



STUDENT GUIDE

GETTING STARTED



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ABOUT KINESIOLOGY IN ACTION

Kinesiology in Action is the online, interactive program designed to make this complex subject matter easier for you to master.

There are multiple titles associated with **Kinesiology in Action**. The instructions contained in this manual apply to all titles offered within Kinesiology in Action.

Kinesiology in Action is compatible with Internet Explorer 9+, and the most recent versions of Mozilla Firefox, Google Chrome, and Apple Safari. Its responsive design also makes it accessible from most laptops, tablets, and mobile devices.

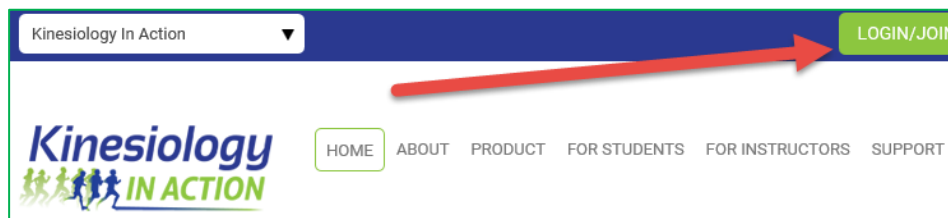
Adobe Acrobat or Adobe Reader is required to view the PDF files on **Kinesiology in Action**. JavaScript needs to be enabled to view certain features of the program.

LOGGING INTO KINESIOLOGY IN ACTION/ CREATING AN ACCOUNT

Creating an account only takes a moment or two.

Please Note: If you have a **DavisPlus** account, you do not need to create a new one. Your **DavisPlus** account credentials let you log into **Kinesiology in Action**.

STEP 1 Go to www.KinesiologyinAction.com and click the **LOGIN/JOIN** button.



STEP 2

- A.** Enter your login credentials and click **LOGIN**.
- B.** If you do not have an account, click **CREATE ACCOUNT** and fill in your information.

A.

Existing Member Login

LOGIN

[FORGOT PASSWORD?](#)

B.

New to F.A. Davis? Signup Now!

CREATE ACCOUNT

☒ I want to receive emails regarding discounts, educational webinars, and new products from F.A. Davis.

CREATE ACCOUNT **CANCEL**

RESETTING PASSWORDS

You can reset your password at any time.

Option 1

Click the **FORGOT PASSWORD** link on the login page and enter your e-mail address.

Existing Member Login

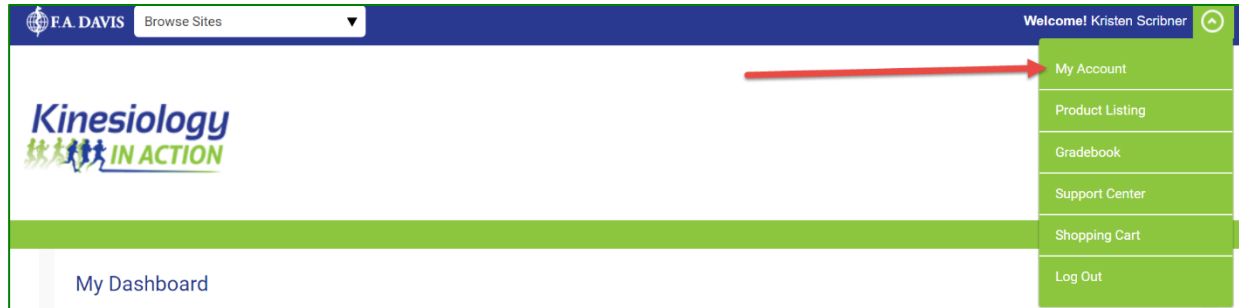
LOGIN

[FORGOT PASSWORD?](#)

A link to reset your password will be e-mailed to you. If the e-mail doesn't arrive, please check your spam folder.

Option 2/STEP 1

If logged in, click the dropdown arrow located by the **Welcome** message in the top right corner, and select "My Account."



Option 2/STEP 2

Enter and confirm your new password and click **SAVE**. After the password successfully updates, a confirmation message will be displayed.

A screenshot of the 'MY ACCOUNT' form. The form has a title 'MY ACCOUNT' in blue. It contains five input fields: 'First Name' with the value 'Kristen', 'Last Name' with the value 'Scribner', 'Email Address' with the value 'krs@FADAVIS.com', 'New Password' with the value 'New Password', and 'Confirm Password' with the value 'Confirm Password'. A red arrow points to the 'New Password' field. The 'New Password' and 'Confirm Password' fields are highlighted with a red border.

ACCESS CODE

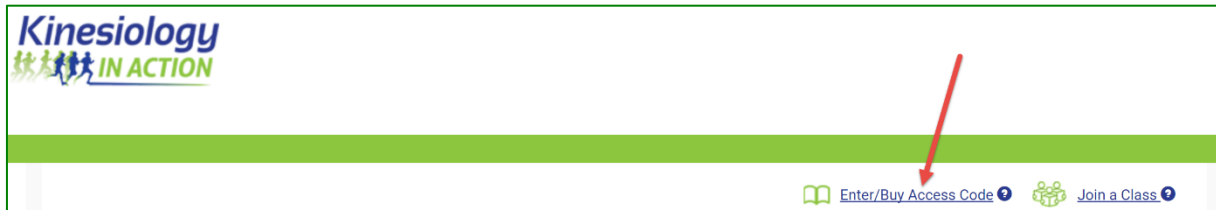
After you have successfully created your account, you should be taken directly into the site. However, you'll still need to **redeem an ACCESS CODE for the product**.

Welcome

You are signed in, but this product is not appearing on your dashboard. In order to add this product to your dashboard, you will need to purchase access. If you already have an access code, redeem it now to add this product to your dashboard.

[To Purchase or Redeem Access Code – Click Here](#)

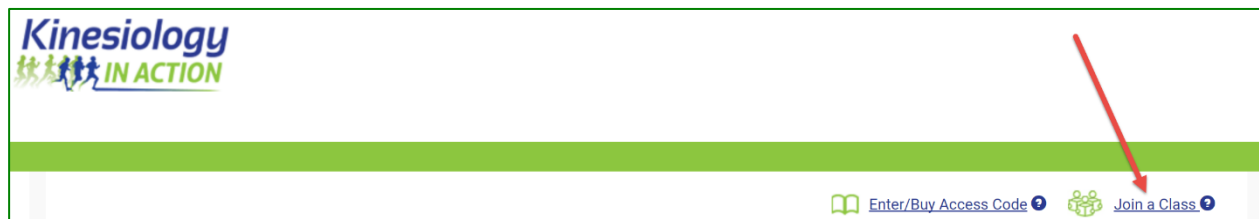
For certain titles, the **ACCESS CODE** will be found on the **inside front cover of a new book**. Otherwise, the code can be purchased.



CLASS ID

Your instructor will provide you with a **CLASS ID**. You must enter the Class ID in order to be able to submit work to your instructor's Gradebook.

Click the **JOIN A CLASS** button. Enter the Class ID into the open text box and click **JOIN CLASS**.



Join a Class

If you are part of a class, your instructor will give you a class ID that will link you to the assignments associated with that class. If you have an ID, enter it in the box below.

By entering a Class ID, you give your instructor permission to monitor your progress and modify the default settings for this product, such as access to topics and activities and progress.

Your instructor will need to confirm your enrollment before you gain access to the class.

To avoid losing any work based on instructor class set up preference, we strongly recommend waiting to complete any work until you are accepted into your instructor's class.

If you join a class, your Independent Study will no longer appear on your dashboard.

Class Code:

Class ID Here.


[How do I Find My Class ID?](#)

SKIPJOIN CLASS

DASHBOARD

Once you have been admitted into the class, your **Dashboard** will display the name of your book and the name of your class.

My Dashboard



Levangie/Norkin: Kinesiology in Action
[Student Guide](#) | [F. A. Davis.com](#) | [DavisPlus product page](#)
Access Expires - **August 03, 2017**

Class Title : Intro to Kinesiology
Instructor Name : Eric Van Osten
Description : Welcome to the fall semester 2015. This class will cover all of the foundational essentials of Kinesiology
Class Term : June 02, 2015 - December 31, 2015
Last Access : August 04, 2015
Remaining Days : 136
[Next Due Assignment](#) | [Instructor's Feedback](#) 0 | [Discussion Forum](#) | [My Gradebook](#)

ENTER

ACCESSING LESSONS

Click the **ENTER** button on the main dashboard to see your **Class Dashboard**.


Class Title : Summer 2017
Instructor Name : Colleen Keenan
Description :
Class Term : April 25, 2017 - February 28, 2018
Last Access : June 14, 2017
Remaining Days : 260
[Next Due Assignment](#) ? | [Instructor's Feedback](#) 0 | [Discussion Forum](#) | [My Gradebook](#)

ENTER

Class Dashboard

The **Class Dashboard** will display all of your Lessons. Click the **Lesson** on which you would like to work.

Class Dashboard



Levangie/Norkin: Kinesiology in Action
- ISBN 978-0-8036-4048-1
Access Expires : **August 03, 2017**

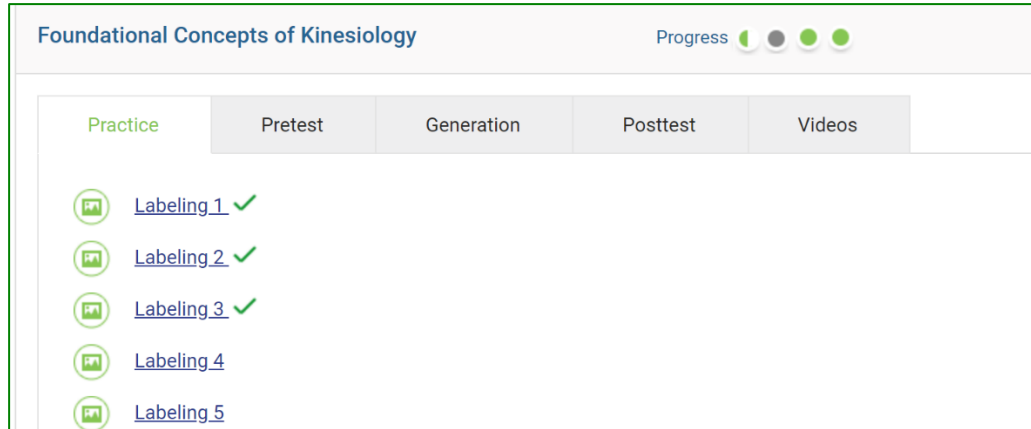
Class Title : Intro to Kinesiology | **Instructor:** Eric Van Osten
Class Term : June 02, 2015 - December 31, 2015
Last Accessed : August 04, 2015 **Remaining Days :** 136
4 Updates

[Gradebook](#) | [Video Library](#)

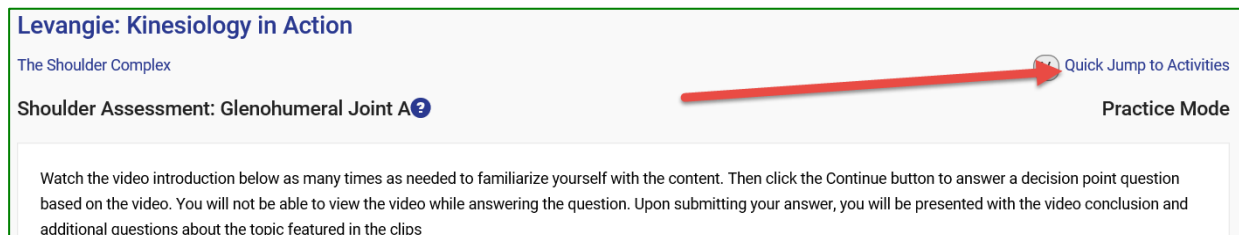
Foundational Concepts of Kinesiology	Progress <div><div></div><div></div><div></div><div></div></div>
Spine	Progress <div><div></div><div></div><div></div><div></div><div></div></div>
Thoracic Cavity and Temporomandibular Joint	Progress <div><div></div><div></div><div></div><div></div><div></div></div>
The Shoulder Complex	Progress <div><div></div><div></div><div></div><div></div><div></div></div>

Accessing Exercises

Clicking the **Lesson** bar will expand its content. To access an **Exercise**, click the name of the exercise to begin working. Each Lesson area has a progress bar that lights up as you complete the exercise tabs.



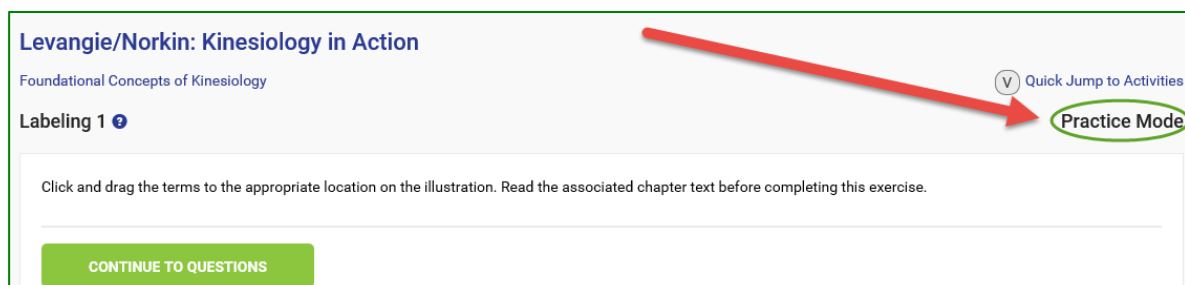
You can also navigate between exercises within a lesson by clicking **Quick Jump to Activities**.



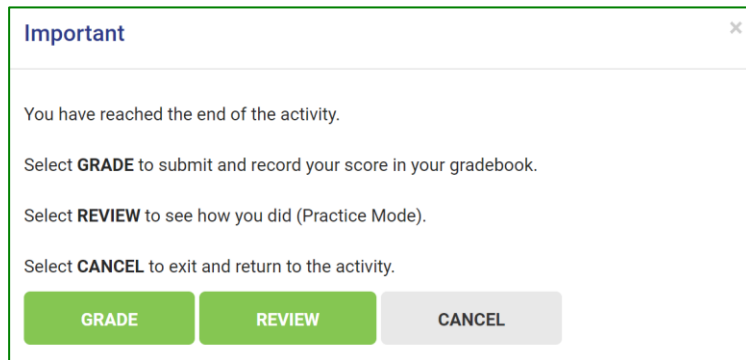
Of the exercises, Pretest, Critical Thinking, Practice, and Posttest exercises are graded and recorded in the Gradebook. Generation Exercises must be manually reviewed by your instructor if they wish them to be recorded in the Gradebook. The Videos tab is not graded.

Practice Mode

Before you begin working on an Exercise, check to see if you are in **Practice Mode**. The words **Practice Mode** will be displayed on the top right corner of the screen.



In Practice Mode, you may practice as many times as you want and choose when you want your work graded and submitted to your Instructor's Gradebook. Work completed in **Practice Mode** will **not** be submitted to your Instructor's Gradebook until you click the **GRADE** button.



Important ×

You have reached the end of the activity.

Select **GRADE** to submit and record your score in your gradebook.

Select **REVIEW** to see how you did (Practice Mode).

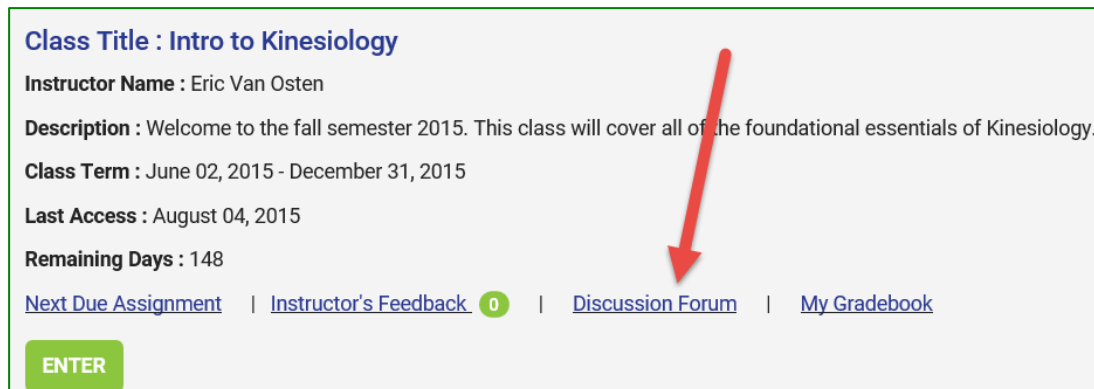
Select **CANCEL** to exit and return to the activity.

GRADE **REVIEW** **CANCEL**

If you are not in Practice Mode, the top right corner of the exercise screen will be blank. When this is the case, you do not have the option to practice and must click the **GRADE** button after the first attempt.

DISCUSSION FORUM

Kinesiology in Action also offers a **Discussion Forum**, which can be accessed from the Dashboard.



Class Title : Intro to Kinesiology

Instructor Name : Eric Van Osten

Description : Welcome to the fall semester 2015. This class will cover all of the foundational essentials of Kinesiology.

Class Term : June 02, 2015 - December 31, 2015

Last Access : August 04, 2015

Remaining Days : 148

[Next Due Assignment](#) | [Instructor's Feedback](#) **0** | [Discussion Forum](#) | [My Gradebook](#)

ENTER

You can view the **Class Discussion Forum** or the **Group Discussion Forum** (which is where you'll find **Generation Threads** if your Instructor arranged the lesson that way). You'll see the most recent replies for the available topics. Click on the **TOPIC** to add your response. On the next screen, click **REPLY**, enter your comments, then click **ADD**. There is also an option to print.

Discussion Forum

Class Name : Intro to Kinesiology **Class Term :**

Product Name : Levangie: Kinesiology in Action

☒ Class Discussion Forum ☐ Group Discussion Forum

Topic

The peanut is neither a pea nor a nut.

Discuss!

By Eric Van Osten | August 05, 2015 | 0 replies

Last Replies

No Reply

Click here to reply.

Discussion Forum

The peanut is neither a pea nor a nut.

By Eric Van Osten | Print this Topic
August 05, 2015 09:48:14

Discuss!

0 replies [Reply](#)

B **I** **U**

That's true: they are legumes, which are edible seeds.

[ADD](#) [CANCEL](#)

INSTRUCTOR'S FEEDBACK

If your instructor chooses to manually grade your responses to the Generation Exercises, their feedback will appear on your dashboard. As they review additional exercises, you'll see the total number of exercises they have reviewed next to the link.

Class Title : Intro to Kinesiology

Instructor Name : Eric Van Osten

Description : Welcome to the fall semester 2015. This class will cover all of the foundational essentials of Kinesiology.

Class Term : June 02, 2015 - December 31, 2015

Last Access : August 04, 2015

Remaining Days : 148

[Next Due Assignment](#) | [Instructor's Feedback](#) 0 | [Discussion Forum](#) | [My Gradebook](#)

[ENTER](#)

MY GRADEBOOK

You have access to a **Gradebook**, which you can access from your dashboard.

Class Title : Intro to Kinesiology

Instructor Name : Eric Van Osten

Description : Welcome to the fall semester 2015. This class will cover all of the foundational essentials of Kinesiology.

Class Term : June 02, 2015 - December 31, 2015

Last Access : August 04, 2015

Remaining Days : 148

[Next Due Assignment](#) | [Instructor's Feedback](#) 0 | [Discussion Forum](#) | [My Gradebook](#)

[ENTER](#)

Gradebook Details


Once you have accessed your **Gradebook**, you will be able to view the status of your work, your grades, and the time spent in each lesson. You may also click on the **VIEW DETAILS** link to review each Exercise.

Lesson Name	Status	Grade (%)	Details	Time Spent
Chapter 1: Principles of Kinesiology and Biomechanics	In Progress	73	View Details	0h 4m 27s
Chapter 2: Structure and Function of Joints	In Progress	85	View Details	0h 1m 39s
Chapter 3: Structure and Function of Muscles	In Progress	93	View Details	0h 3m 49s

Type	Title	End Date	Completed Date	Status	Score(%)	Attempts	Time Spent	Feedback
Pretest	Pretest	June 29,2018	September 28,2017	Completed	100	2	0h 0m 7s	
Practice	Hotspot	June 29,2018	September 28,2017	Completed	100	1	0h 0m 20s	
Posttest	Posttest	June 29,2018	September 28,2017	Completed	90	2	0h 0m 14s	


Class Comparison

You can also compare your performance with the average of the rest of your class by clicking the **COMPARE WITH CLASS** button either on the initial **Gradebook** page (overall) or on the **View Details** pages.

COMPARE WITH CLASS 					
Type	Title	End Date	Completed Date	Status	Score(%)
Pretest	Pretest	June 29,2018	September 28,2017	Completed	100

Late Submissions

If your instructor has opted to allow **Late Submissions** for the class, the lesson(s) and assignment(s) submitted after the designated due date (“end date”) will be highlighted in yellow in your Gradebook. Late work is viewable by your instructor.

Dashboard / Lesson Level					
<div>COMPARE WITH CLASS</div> <div>PRINT</div>					
Late submissions have been highlighted					
Lesson Name	Status	Grade (%)	Details	Time Spent	
Chapter 1: Principles of Kinesiology and Biomechanics	In Progress	70	View Details 	0h 0m 18s	
Chapter 2: Structure and Function of Joints	In Progress	90	View Details	0h 0m 16s	
Chapter 3: Structure and Function of Muscles	Not Started	NA	View Details	0h 0m 0s	

[Dashboard](#) / [Lesson Level](#) / Activity Level

[COMPARE WITH CLASS](#) [PRINT](#)

Late submissions have been highlighted

Type	Title	End Date	Completed Date	Status	Score(%)	Attempts	Time Spent	Feedback
Read	Read	NA		Viewed/Attempted		NA	NA	
Practice	Flash cards	NA		Viewed/Attempted		NA	NA	
Posttest	Posttest	June 29,2018	September 12,2018	Completed	70	2	0h 0m 18s	
Pretest	Pretest	June 29,2018		Not Started		0	0h 0m 0s	

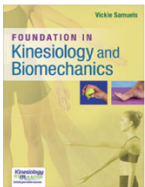
If your instructor has not opted to allow late submissions for the class, late work will be marked 'Incomplete' in the gradebook and a score will not be recorded.

Type	Title	End Date	Completed Date	Status	Score(%)	Attempts	Time Spent	Feedback
Posttest	Posttest	June 29,2018	September 12,2018	Incomplete		2	0h 0m 18s	
Read	Read	NA		Viewed/Attempted		NA	NA	

E-BOOK (FOR CERTAIN PRODUCTS)

Select **KINESIOLOGY IN ACTION** titles include an integrated e-Book. To view this, click on the **E-BOOK** link found in the Class Dashboard page.

[Return to Dashboard](#)



Foundation in Kinesiology and Biomechanics
- ISBN 978-0-8036-5869-1
Access Expires : **January 11, 2839**

[e-Book](#)

Class Title : Example Class | **Instructor:** Kristen Scribner
Class Term : September 28, 2017 - June 29, 2018
Last Accessed : September 28, 2017 **Remaining Days :** 247

[Gradebook](#) | [Video Library](#) [Discussion Forum](#) 0 | [Instructor's feedback](#) 5


Chapter 1: Principles of Kinesiology and Biomechanics	Progress ● ● ● ● ●	✓
Chapter 2: Structure and Function of Joints	Progress ● ● ● ● ●	✓
Chapter 3: Structure and Function of Muscles	Progress ● ● ● ● ●	✓

To access the e-Book, you will need a Vital Source account. If you have an existing Vital Source account, you can login using your Vital Source credentials. Or, you can create a new account from within **KINESIOLOGY IN ACTION**.


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Share your notes and highlights with friends.

You're almost done!

adopter@fadavis.com ([change](#))

First Name	Last Name
<input type="text"/>	<input type="text"/>

Password ⓘ	Confirm Password
<input type="password"/>	<input type="password"/>

Security Question

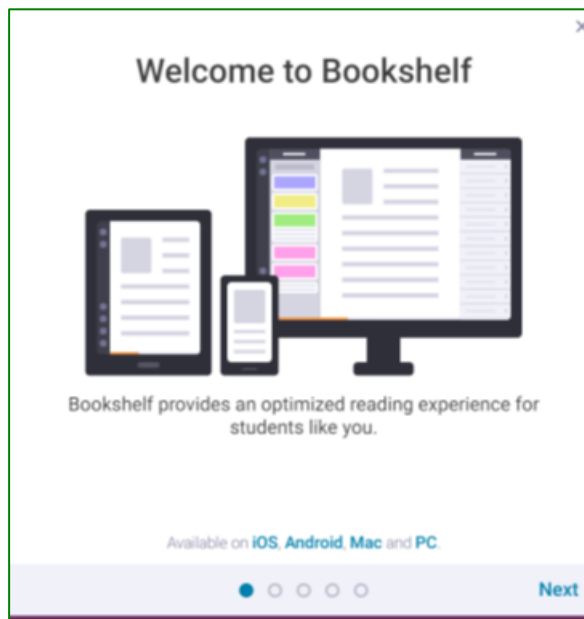
[v](#)

Security Answer

☐ Email me occasional updates about my account activity, product updates, and special offers. (You can unsubscribe at anytime)

☐ I agree to the [Terms of Use](#) and [Privacy Policy](#).

Add the book to your Vital Source bookshelf.



TECHNICAL SUPPORT

If students have any problems with the product, they should call 888-323-2847 or e-mail support@fadavis.com. They should also review the online Support Center, which offers helpful videos and other support information. The Support Center link can be found at the top right of the dashboard, in the drop-down menu.



Students may choose from a variety of sources for help and support, including videos, documents, and connections to our customer service representatives.

