will require students to work in small groups to locate, evaluate, analyse and synthesise recent journal articles and post summaries of the articles on the course's blackboard site. For each posting, students will be required provide details regarding the involvement/tasks completed by each group member

Course Content:

07-Jan	08-Jan	9-Jan Introductory Lecture	10-Jan	11-Jan Ankle and Foot structure and function
14-Jan Knee structure and function	15-Jan	16-Jan Hip structure and function	17-Jan	18-Jan Muscle activity: Introduction to EMG
21-Jan Muscle activity	22-Jan	23-Jan Running Turkeys and Rainbow trout	24-Jan	25-Jan Kinematic and kinetic principles for gait
28-Jan Lombard's paradox	29-Jan	30-Jan Biomechanical differences between walking and running	31-Jan	01-Feb Footwear (and barefoot) influences on walking and running
04-Feb Discuss group project	05-Feb	06-Feb TBD	07-Feb	08-Feb TBD
11-Feb Review lecture	12-Feb	13-Feb Mid term 1	14-Feb	15-Feb No class Group project topics due
18-Feb Reading week - no lectures	19-Feb	20-Feb Reading week - no lectures	21-Feb	22-Feb Reading week - no lectures
25-Feb Plantar Fasciitis Achilles tendinopathy	26-Feb	27-Feb Tib post tendon dysfunction MTSS	28-Feb	01-March Case study summary and discussion (foot and ankle)
04-March Knee PFPS	05-Mar	06-March Knee ITBS	07-Mar	08-March Case study summary and discussion (knee 1)
11-March Knee ACL	12-Mar	13-March Knee ligaments and meniscus	14-Mar	15-March Case study summary and discussion (knee 2)
18-March Knee OA biomechanical alterations	19-Mar	20-March Knee OA rehabilitation implications	21-Mar	22-March Meet with groups to discuss project
25-March Hip joint dysfunction with injury	26-Mar	27-March Bursitis	28-Mar	29-March Good Friday - no lecture
01-April Hip impingement	02-Apr	03-April Hip joint dysfunction with injury	04-Apr	05-April Case study summary and discussion (hip) Group project due
08-April Review Case study	09-Apr	10-April Review Case study	11-Apr	12-April Mid term II – case study
15-April Feedback class on group project				

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:	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 Information:	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 .