

**Functional Anatomy for Kinesiology**  
**KINS 2424-001**  
**Fall 2025**  
**3 Credits**



### **Instructor Information**

Instructor: Nicholas Mirabito, MS, LAT, ATC

Pronouns: He/him/his

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Telephone: (215)204-4827

Office Location: Paley Hall 460D

Course Days: Tuesdays & Thursdays

Course Time: 9:30 AM – 10:50 AM

Course Location: Pearson Hall 217

Zoom room: <https://temple.zoom.us/j/709932133>

Student Drop-In Hours: I set aside time each week on Wednesday and Fridays to meet with students because I want to help you succeed! We can discuss the course content, your progress on the assessments, future career questions, or anything else you need to talk about. Given the number of students in our A&P classes, I kindly ask that you sign up for an appointment by [clicking here](#).

### **Course Prerequisites or Co-Requisites**

In order to take this course, you must have taken KINS 1223 and passed with a C or better.

### **Course Description**

This course is designed to introduce the student to the basic principles of kinesiology and functional anatomy as they relate to normal movement. Basic neuromusculoskeletal assessment techniques such as identification and palpation will be emphasized in the course.

### **Course Format/Instructional Methods (How the Course Will be Taught)**

**Course Format Methods:** In-Person with Asynchronous Activities

**Instructional Methods:** Lecture, Small group activities and Independent skills practice.

In addition to in-person classes students will be expected to practice skills independently and complete asynchronous course work. The rationale for this approach is that the asynchronous activities allow students more time to research additional information (using course materials and outside readings/materials) to support their class contributions, as well as spaces for individual reflection. The

synchronous sessions allow the instructor and students to engage in live discussions, raising and answering questions that stem from the course materials and skills discussed.

### **Course Expectations for Student Success**

I am here to support your learning goals in the class, and I want to see everyone succeed. I encourage you to use all available resources, including advisors, and Library Resources to assist you with the course. On average, over the semester, this course will require approximately 9 hours of your time per week. Please plan to spend approximately 6 hours each week reading materials, completing assignments, and watching assigned videos. Additionally, plan to spend an additional 3 hours/wk for the scheduled class meeting time. These expectations are based on the premise that 1) this course is a 3-credit course that meets for 3 hours each week for 14 weeks and 2) Temple's policy on credit hours states that 1 semester credit is equivalent to 1 hour (50 minutes) of faculty instruction time per week for 15 weeks (inclusive of exam week) AND a minimum of 2 hours of out-of-class student work.

### **Statement on Diversity and Inclusion**

The College of Public Health supports and encourages diversity and inclusion. I am committed to the principle of universal learning which means that I will do all that I can to make our classrooms, our virtual meetings, and our interactions as inclusive as possible. To support universal learning, I will promote an environment of mutual respect, civility in our interactions, and the ability to listen and observe others– I expect that all participants in the class will work towards the same goal.

You have the right to be addressed by your preferred name and personal pronouns. Sharing your preferred pronouns publicly is one way we can all honor each other's preferences. I will address you how you wish to be addressed.

You have the right to full access to all course materials and you are welcome to translate the course materials. If you feel any form of harassment or discrimination, please contact our [CPH and SW Equal Opportunity Ombudspeople](#).

If you need accommodations based on a documented disability, please contact Disability Resources and Services in Howard Gittis Student Center room 420, 215-204-1280 or 215-204-1786 (TTY) or [via email](#). Please reach out to me as soon as possible to discuss your needs and to share any documentation from DRS so that we can appropriately plan for success. Accommodations are not retroactive.

## Course Technology Requirements

**Canvas:** Students will be able to access all course materials and grades on canvas. There will be regular announcements made throughout the course on canvas with information regarding class, exams, or any other important material during the semester. It is expected that students will have access to email to receive any announcements and will regularly check their e-mail at least once a day.

**Zoom:** In case of emergency, classes may be held on Zoom. It is expected that students have a camera and microphone so that they can participate in class activities should class need to be held online.

**Proctorio:** Students will take online quizzes/exams in this course. To ensure students complete quizzes/exams in an ethical manner, an electronic proctoring program called Proctorio (<https://proctorio.com/support>) will be used. Proctorio verifies students' identity, blocks availability to other webpages, prevents copy/paste/print, records video and audio of test sessions, and flags suspicious activity during recorded test-session. After quizzes/exams are completed, the instructor reviews a report from Proctorio to identify possible test-taking infractions. Any form of academic misconduct during proctored exams are subject to the policies specified by Temple's Academic Disciplinary Committee.

Please note at the time of each quiz/exam, students must have access to a:

- Quiet space
- Computer
- Microphone (USB or internal)
- Temple ID

If you are unable to complete a proctored exam and/or need to request for alternative test taking options, contact the instructor immediately. For additional information about online proctoring with Proctorio, please visit the [Support for Test-Takers and FAQ page](#).

You are required to comply with [Temple University's Computer and Security Policy](#). You are also expected to adhere to the [CPH laptop requirement](#) policy.

Limited resources are available for students who do not have the technology they need for class. Students with educational technology needs, including no computer or camera or insufficient Wifi access, should submit a Student Technology Assistance Application located in TUPortal and linked from the [Dean of Students Support and Resources webpage](#). The university will endeavor to meet needs, such as with a long-term loan of a laptop or Mifi device, a refurbished computer, or subsidized internet access.

Limited resources are available for students who do not have the technology they need for class. Students with educational technology needs, including no computer or camera or insufficient Wifi-access, should submit a Student Technology Assistance Application located in TUPortal and linked to the Dean of Students Support and Resources webpage. On-campus computer labs have resumed normal operations and are available for your use. The Affordable Connectivity Program is available to purchase discounted internet services and devices for qualified individuals. On-campus computer labs are available for student use. Note that there are technology resources available for students, including on-campus computers available for student use, [the Tech Center](#) computer labs and free [laptop and battery borrowing](#) at Charles Library, software that is available for free download and other specialty software that may be available for remote access through ITS.

### Statement on the Use of Generative AI in this course

The use of generative AI tools (e.g. ChatGPT, Dall-e, etc.) is permitted in this course for the following activities:

- Brainstorming and refining your ideas
- Finetuning your research questions
- Finding information on your topic
- Drafting an outline to organize your thoughts
- Checking grammar and style.

The use of generative AI tools is not permitted in this course for the following activities:

- Impersonating you in classroom contexts, such as by using the tool to compose discussion board prompts assigned to you or content that you put into a Zoom chat.
- Completing group work that your group has assigned to you, unless it is mutually agreed upon that you may utilize the tool.
- Writing a draft of a writing assignment.
- Writing entire sentences, paragraphs or papers to complete class assignments.

You are responsible for the information you submit based on an AI query (for instance, that it does not violate intellectual property laws, or contain misinformation or unethical content). Your use of AI tools must be properly documented and cited in order to stay within university policies on academic honesty.

### E-mail

To facilitate communication, the university requires you to have an e-mail account ending in @temple.edu. This can be found in the [Information Technology Services Policy](#). During the semester, I will try to return

your e-mail within 36 hours unless I am out of the office or the university is closed. E-mails sent after noon on Fridays will generally not be returned until Monday—please plan accordingly. Please remember that e-mails regarding technological questions should be directed to Temple’s Help Desk at [help@temple.edu](mailto:help@temple.edu).

### Required Course Materials

This course has been redesigned with support from the [Textbook Affordability Project](#) at [Temple University Libraries](#). To keep your course materials costs to a minimum, **this course uses an e-book available at no cost** to you through Temple University Libraries, rather than traditional textbooks.

Phillips, J. & O’Hara, M. *Hands-on Anatomy*. Philadelphia: North Broad Press.

You can access the e-book at <https://temple.manifoldapp.org/projects/hands-on-anatomy>.

I am interested in your experience using these materials and welcome your feedback at any time throughout the semester.

### Course Objectives and Competencies

The following table is intended to be a pathway to guide you through the course so that you can see the connections between the course learning objectives and how you will be assessed.

LEARNING OBJECTIVE		DIRECT /INDIRECT ASSESSMENT TOOL
1.	Palpate and identify bones and boney landmarks.	Quizzes, Written Exams, Practical Exams, Structured Class Activities
2.	Palpate and identify muscle origins and insertions as well as other soft tissue structures.	Quizzes, Written Exams, Practical Exams, Structured Class Activities
3.	Identify and demonstrate muscle actions.	Quizzes, Written Exams, Practical Exams, Structured Class Activities
4.	Evaluate muscle function including range of motion and manual muscle testing.	Quizzes, Written Exams, Practical Exams, Structured Class Activities
5.	Evaluate basic neurological functioning through cranial nerve, dermatome, myotome, and reflex testing.	Quizzes, Written Exams, Practical Exams, Structured Class Activities

## Required Course Assessments

Students will be graded on the following assessments:

### **Practical Exams (30%)**

There will be three practical exams in which students will be asked to demonstrate the skills of palpation, range of motion testing, and manual muscle testing on a partner. These exams will be conducted in-person. No make-up exams will be given, except for University approved events or illness with a doctor's note.

Practical Exam 1: Shoulder & Arm

Practical Exam 2: Forearm, Hand, Spine, & Thorax

Practical Exam 3: Pelvis, Thigh, Leg, Foot, & Neurological Material

### **Written Exams (30%)**

There will be three written exams consisting of about 60 questions with an array of question types including multiple choice, true/false, matching and open-ended questions. Examinations will cover material presented in class and material associated with assigned readings. Lecture exams will be administered online through proctorio and canvas. Students will need a working microphone for Proctorio. The exams will cover specific lectures (as indicated on the schedule and below) but knowledge of material in prior lectures will be assumed. Make-up exams will not be provided. Exceptions will be made only if PRIOR arrangements have been made with the instructor or under extraordinary circumstances.

Written Exam 1: Shoulder & Arm

Written Exam 2: Forearm, Hand, Spine, & Thorax

Written Exam 3: Pelvis, Thigh, Leg, Foot, & Neurological Material

### **Homework (15%)**

Homework will be given to prepare you for class activities and help you review information covered in previous courses. There are two types of "homework" assessments – pre-class preparation assignments on Canvas and palpation videos. Further details concerning these assignments can be found on canvas. Late work will not be accepted, unless the student has a university approved excuse which is communicated to the instructor in a timely manner.

### **Quizzes (15%)**

There will be four written quizzes consisting of an array of question types including multiple choice, true/false, open ended, and matching questions. Quizzes will cover reading material of the unit and will be

administered in person at the start of class. Make-up quizzes will not be provided. Exceptions will be made only if PRIOR arrangements have been made with the instructor or under extraordinary circumstances.

### **Participation (10%)**

For every class meeting students must be in attendance, on-time, prepared, and participate fully. For this, 5 points will be awarded. Should a personal/medical emergency occur resulting in the student missing class, the student should contact the instructor prior to class, or in a timely manner, in order to be excused for the day.

<b>Grading Scale</b>				
93-100 A	87-89 B+	77-79 C+	67-69 D+	0-59 F
90-92 A-	83-86 B	73-76 C	63-66 D	
	80-82 B-	70-72 C-	60-62 D-	

Each assignment will receive a numerical grade and be weighted in the calculation of a final numerical grade as indicated above. Grades of .50 and higher will be rounded up, while grades of .49 and below will be rounded down. ***There will be no extra credit offered in this course.***

### **Attendance Protocols**

To achieve course learning goals, you must attend and participate in classes. It is your responsibility to contact me to create a plan for participation and engagement in the course as soon as you can, and to plan to complete all assignments in a timely fashion when illness delays their completion. Participation points may be made up twice over the course of the semester by attending an office hour appointment with me. The office hour appointment must be within one week of your absence.

#### School-Life Conflict

Many unpredictable things can happen over the course of a semester. If you find yourself struggling to balance your education and your other commitments, please reach out to me immediately so that we can work together to build a plan for your success. Some of the resources in the next section may also be of use to you.

#### Attendance and Your Health

To achieve course learning goals, students must attend and participate in classes, according to the course requirements. However, if you have tested positive for or are experiencing symptoms of a contagious illness, you should not come to campus or attend in-person classes or activities. It is your responsibility to

contact me to create a plan for participation and engagement in the course as soon as you can do so, and to make a plan to complete all assignments in a timely fashion.

### Religious Holidays

It is your right to observe religious holidays without impacting your opportunity to learn and succeed in this course. Please reach out to me at the start of the semester so that deadlines can be reviewed in advance of your religious observations. You will still be held responsible for course content and any assignments, but you will not lose points for attendance and participation on days important to your faith.

### Caregiver Responsibilities

I have great respect for students who are pursuing their education while responsible for the care of children or other family members. Please contact me if you encounter challenges that require you to miss a class session, or if your caregiving responsibilities are interfering with your success in the course. Together we may be able to find some flexibility to support your learning.

### Course Minimum Grade

The College of Public Health requires that all undergraduate students achieve a minimum grade of “C” for all courses which are considered required for their major. Please check the undergraduate bulletin (<http://bulletin.temple.edu/undergraduate/>) to confirm if this class is a major requirement for your program. For further questions, please see your academic advisor.

### Course Schedule

Our course schedule can be found at the bottom of the syllabus.

Please note that the assignments, readings, quizzes, exams, activities, other evaluative assessments as well as preparation/studying are aligned with [Temple University’s credit hour policy](#): “One semester credit is equivalent to one hour (50 minutes) of instruction time per week for 15 weeks, which includes one week for exams; and a minimum of two hours of out-of-class student work each week per credit hour. An equivalent amount of work is required for other academic activities such as laboratory work, internships, practica, studio work, or other academic work leading to the award of credit hours.”

The course schedule may be subject to change with advanced written notification.

### **General Policies**

All University undergraduate (<http://bulletin.temple.edu/undergraduate/academic-policies/> and College of Public Health policies will be upheld. The Undergraduate Student Handbook for the College of Public Health details College expectations: (<http://cph.temple.edu/student-handbooks>).

### **Remote Proctoring Statement**

Zoom, Proctorio or a similar proctoring tool may be used to proctor exams and quizzes in this course. These tools verify your identity and record online actions and surroundings. It is the learner's responsibility to have the necessary government or school issued ID, a laptop or desktop computer with a reliable internet connection, the Google Chrome and Proctorio extension, a webcam/built-in camera and microphone, and system requirements for using Proctorio, Zoom, or a similar proctoring tool. Note that faculty cannot require room scans.

### **Incomplete**

You will be eligible for a grade of "Incomplete" only if you: 1) have completed at least 51% of the work at a passing level, 2) are unable to complete the work for a serious reason beyond his or her control, and 3) file a signed agreement with the instructor outlining the work to be completed and the timeframe in which that work will be completed. You are responsible for initiating this process and all incomplete forms must be sent to the Associate Dean for Academic Affairs before the start of study days in that semester. [The incomplete policy](#) is University Policy 2.10.13.

### **Withdrawal from the Course**

If you wish to withdraw from a course, it is your responsibility to meet the deadline for the last day to withdraw within the current semester, as outlined on the [University Academic Calendar](#). Please consult the [University policy on withdrawals](#).

### **Statement on Academic Rights & Responsibilities**

Freedom to teach and freedom to learn are inseparable facets of academic freedom. I have the freedom and responsibility to design and facilitate our learning environment to best achieve the promise of the course as outlined in its official description. You have the responsibility to engage with the course in good faith and freedom from mistreatment when your opinion differs from mine. Note that it is not abuse of this freedom for me to require that you support relevant opinions with clear argumentation and solid evidence. Please refer to the [university policy on Student and Faculty Academic Rights and Responsibilities](#) (Policy #03.70.02).

## Academic Honesty

According to the University Student Code of Conduct, you must not commit, attempt to commit, aid, encourage, facilitate, or solicit the commission of academic dishonesty and impropriety including plagiarism, academic cheating, and selling lecture notes or other information provided by an instructor without the instructor's authorization. Violations may result in failing the assignment and/or failing the course, and/or other sanctions as enumerated in [the University Code of Conduct](#).

## Resources and Support

Sometimes the biggest factors impacting student success are things happening beyond the scope of the individual classroom. Temple provides a wide array of resources both to help you overcome academic challenges and those not directly related to the educational challenges of the course. Please reach out to me if you need help deciding which resources might be right for you.

CPH Impact Center- located on the 2<sup>nd</sup> floor of Paley Hall will provide programming related to student success and features sensory rooms, quiet study areas, and other supports for CPH students.

[Student Success Center](#)

[University Libraries](#)

[Undergraduate Research Support](#)

[Career Center](#)

[Tuttleman Counseling Services](#)

[Disability Resources and Services](#)

[Student Health Services](#)

If you are experiencing food insecurity or financial struggles, Temple provides resources and support. Notably, the Temple University [Cherry Pantry](#) is in operation as well as a variety of resources from the [Division of Student Affairs](#).

## Sexual Misconduct

Temple University is committed to providing a learning and working environment that emphasizes the dignity and worth of every member of its community, free from discriminatory conduct. Sexual harassment in any form or context is contrary to this commitment and will not be tolerated. Please refer to the [University policy on sexual harassment](#). [Additional resources related to sexual harassment](#) and ways in which to report an incident are available.

## **Technology Usage & Permission to Record**

Excellence in any endeavor requires attention. To that end, we need to be mindful of the unnecessary use of technology in the class. To avoid distracting yourself or others, please only use your laptop, phone, or other device for activities relevant to the course. If you find yourself needing to take a call or participate in a text, please excuse yourself from the classroom and return as soon as you are able.

Please speak with me in advance of recording a class to be respectful of classmates. Recording of lectures as a disability accommodation is permitted. You are not permitted to copy, publish, or redistribute any recordings without express permission from the instructor and any students recorded; distribution without permission may be a violation of educational privacy laws (FERPA) and copyright laws. Any recordings permitted in this class can only be used for the student's personal educational use. Instructors may record live/synchronous class sessions to share through Canvas for students unable to attend class or as a study tool. The instructor will inform the class in advance and can pause the recording, upon request, if sensitive topics are being discussed. All instructor recordings are property of Temple University. To record any personal, faculty or group meeting, students must have consent from everyone participating in the conversation whether in-person or via zoom.

## **Netiquette Statement**

It is important to foster a respectful and productive online learning environment. Our differences, some of which are outlined in the University's nondiscrimination statement, add richness to this learning experience. All opinions/experiences must be respected in the spirit of academic discourse. Treat your classmates and instructor with respect in all communication, class activities, and meetings; do not attack any individual. Avoid the use of profanity, sarcasm, slang, and the use of all capital letters in discussion threads, as these forms of communication, may be disruptive.

## **Library Resources**

You may request appointments with librarians who can provide targeted assistance at all stages of your project, including exploring a topic, Temple's academic research tools, and identifying and citing sources. A Subject Librarian has the skills to focus on your major or the class you are taking. Schedule appointments individually or in small groups. Easy access to program-specific resources may be found in [Library research guides](#).

### **Continuity of Instruction in Event of Emergency**

Please register for the [TUALert System](#) to be made aware of university closures due to weather or emergencies and follow all university-wide emergencies instructions. In the event of an emergency, class materials/instructions may be provided in a web-based format via Canvas or zoom. Students registered for the class will be alerted to any other modifications from the instructor through a Canvas announcement or email.

KINS 2424-001

Functional Anatomy for Kinesiology

Fall 2025



Week	Date	Topic	Assignment
1	8/26	Introductions/ Syllabus Overview	
	8/28	Background Terminology & Information (Ch. 1)	<b>Pre-Class Preparation #1</b> due on Canvas
2	9/2	Shoulder and Arm (Ch. 2) Palpations - Skeletal Landmarks	<b>Pre-Class Preparation #2</b> due on Canvas
	9/4	Shoulder and Arm (Ch. 2) Palpations - Muscles and Other Soft Tissue Structures	<b>Pre-Class Preparation #3</b> due on Canvas
3	9/9	Palpation Practice <i>*9/11 Last day to drop</i>	<b>Quiz 1</b> in class
	9/11	Shoulder and Arm (Ch. 2) ROM and MMT	
4	9/16	Open Lab	<b>Palpation Video 1</b> due by 11:59pm on Canvas
	9/18	Review Unit 1	<b>Proctorio Practice Quiz</b> due by 11:59pm on Canvas
5	9/23	<b>Written Exam #1 (Group 1) / Practical Exam #1 (Group 2)</b>	
	9/25	<b>Written Exam #1 (Group 2) / Practical Exam #1 (Group 1)</b>	
6	9/30	Elbow & Forearm (Ch. 3)/ Wrist & Hand (Ch. 4) Palpations - Skeletal Landmarks	<b>Pre-Class Preparation #4</b> due on Canvas
	10/2	Elbow & Forearm (Ch. 3)/ Wrist & Hand (Ch. 4) Palpations - Muscles and Other Soft Tissue Structures	<b>Pre-Class Preparation #5</b> due on Canvas

7	10/7	Elbow & Forearm (Ch. 3)/ Wrist & Hand (Ch. 4) ROM and MMT	<b>Quiz 2</b> in class
	10/9	Elbow & Forearm (Ch. 3)/ Wrist & Hand (Ch. 4) Review	<b>Palpation Video 2</b> due by 11:59pm in Canvas
8	10/14	Spine and Thorax (Ch. 5) Palpations – Skeletal and Soft Tissue Structures	<b>Pre-Class Preparation #6</b> due on Canvas
	10/16	Spine and Thorax (Ch. 5) ROM and MMT	
9	10/21	Open Lab	<b>Palpation Video 3</b> due by 11:59pm in Canvas
	10/23	Review Unit 2	
10	10/28	<b>Written Exam #2 (Group 2) / Practical Exam #2 (Group 1)</b>	
	10/30	<b>Written Exam #2 (Group 1) / Practical Exam #2 (Group 2)</b>	
11	11/4	Lower Extremity (Ch. 6, 7, & 8) Skeletal Palpations	<b>Pre-Class Preparation #7</b> due on Canvas
	11/6	Lower Extremity (Ch. 6, 7, & 8) Soft Tissue Palpations	<b>Pre-Class Preparation #8</b> due on Canvas  <b>Quiz 3</b> in class
12	11/11	Lower Extremity (Ch. 6, 7, & 8) Soft Tissue Palpations (continued)	<b>Pre-Class Preparation #9</b> due on Canvas
	11/13	Lower Extremity (Ch. 6, 7, & 8) ROM & MMT	

13	11/18	Neurological Screen (Dermatomes, Myotomes, & Cranial Nerves)	<b>Quiz 4</b> in class
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	11/20	Open Lab	<b>Palpation Video 4</b> due by 11:59pm in Canvas
14	<b>Thanksgiving Break</b> <b>Monday, November 24th – Sunday, November 30th</b>		
15	12/2	Review Unit 3	
	12/4	<b>Final - Written Exam #3 (Both Groups)</b>	
<i>Monday 12/8: Last day to withdraw from full-term courses</i>			
<b>Final - Practical Exam #3 (Both Groups)</b> <b>Thursday, December 11th: 8 AM – 10 AM</b>			