

Jordan University of Science and Technology
Faculty of Applied Medical Sciences
Department of Allied Medical Sciences
2nd Year /2nd Semester
Kinesiology
PT 232
Course Syllabus

Course Information	
Course Title	Kinesiology
Course Code	PT 332
Prerequisites	PT 223
Course Website	-----
Instructor	Mahmoud Alomari, Ph.D
Office Location	M5 - 20
Office Phone #	23775
Office Hours	TBA
E-mail	alomari@just.edu.jo.
Teaching Assistant(s)	Zakari Al-nawasra, Ahlam Gdah, Alaa Otair, Nabil Bawlo, Mohammad Yabroudi
Course Description	
<p>- General principles of biomechanics and kinesiology are applied in detail to the upper and lower limbs for PT and OT students.</p> <p>- Joint movements, Structure, function and dysfunction of the upper and lower limbs, are reviewed Basic principles of posture and gait are also covered in this course. So, the students in rehabilitation settings will apply the knowledge of joints structure and function in their evaluation techniques as well as treatment approaches.</p> <p>The application of principles to problem solving in real situations in clinical and workplace settings</p>	

Textbook	
Title	Manual of structural kinesiology
Author(s)	Thompson & Floyd
Publisher	McGraw-Hill
Year	2004
Edition	5 th Edition
Book Website	www.mhhe.com/floyd15e
Other references	

Assessment		
Assessment	Expected Due Date	Percentage
First Exam	8 th week of the semester	30 %
Second Exam	11 th week	30 %
Final Exam	16 th week	40 %
Assignments		
Participation		
Attendance		

Course Objectives	Percentage
1. Analyzing joint movements with description of bones, joints, and muscles involved in the movements	20%
2. Understanding the application of joint movements while designing an exercise program for patient movement restoration.	25%
3. Knowledge to educate clients and patients to achieve safety, effectiveness and efficiency to improve performance of daily life activities of patients as well as healthy individuals.	15%

Teaching & Learning Methods
1.Book 2.Power point presentation

Learning Outcomes: Upon successful completion of this course, students will be able to		
Related Objective(s)		Reference(s)
1	Describe and understand the various types of bones joints in the human body and their characteristics. Describe and demonstrate the joint movements.	Chapter 1,2,3
1,2	Begin to think of exercises that increase the strength and endurance of individual muscle groups.	Chapter 8,13
3,4	Teach the patients how to perform the exercise safely and effectively to improve their ADL activities.	Chapter 8,13

Useful Resources
University library,internet,CDC

Course Content		
Week	Topics	Chapter in Textbook (handouts)
1	1) Introduction to kinesiology	1
2,3	2) The Musculoskeletal System	2
4,5	3) Neuromuscular Basis of Human Motion	2
6,7	4) Gait	4
8,9,10	5) Principles of Strength Training	5

Additional Notes

1. Assignments for missed lab sessions will not be accepted, for each day an assignment is late, 33.33% will be deducted from the grade.
2. Make-up (including assignments) work will be granted for excused absences only
3. Attendance will not count for points in this class, however attending the lectures and labs will greatly enhance your grade. The student is responsible for any information discussed in lecture and lab sessions.
4. Group discussions are highly recommended however it's crucial for each student to submit individual assignment, unless I indicate otherwise