



Course Syllabus

Course title:	Kinesiology & Biomechanics (Practical)	Course No:	1201106
Course level:	First year	Course prerequisite (s) and/or co-requisite (s):	Kinesiology & Biomechanics (1201105)
Lecture time:	S (10:00-12:00)	Credit hours:	1 Hours

Academic Staff Specifics

<u>Name</u>	<u>Rank</u>	<u>Location</u>	<u>Email address</u>
Prof.Dr.Samah Hosney Nagib	Professor	Physical Therapy Department	Samahnagib@ymail.com

Course Description

This course includes the basic concepts and terminology of kinesiology. It deals with the different types and analysis of forces and their applications on the human body. The use of mechanics in physiotherapy. Also, it includes understanding of normal biomechanics of bone and soft tissues under normal and pathological conditions.

Course Objectives

The course is designed to help the student should be able to apply the basic biomechanical principles and its application on human body.



Learning Outcome

Cognitive skills (thinking and analysis):

Interactive learning by participating the student into the lectures content.

Communication skills (personal and academic):

Review concept at office hours

Practical and subject specific skills (Transferable Skills):.

Doing homework and simple reports.

Course Outline and Time schedule

Week	Course Outline
First week	Introduction
2 nd week	Kinetics of the shoulder joint
3 rd week	Pathomechanics of the shoulder joint
4 th week	Kinematics of the elbow joint
5 th week	Pathomechanics of the elbow joint
6 th week	Kinematics of the wrist and hand joints
7 th week	Pathomechanics of the wrist and hand joints
8 th week	Kinetics of the hip joint
9 th week	Pathomechanics of the hip joint
10 th week	Kinematics of the knee joint
11 th week	Pathomechanics of the knee joint
12 th week	Kinematics of the ankle and foot joints
13 th week	Pathomechanics of the ankle and foot joints



Presentation methods and techniques

Methods of teaching varied according to the type of text, student and situation. The following techniques are usually used:

- ❖ Practical experimental work, tutorials, seminars
- ❖ Cooperative learning.
- ❖ Learning by activities.
- ❖ Connecting students with different sources of information

Sources of information and Instructional Aids

- ❖ Computer ... power point ...etc.
- ❖ Transparencies
- ❖ Distance learning
- ❖ Library sources

Assessment Strategy and its tools

The assigned syllabus is assessed and evaluated through: feedback and the skills that are acquired by the students

The tools:

- 1- Diagnostic tests to identify the students level and areas of weakness
- 2- Formal (stage) evaluation
 - a) Mid-term exam
 - b) Class Participation
 - c) Activity file
 - d) Final exam

Tool & Evaluation

The following table clarifies the organization of the assessment schedule:

Test	Grade
Mid-term Exam	25
Activities & Participation	25
Final Exam	50
Total	100



Activities and Instructional Assignment

Practical assignments to achieve the syllabus objectives.

Regulations to maintain the teaching-Learning Process in the Lecture:

- 1- Regular attendance online live lectures.
- 2- Respect of commencement and ending of the lecture time.
- 3- Positive relationship between student and teacher.
- 4- Commitment to present assignments on time.
- 5- High commitment during the lecture to avoid any kind of disturbance and distortion.
- 6- High sense of trust and sincerity when referring to any piece of information and to mention the source.
- 7- The student who absents himself should submit an accepted excuse.
- 8- University relevant regulations should be applied in case the student's behavior is not accepted.
- 9- Allowed Absence percentages is (not exceed 15 %).

References

- ❖ Kerr, An Introduction to Human Movement and Biomechanics, 7th Edition, Elsevier, 2019
- ❖ Mansfield: Essentials of Kinesiology for the Physical Therapist Assistant, 3rd Edition, Elsevier, 2019
- ❖ Neumann D.A: Kinesiology of the musculoskeletal system. Mosby: St louis, London, 2002.
- ❖ Zeevi : Clinical Biomechanics. Churchill Livingstone; New York, London; 2000.