

Class Discussion Questions-Written Project

Dear Students:

Each student will be required to answer all of the session questions for this Class Discussion-Written Project. The questions within each session correspond to the topic area of that session. It is recommended that you work on completing the session questions prior to moving onto the next session or taking the quiz for that session or upcoming sessions. In addition, completing this written project will prepare you for taking the final exam. For the project, you should use a 12 point font (Times Roman Numeral) and the document must be single spaced. Separate your answers to the questions by the session number. For example, write all your answers for session one questions under the title: Session One Answers. Follow the **“Writing Assignment Guidelines and Listing References”** details found in the Syllabus. There is no limit to the number of pages required to complete this assignment.

Grading and Cover Sheet:

Grading will be based upon the presentation, project format, and your ability to answer the questions correctly. Spelling, grammar, and quality of work will be graded as well for this written project and all future written materials you hand in. In addition, the report should include a Cover Sheet that includes your name, email address, course title, project title, and date. This written project is worth 100 points.

Project Completion:

This written project is due prior to receiving a final grade in this course. As soon as you have completed the project, please notify the instructor as specified in the last session. After receipt, the instructor will grade your report and post your grade in the Grade Book. The instructor may email you correct or recommend responses along with possible changes or edits you may need to make to your project before receiving a final grade. Please allow several days for the instructor to grade your assignment.

Directions on how to submit written report (you will submit your assignment Online):

- 1) Log-in to the course.
- 2) Find the assignment title within the course content and click on it
- 3) Click on “Submit Answer”
- 4) Paste your answer into the text box area and be sure to double check formatting (sometimes copying and pasting can undue formatting).
- 5) Hit “Submit”

If you do not send the report by following the directions 1-5 above your written report will not be graded. Please note that Late Reports will not be accepted!!!!

Good luck with your written project!!!!

Session One

Greetings Kinesiology Students:

Please complete Part I by answering all class discussion questions (CDQs) and Part II for full point value.

Part I:

Question 1: Which of the diarthrodial (freely movable) joints do you feel could be most susceptible to potential injury and why?

Question 2: Define the terms concentric, eccentric, and isometric. Describe three exercise movements or actions performed that have both a concentric and eccentric muscle contraction during the movement. For the three exercises you choose, describe when the concentric and eccentric phase would occur during the movement.

Question 3: With regards to the Sagittal, Frontal, and Transverse planes, describe the action (s) or movement (s) that occurs for each of these planes. Also, give an example of an exercise movement or sport that occurs in each plane as well.

Part II:

Please complete Part II by reading and reviewing numbers 1-9 below. After review and answering Part I questions, write the following sentence "I have read the syllabus for this course and agree to abide by the points addressed in Part II" and **Sign/Type your name and DATE**. Your typed or signed signature will indicate that you understand and agree to the point below.

1a. I have reviewed the course syllabus and course content.

1b. I can review the entire format of the certificate program on the STUDENT REGISTRATION TAB on each course website.

1c. I can download a document in Session 1 that provides a list of all required textbooks and course materials for all current and future certificate courses.

1d. I know that I need to contact the schools registrars department regarding questions pertaining to receipt of grade transcripts and the program graduation certificate.

2. I understand the grading procedures and point distributions.

3. I understand that if assignments and assessments (quizzes and final exam) are not completed and I do not receive a grade of 70 or higher, I cannot move onto the next course.

4. I understand that I cannot make up quizzes or exams.

5. I understand that I will be the only individual that uses the userid and password that I developed and I will not allow others to access the course.

6. I understand that all materials for the online courses are Copy written and that I will not copy course material/information for either myself or others to use or copy.

7. I understand that I will not divulge questions or answers on quizzes or exams.

8. I understand that I must maintain and use an active email account during this course.

9. I understand that in any email correspondence with any instructor, that I will put in all email subject headings "PFT Student" or other identification that may be required when sending assignments.

Thank you and Good luck on all your assignment.

Session Two

Greetings Students:

Please answer all questions provided below to receive full point value.

1) Describe the muscles that will elevate the scapula. Of the muscles that elevate the scapula, which is probably the agonist (primary) mover and which muscles act to assist or become synergistic in behavior. Please describe your reasoning.

2) Describe the muscles that are known as the "SITS" muscles. What is the importance of their function? List some exercise movements or actions that involve the "SITS" muscles.

3) Which muscles would allow for shoulder or glenohumeral abduction in the frontal plane? Which of the muscles is the agonist or primary mover and which is acting synergistically? Which muscles would be acting antagonistic during shoulder abduction?

Session Three

Greetings Kinesiology Students:

Please answer all questions provided below in detail for full point obtainment.

1) Name the three elbow flexors. Describe the unique features of each of the three elbow flexors and some different features that each provides.

2) Describe the muscles that provide the movements of pronation and supination. Describe two "daily living activities" that require the use of pronation and supination.

3) What bony and ligamentous structures articulate to form the elbow joint? Which collateral elbow ligament receives the most stress? Name some exercise movements or actions that create stress on this specific ligament.

Session Four

Hello Kinesiology Students:

Please answer all questions provided below in complete detail in order to earn full point value.

1) Name the muscles that provide hip extension and flexion. Name an exercise movement of action that will isolate the muscles that provide hip extension and flexion.

2) Name the muscles that provide knee extension and flexion. Name a specific exercise movement that will isolate the muscles that provide knee extension and flexion.

3) Which muscles work to provide plantarflexion of the ankle? Which muscles act as the agonist and antagonist to provide plantarflexion?

Session Five

Happy 5th session!!

Please answer all class discussion questions below for full point obtainment.

1) Name and describe the muscles that provide for flexion, extension, and lateral flexion of the neck. If you were involved in a car accident, which muscles would be most susceptible towards injuring the neck area? Please explain your conclusions.

2) Describe the importance of good posture. How can poor posture possibly harm the vertebral discs and ligaments based upon your knowledge of anatomy? Can poor posture affect muscular balances? Please explain.

3) Please explain how a limitation of motion or pain at the vertebral column can affect movement in the hip, knee, and ankle joint? Also, provide examples of personal observations or experiences.