**Instructor:** Gregg S Mallett, PhD, MS, ATC

**Email:** [Gregg.mallett@unt.edu](mailto:Gregg.mallett@unt.edu)

**Office:** PEB 210C

**Phone:** 940-369-7326

**Office Hours:** M: 9:00am – 10:00am

T: 9:00am – 9:30am

W: 9:00am = 10:00am

Th: 9:00am – 9:30am

F: 9:00am – 11:00am

By appointment

Office hours offer you an opportunity to ask for clarification or find support with understanding class material. Visit me! I encourage you to contact me and/or my graduate assistant (GA) for support.

I request that when you email me to schedule an appointment outside of the posted office hours, you please specify the nature of the discussion you would like to have. This way, we can be as efficient as possible with our time while ensuring that I address your concerns.

**Communication between the Instructor and Students**

Open dialogue is fundamental to success in this course. Office visits (during office hours and scheduled appointments) and casual conversations are welcome. E-mail is also a preferred method of communication. **If you can remember, please email me rather than messaging me through Canvas, as I sometimes do not receive messages**. The instructor will reply to all emails within 24 hours **(periodically over the weekend).** If an emergency arises, please do not hesitate to contact me, and I will respond promptly.

**Role of the Instructor**

The instructor must provide students with the course content, resources, and opportunities to learn and complete the course outcomes. Additionally, the instructor will clearly and accessibly outline the course and classroom policies. The instructor will be available to answer questions and address concerns students may have regarding the course. The instructor will return all assignments, exams/and quizzes within one (1) week.

**Role of the Student**

It is expected that each student will attend every lecture (unless an emergency arises) and be prepared to actively participate in class discussions. It is the student's responsibility to bring the necessary materials (textbook, laptop, etc.) to successfully achieve the daily objectives. **The student is solely responsible for completing assignments on time and submitting them to Canvas in the appropriate format**. Each student is expected to take the exam on the scheduled day. The student is responsible for participating in all class discussions and question-and-answer sessions. The student is responsible for arranging to take make-up quizzes and tests. The student is responsible for communicating any concerns to the instructor.

**Welcome to UNT**

As members of the UNT community, we have all committed to being part of an institution that respects and values the identities of the students and employees with whom we interact. UNT does not tolerate identity-based discrimination, harassment, and retaliation. UNT’s full Non-Discrimination Policy can be found in the UNT Policies section of the syllabus.

**Course Description**

Biomechanics is an introductory course designed to educate students on the basic principles of biomechanics and their applications to human movement. This course will involve analyzing efficient movement through a study of mechanical and anatomical principles and their application to human movement.

As a hybrid course, students are expected to complete the recorded interactive lecture, module quizzes, and content. The online course materials will be available through Canvas. Information on how to be successful in a remote learning environment can be found at <https://online.unt.edu/learn>.

**Course Prerequisites**

PHED 1000, KINE 2030, KINE 2050, and KINE 3080 with a minimum average GPA of 3.0 across courses. BIOL 2301/2311 (Human Anatomy) and MATH 1680 with a C or better, or consent of the instructor. Basic algebra skills are needed to complete this course successfully.

**In-person Class Lectures**

Location

PEB 216

**Time**

Section 1: Tuesday, 9:30am – 10:50am

Section 2: Thursday, 9:30am – 10:50am

**Please attend your officially registered section.**

**Text**

McGinnis, PM. Biomechanics of Sport and Exercise, 4th ed., 2020. McGinnis PM. *Biomechanics of Sport and Exercise, 4th Edition*. Champaign, IL: Human Kinetics, 2020. ISBN: 9781492571407.

**Course Objectives**

Upon successful completion of this course, students will be able to (numbered in order of presentation):

1. **Define and describe** the mechanical aspects of human motion.
2. **Apply** physical laws of motion to analyze human motion and performance quantitatively and qualitatively.
3. **Identify and apply** physical laws of motion to solve problems of human motion.
4. **Recognize and analyze** the relationship between mechanical properties and anatomical functions.
5. **Identify** how biomechanical principles can be applied to examine human activities such as sport and orthopedic rehabilitation.

**Course Expectations**

1. Keeping up with course materials: As a student in this hybrid course, it is your responsibility to stay current and complete your work on time. Course modules will be released weekly, and you will have one week to complete all module content. Examples of module content include interactive lectures, supplemental readings, practice problem sets, and quizzes.
2. As canvas assignments may have time limits or strict deadlines, undocumented technical difficulties will not be accepted as an excuse for late or incomplete work
3. If you have special learning needs, please inform the instructor promptly.
4. If at any point during the semester you are unhappy with your performance in this class, please contact the instructor **immediately**.
5. **Academic dishonesty** will not be tolerated (i.e., plagiarism, cheating) and will result in a failing grade.

|  |  |  |  |
| --- | --- | --- | --- |
| KINE 3050: COURSE CALENDAR FALL 2025 | | | |
| WEEK | **DATE** | **INTERACTIVE** | **CLASS**  Tues, 9:30 – 10:50am **OR**  Thurs, 9:30 – 10:50am |
| 1 | 8/18 – 8/24 | Module 1, Introduction to Biomechanics | Course Introduction |
| 2 | 8/25 – 8/31 | Module 2, Forces | Linear Kinetics, Part I |
| 3 | 9/1 – 9/7 | Module 3, Linear Kinematics | Linear Kinematics |
| 4 | 9/8 – 9/14 | Module 4, Linear Kinetics | Linear Kinetics, Part II |
| 5 | 9/15 – 9/21 | Module 5, Work, Energy, and Power | Linear Kinetics, Part III |
| 6 | 9/22 – 9/28 | **EXAM 1** |  |
| 7 | 9/29 – 10/5 | Module 6, Torques and Moments | Angular Kinetics, Part I |
| 8 | 10/6 – 10/12 | Module 7, Angular Kinematics | Angular Kinematics |
| 9 | 10/13 – 10/19 | Module 8, Angular Kinetics | Angular Kinetics, Part II |
| 10 | 10/20 – 10/26 | Module 9 (Part 1 & 2), Tissue Stress, Bone, Joints, Tendons, and Ligaments | Internal Biomechanics |
| 11 | 10/27 – 11/2 | Module 10 (Part 1 & 2), Muscle | Muscle Considerations |
| 12 | 11/3 – 11/9 | **EXAM 2** |  |
| 13 | 11/10 – 11/16 | Module 11, Upper Extremity | Upper Extremity |
| 14 | 11/17 – 11/23 | Module 12, Lower Extremity | Lower Extremity |
| *15* | **11/24 – 11/30** | ***ENJOY YOUR THANKSGIVING BREAK*** | ***NO INTERACTIVE LECTURE*** |
| 16 | 12/1 – 12/7 | Module 12, Gait / Review | Gait |
| FINAL | 12/8 – 12/13 | **THURSDAY, DECEMBER 11, 8:00a – 10:00a** |  |

**Note**: The following information is designed to help the class run smoothly. ***The instructor reserves the right to make additions and adjustments as necessary***. Please review the syllabus carefully to see if the course is one that you are committed to taking. If you have any concerns, please discuss them with me at your earliest convenience.

**Learning Modules**

The course material has been divided into 12 learning modules (See the course calendar). It is recommended that you navigate the course content from the Canvas “Modules” tab. The first item in each module is a **Start Module page** that outlines the beginning of a new module. Each module concludes with an **End Module page**.

There is an independent, interactive lecture that has been pre-recorded using a voice-narrated PowerPoint presentation. This lecture and the associated module quiz must be completed by the end of the corresponding week. The in-person lecture will contain information that builds on the interactive lecture content. The only way to receive all class content is to attend class. In-person lectures will not be recorded except in exceptional circumstances. In addition to lectures and quizzes, learning modules may include supplemental readings, videos, practice problem sets, and assignments. It is expected that a minimum of 75 minutes will be devoted to the material within the Interactive section. **You must complete all pages within each module in sequential order!!!**

**Module Quizzes**

Each module contains a quiz(zes) to assess your comprehension of the in-class and online interactive lectures. These quizzes are designed to help you check your understanding and stay on track with the course material. You will be allowed to submit one attempt for each quiz before it closes. Each quiz has a time limit, so be sure to monitor the time displayed in the top-right corner. **All quizzes will be through Canvas. Missed quizzes cannot be made up.**

**Practice Problems**

Many of the modules in this course require some basic Algebra work. To be successful, you will need to be comfortable rearranging the equations provided to solve an unknown variable. For modules with a heavy computational focus, you will find a list of practice problems included. Try completing the problems on your own before looking at the solutions at the bottom of the document. I recommend making the practice problems a part of your weekly routine. You should solve these problems with the use of your Quick Reference Equations Sheet, which you will be allowed to use on your exams.

**Exams**

During this class, you will complete three (3) exams. The first two exams will be completed during the scheduled class time on Tuesday or Thursday. The final comprehensive exam will be administered during our designated final exam time.

Exams must be taken during the allotted in-class time and the regularly scheduled finals period **unless approved by the instructor** to take the exam at a different time. Make-up exams will be considered only for exceptional circumstances or university-approved absence. You are responsible for bringing a No. 2 pencil and a handheld calculator to all exams. **No phone calculators will be allowed.** Extras will not be provided. While our smartphones do function as calculators, they will not be permitted during exams and must be stored. Additionally, you will not be permitted to share a calculator with a classmate.

If a student arrives late for an exam and one or more students have already started the exam, the late student will not be allowed to take the exam and will receive a score of 0 for that exam. Make-up exams will be considered only for exceptional circumstances or university-approved absence. Any student who fails to contact the instructor before missing an exam or quiz may not be allowed to make up the missed exam. It is your responsibility to contact the instructor in case of an emergency. Exams and quizzes will not be rescheduled based on an individual’s personal/work/school schedule. Please plan. Questions or concerns regarding grading for any exam, quizzes, or assignments must be resolved with the instructor within one week of the posted grade.

**It is the instructor's policy not to release answers to quizzes and exams. If you have questions regarding incorrect answers, please feel free to ask in class, within the Student Discussion Boards, or schedule an appointment during office hours.**

**Assignments**

Because we only meet once a week, every class meeting is essential to your success. To encourage your attendance, punctuality, and learning, we will often engage in small group discussions to solve applied problems and participate in hands-on learning activities. During these activities, students will earn points for actively contributing to the group or lab activity. Assignments may also include individual work and/or take-home assignments.

**Discussions**

The purpose of these forums is to keep the students up to date with the readings and course content. These are **REQUIRED** forums based on reading and are individual assignments. The student is to make a post regarding any “muddy or unclear” points from the readings. Students are also encouraged to ask questions and engage in dialogue with classmates. The instructor does not necessarily have to be the individual who responds to, and answers posted questions and comments. Although the general forums have due dates, students are encouraged to revisit and post questions in previous forums. Please write in the forum. **DO NOT ATTACH A DOCUMENT**. **Once the due date has passed, the forums cannot be made up, and a grade of 0 will be issued.** During the discussion process, please treat your peers and the instructor with respect (See “Rules of Engagement” below).

**Late Assignment Policy**

**All assignments must be submitted on Canvas and in the proper format by the due date.** When uploading documents to Canvas, students will upload assignments as **MS Word files**. Assessments will not be discussed in lectures. **If you would like to discuss exams, quizzes, and assignments, please schedule an appointment. Late assignments will not be accepted!!**

**Course Evaluations**

The Student Perceptions of Teaching (SPOT) is the student evaluation system for UNT, enabling students to provide constructive feedback confidentially to their instructor and department, thereby enhancing the quality of their student experience in the course. This short survey will be made available to you at the end of the semester, providing an opportunity for you to comment on how this class is taught. I consider the SPOT to be an essential part of your participation in this class. Extra credit will not be issued for completion of the SPOT evaluations.

**Assessing Your Work**

Final grades will be determined based on the total number of points that you accumulate during the semester. See tentative point breakdown below.

|  |  |
| --- | --- |
| Component | Points |
| Assignments (Anatomical Terminology, Anatomical Assignment, Center of Mass, Take Home, Labs) | 230 |
| Student Discussions (1-15) | 30 |
| Module Quizzes | 150 |
| Exam 1 | 100 |
| Exam 2 | 100 |
| Final Exam | 100 |
| Total Points | 710 |

Final letter grades will be determined using the grading scale provided below. The grade cutoffs will be firm.

**Grading Scale**

A: ≥90% of total points, 639 - 710

B: 80-89% of total points, 568 – 638

C: 70-79% of total points, 497 – 567

D: 60-69% of total points, 426 – 496

F: <60% of total points, <425

**Note**: I will not respond to emails about extra credit or leniency in grading at the end of the semester.

**Note:** Students will not be allowed to take an ‘Incomplete’ due to poor planning on their part. If you believe you have a legitimate reason for an Incomplete, please discuss the situation with me as soon as possible to determine the required documentation that will support your request. Please consult the UNT catalog to review the conditions under which an incomplete may be granted.

**Technical Assistance**

Part of working in the online environment involves dealing with the inconveniences and frustrations that can arise when technology breaks down or does not perform as expected. Here at UNT, we have a Student Help Desk that you can contact for help with Canvas or other technology issues.

UIT Help Desk: UIT Student Help Desk site (<http://www.unt.edu/helpdesk/index.htm>)

Email: [helpdesk@unt.edu](mailto:helpdesk@unt.edu)

Phone: 940-565-2324

In Person: Sage Hall, Room 130 Walk-In Availability: 8am-9pm Telephone Availability:

* Sunday: noon-midnight
* Monday-Thursday: 8am-midnight
* Friday: 8am-8pm
* Saturday: 9am-5pm
* Laptop Checkout: 8am-7pm

For additional support, visit Canvas Technical Help ([https://community.canvaslms.com/docs/DOC-10554- 4212710328](https://community.canvaslms.com/docs/DOC-10554-%204212710328))

**Minimum Technology Requirements**

Minimum technology requirements include:

* Calculator
* Computer
* Reliable internet access
* Speakers
* Microphone
* Canvas Requirements (<https://clear.unt.edu/supported-technologies/canvas/requirements>)

**Computer Skills & Digital Literacy**

Course-specific technical skills learners must have to succeed in the course include:

* Using Canvas
* Using Zoom
* Using Lockdown Browser
* Using email with attachments
* Downloading and installing software

**Attendance**

Students are expected to attend class meetings regularly and adhere to the attendance policy established for the course. You must communicate with the professor and the instructional team before being absent, so you, the professor, and the instructional team can discuss and mitigate the impact of the absence on your attainment of course learning goals.

**Rules of Engagement**

Rules of engagement refer to the expected interactions between students and their instructors. Here are some general guidelines:

* While the freedom to express yourself is a fundamental human right, any communication that utilizes cruel and derogatory language based on race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal, or state law will not be tolerated.
* Treat your instructor and classmates with respect in any communication online or face-to-face, even when their opinion differs from your own.
* Ask for and use the correct name and pronouns for your instructor and classmates.
* Speak from personal experiences. Use “I” statements to share thoughts and feelings. Try not to speak on behalf of groups or other individuals’ experiences.
* Use your critical thinking skills to challenge other people’s ideas, instead of attacking individuals.
* Avoid using all caps while communicating digitally. This may be interpreted as “YELLING!”
* Be cautious when using humor/sarcasm in emails/discussion posts, as tone can be challenging to interpret.
* Avoid using “text-talk” unless explicitly permitted by your instructor.
* Proofread and fact-check your sources.
* Keep in mind that online posts can be permanent, so think first before you type.
* See these Engagement Guidelines (<https://clear.unt.edu/online-communication-tips>) for more information.

**UNT POLICIES**

**Academic Integrity Policy**

Academic Integrity Standards and Consequences. According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to, cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. A finding of academic dishonesty may result in a range of academic penalties or sanctions, ranging from admonition to expulsion from the University.

**ADA Policy**

UNT makes reasonable academic accommodations for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide a student with an accommodation letter to be delivered to faculty, initiating a private discussion regarding the student’s specific course needs. Students may request accommodations at any time; however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delays in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member before implementation in each class. For additional information, see the ODA website (<https://disability.unt.edu/>).

**Prohibition of Discrimination, Harassment, and Retaliation (Policy 16.004)**

The University of North Texas (UNT) prohibits discrimination and harassment because of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law in its application and admission processes; educational programs and activities; employment policies, procedures, and processes; and university facilities. The University takes active measures to prevent such conduct and investigates incidents as necessary, taking remedial action when appropriate.

**Ethical Standards and Academic Dishonesty (Policy 06.003)**

Students are expected to conduct themselves in a manner consistent with the University's status as an institution of higher education. In the classroom setting, students are expected to follow their instructors’ directions and adhere to all academic standards and requirements outlined in the course syllabus and other relevant course materials. A student is responsible for responding to an academic dishonesty report issued by an instructor or other University authority. If a student fails to respond after proper attempts at notification, the University may take appropriate academic actions in the student's absence.

UNT policy will be followed in cases of academic dishonesty (e.g., cheating, plagiarizing, copying, etc.). Students caught cheating during an exam/quiz or plagiarizing a written assignment will be charged under the University's Code of Student Conduct. Among other punishments, students found guilty face the risk of having their score changed to zero, receiving a grade of F for the course, and/or being dismissed from the University. Students should be familiar with the Student Standards of Academic Integrity. Please review the student rights and responsibilities information online at https://policy.unt.edu/policy/06-003.

**Family Educational Rights and Privacy Act (FERPA) Information (Policy 07.018)**

Students have the right to expect their grades to be kept confidential. Every attempt will be made to keep your information confidential. Neither your course grades nor grades for any assignment will be posted in a way that could result in you being identified by other students or faculty members. The FERPA policy can be reviewed online at <https://policy.unt.edu/policy/07-018>.

**Important Notice for F-1 Students taking Distance Education Courses**

To read detailed Immigration and Customs Enforcement regulations for F-1 students taking online courses, please go to the Electronic Code of Federal Regulations website at <http://ecfr.gpoaccess.gov>. The specific portion concerning distance education courses is located at "Title 8 CFR 214.2 Paragraph (f)(6)(i)(G)” and can be found within this document:

<http://frwebgate.access.gpo.gov/cgi-bin/get-cfr.cgi?TITLE=8&PART=214&SECTION=2&TYPE=TEXT>

**The Paragraph Reads**

(G) For F-1 students enrolled in classes for credit or classroom hours, no more than the equivalent of one class or three credits per session, term, semester, trimester, or quarter may be counted toward the full course of study requirement if the class is taken online or through distance education and does not require the student's physical attendance for classes, examination or other purposes integral to completion of the class. An online or distance education course is a course that is offered principally using television, audio, or computer transmission, including open broadcast, closed circuit, cable, microwave, satellite, audio conferencing, or computer conferencing. If the F-1 student's course of study is in a language study program, no online or distance education classes may be considered to count toward a student's full course of study requirement.

**University of North Texas Compliance**

To comply with immigration regulations, an F-1 visa holder within the United States may need to engage in an on-campus experiential component for this course. This component (which must be approved in advance by the instructor) can include activities such as taking an on-campus exam, participating in an on-campus lecture or lab activity, or other on-campus experiences integral to the completion of this course.

1. If such an on-campus activity is required, it is the student’s responsibility to do the following:
2. Submit a written request to the instructor for an on-campus experiential component within one week of the start of the course.
3. Ensure that the activity on campus takes place and that the instructor documents it in writing, with a notice sent to the International Student and Scholar Services (ISSS) Office. The ISSS has a form available that you may use for this purpose. Because the decision may have serious immigration consequences, if an F-1 student is unsure about his or her need to participate in an on-campus experiential component for this course, s/he should contact the UNT International Student and Scholar Services Office by phone (940-565-2195) or email ([internationaladvising@unt.edu](mailto:internationaladvising@unt.edu)) to get clarification before the one-week deadline.

**Emergency Notification & Procedures**

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Canvas for contingency plans for covering course materials.

**Retention of Student Records**

Student records about this course are maintained in a secure location by the instructor. All records, such as exams, answer sheets (with keys), and written papers submitted during the duration of the course, are kept for at least one calendar year after course completion. Coursework completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their records; however, information about students’ records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy, the Family Educational Rights and Privacy Act (FERPA) laws, and the University’s policy. Refer to UNT Policy 10.10, Records Management and Retention, for further details.

**Acceptable Student Behavior**

Student behavior that interferes with an instructor’s ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in inappropriate behavior will be directed to leave the classroom, and the instructor may refer the student to the Dean of Students for consideration of whether the student's conduct has violated the Code of Student Conduct. The University's expectations for students apply to all instructional forums, including the University's physical and electronic classrooms, labs, discussion groups, and field trips. Visit UNT’s Code of Student Conduct (<https://deanofstudents.unt.edu/conduct>) to learn more.

**Access to Information - Eagle Connect**

The students’ access point for business and academic services at UNT is located at: my.unt.edu. All official communication from the University will be delivered to a student’s Eagle Connect account. For more information, please visit the website that explains Eagle Connect and how to forward e-mail Eagle Connect (<https://it.unt.edu/eagleconnect>).

**Student Evaluation Administration Dates**

Student feedback is a crucial component of participation in this course. The student evaluation of instruction is a requirement for all organized classes at UNT. Students will receive an email from "UNT SPOT Course Evaluations via IASystem Notification" ([no-reply@iasystem.org](mailto:no-reply@iasystem.org)) with the survey link. Students should look for an email in their UNT email inbox. Simply click on the link and complete the survey. Once students complete the survey, they will receive a confirmation email indicating that their submission has been received. For additional information, please visit the SPOT website (<http://spot.unt.edu/>) or email [spot@unt.edu](mailto:spot@unt.edu).

**Sexual Assault Prevention**

UNT is committed to providing a safe learning environment free of all forms of sexual misconduct, including sexual harassment, sexual assault, domestic violence, dating violence, and stalking. Federal laws (Title IX and the Violence Against Women Act) and UNT policies prohibit discrimination based on sex and therefore prohibit sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking, and/or sexual assault, there are campus resources available to provide support and assistance. UNT’s Survivor Advocates can assist students who have been impacted by violence by filing protective orders, completing crime victim’s compensation applications, contacting professors for absences related to an assault, working with housing to facilitate a room change where appropriate, and connecting students to other available resources both on and off campus. The Survivor Advocates can be reached at [SurvivorAdvocate@unt.edu](mailto:SurvivorAdvocate@unt.edu) or by calling the Dean of Students' Office at 940-565- 2648.

Additionally, alleged sexual misconduct can be reported confidentially to the Title IX Coordinator at [oeo@unt.edu](mailto:oeo@unt.edu) or (940) 565- 2759.

**Student Verification**

UNT takes measures to protect the integrity of educational credentials awarded to students enrolled in distance education courses by verifying student identity, protecting student privacy, and notifying students of any special meeting times/locations or additional charges associated with student identity verification in distance education courses.

See UNT Policy 07-002 Student Identity Verification, Privacy, and Notification and Distance Education Courses (<https://policy.unt.edu/policy/07-002>).

**Use of Student Work**

A student owns the copyright for all work (e.g., software, photographs, reports, presentations, and email postings) he or she creates within a class, and the University is not entitled to use any student work without the student’s permission unless all the following criteria are met:

* The work is used only once.
* The work is not used in its entirety.
* Use of the work does not affect any potential profits from the work.
* The student is not identified.
* The work is identified as student work.

**Download the UNT System Permission, Waiver, and Release Form**

1. Transmission and Recording of Student Images in Electronically Delivered Courses
2. No permission is needed from a student for his or her image or voice to be transmitted live via videoconference or streaming media, but all students should be informed when courses are to be conducted using either method of delivery.
3. In the event an instructor records student presentations, they must obtain permission from the student to use a signed release for future classes, as outlined in the Use of Student-Created Work guidelines above.
4. Instructors who record their class lectures to reuse some or all the recordings for future class offerings must notify students in the course syllabus if their images may appear on video. Instructors are also advised to provide accommodation for students who do not wish to appear in class recordings.
5. Example: This course employs lecture capture technology to record class sessions. Students may occasionally appear on video. The lecture recordings will be available to you for study purposes and may also be reused in future course offerings.
6. No notification is needed if only audio and slide capture are used or if the video only records the instructor's image. However, the instructor is encouraged to let students know the recordings will be available to them for study purposes.

**Class Recordings & Student Likenesses**

Synchronous (live) sessions in this course will be recorded for students enrolled in this class section to refer to throughout the semester. Class recordings are the intellectual property of the university or instructor and are reserved for use only by students in this class and only for educational purposes. Students may not post or share the recordings outside the class or the Canvas Learning Management System in any form. Failing to follow this restriction constitutes a violation of the UNT Code of Student Conduct and may result in disciplinary action.

**ACADEMIC SUPPORT & STUDENT SERVICES**

**Student Support Services**

**Mental Health**

UNT provides mental health resources to students to ensure there are numerous outlets to turn to that wholeheartedly care for and support students in need, regardless of the nature or severity of the issue. Listed below are several resources on campus that can support your academic success and mental well-being:

* Student Health and Wellness Center (<https://studentaffairs.unt.edu/student-health-and-wellness-center>)
* Counseling and Testing Services (<https://studentaffairs.unt.edu/counseling-and-testing-services>)
* UNT Care Team (<https://studentaffairs.unt.edu/care>)
* UNT Psychiatric Services (<https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry>)
* Individual Counseling (<https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling>)

**Chosen Names**

A chosen name is a name that a person goes by that may or may not match their legal name. If you have a chosen name that differs from your legal name and would like it to be used in class, please notify the instructor. Below is a list of resources for updating your chosen name at UNT.

* UNT Records
* UNT ID Card
* UNT Email Address
* Legal Name

**Pronouns**

Pronouns (she/her, they/them, he/him, etc.) are a public way for people to address you, much like your name, and can be shared with a name when making an introduction, both virtually and in person. Just as we ask and don’t assume someone’s name, we should also ask and not assume someone’s pronouns. You can add your pronouns to your Canvas account so that they follow your name when posting to discussion boards, submitting assignments, etc.

Additional Student Support Services

* Registrar (<https://registrar.unt.edu/registration>)
* Financial Aid (<https://financialaid.unt.edu/>)
* Student Legal Services (<https://studentaffairs.unt.edu/student-legal-services>)
* Career Center (<https://studentaffairs.unt.edu/career-center>)
* Counseling and Testing Services (<https://studentaffairs.unt.edu/counseling-and-testing-services>)
* UNT Food Pantry (<https://studentaffairs.unt.edu/food-pantry>)

**Academic Support Services**

* Academic Resource Center (<https://clear.unt.edu/canvas/student-resources>)
* Academic Success Center (<https://success.unt.edu/asc>)
* UNT Libraries (<https://library.unt.edu/>)
* Writing Lab (<http://writingcenter.unt.edu/>)

**Resources**

American College of Sports Medicine: <http://www.acsm.org>

National Strength & Conditioning Association: <http://www.nsca.com>

PubMed: <http://www.ncbi.nlm.nih.gov/pubmed/>.

Cochrane Library: <http://www.cochranelibrary.com/>

Google Scholar: <http://scholar.google.com/>

Journal of Biomechanics: <https://www.sciencedirect.com/journal/journal-of-biomechanics>

Human Movement Science: <https://www.sciencedirect.com/journal/human-movement-science>

Journal of Functional Morphology & Kinesiology: <https://www.mdpi.com/journal/jfmk>

Journal of Sport & Health Science: <https://www.sciencedirect.com/journal/journal-of-sport-and-health-science>

Purdue Online Writing Lab: <https://owl.english.purdue.edu/owl/resource/560/01/>

National Strength & Conditioning Association: <http://www.nsca.com>.

Muscle atlas, University of Washington: <http://www.rad.washington.edu/academics/academic-sections/msk/muscle-atlas>

Anatomy & Physiology: <http://www.getbodysmart.com/ap/site/resourcelinks/links.html>

Anatomical Terminology: Relative Position [www.wisc-online.com/ViewObject.aspx?ID](http://www.wisc-online.com/ViewObject.aspx?ID)

Anatomical Terminology: Body Regions [www.wisc-online.com/ViewObject.aspx?ID](http://www.wisc-online.com/ViewObject.aspx?ID) <http://www.anatomyguy.com/>

**Academic Calendar**

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| --- | --- | --- | --- |
| **Key Semester Dates** | **Full Term August 18 - December 12** | **8 Week I Session August 18 - October 10** | **8 Week II Session October 13 -December 12** |
| **Schedule of Classes Available on myUNT** | Mar 3 | Mar 3 | Mar 3 |
| **Registration Opens** For specifics by student group/class, visit the [registration guide](https://registrar.unt.edu/registration/index.html). | Mar 17 | Mar 17 | Mar 17 |
| **Regular Registration Ends** | Aug 14 | Aug 14 | Oct 9 |
| **Late Registration - For Students not Registered for the Term** Students registering late will incur a late registration fee of $75. | Aug 15 - Aug 22 | Aug 15 - Aug 22 | Oct 10 - 17 |
| **Last Day to Withdraw from Entire Term on myUNT** Courses do not appear on the transcript. After this date, see Dean of Students to withdraw from the entire term. | Aug 17 | Aug 17 | Oct 12 if only 8 week II |
| **Classes Begin** | Aug 18 | Aug 18 | Oct 13 |
| **Last Day to Add a Class or Swap Section** A swap is switching sections of the same course in the same session. | Aug 22 | Aug 22 | Oct 17 |
| **Last Day to Drop a Class Section Without a W** Courses dropped before this date will not appear on official transcript. (Dropping courses may impact financial aid and degree completion. See advisors.) | Aug 29 | Aug 23 | Oct 18 |
| **Drop with a Grade of W Begins** Course appears on the transcript with a grade of W and tuition and fees remain. (Dropping courses may impact financial aid and degree completion. See advisors.) | Aug 30 | Aug 24 | Oct 19 |
| **Last day to change to pass/no pass grade option (undergrads)** | Sept 26 | Sept 5 | Oct 31 |
| **Midpoint of the Semester** | Oct 10 | Sept 12 | Nov 7 |
| **Last day for a student to drop a course or all courses with a grade of W** | Nov 7 | Sept 26 | Nov 21 |
| **First day to request a grade of Incomplete** | Nov 8 | Sept 27 | Nov 22 |
| **Pre-Finals Days** | Dec 3 - 4 | N/A | N/A |
| **Last Regular Class Meeting** | Dec 4 | Oct 9 | Dec 11 |
| **Reading Day - No Classes** | Dec 5 | N/A | N/A |
| **Final Exams** | Dec 6 - 12 | Oct 10 | Dec 12 |
| **Last Day of Session** | Dec 12 | Oct 10 | Dec 12 |
| **University Grade Submission Deadline 4pm** | Dec 15 | Oct 13 | Dec 15 |
| **Grades/Academic Standing posted on the Official Transcript** | Dec 17 | Dec 17 | Dec 17 |

**Fall 2025 Holidays**

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| --- | --- |
| **Labor Day (no classes, university closed)** | September 1 |
| **Thanksgiving Break (no classes)** | November 24 - November 30 |