

The University of British Columbia  
SCHOOL OF KINESIOLOGY

KIN 110 (formerly KIN 190) – HUMAN ANATOMY  
Term II, Jan-Apr 2021

**Course Format:**

- Lectures will be delivered as a series of short pre-recorded videos that should be viewed prior to our live virtual sessions via Zoom.
- Laboratory sessions will be delivered as a series of videos led by your teaching assistants.
- Live virtual sessions will be held as tutorials led by your teaching assistants. These sessions will be held: **Thursdays, 5:00pm – 6:00pm**

**Instructor:**

Anne Lasinsky, PhD

E-mail: anne.lasinsky@ubc.ca

Office Hours: By appointment,

*\*If you want to schedule an appointment during office hours, please give me at least 24-hours' notice\**

**Teaching Assistants:**

**Name:**

**Email:**

**Office Hours:**

**Course Description**

Gross human anatomy is the science of the structure of the human body and its parts that can be observed with the naked eye. In this course, we will examine the structure of the neural, muscular, and skeletal systems of the human body.

**Rationale**

Anatomy is part of the larger field of kinesiology. A strong understanding of the structure of the human body and the components that are responsible for movement will be essential for other courses in kinesiology such as strength and conditioning (303), biomechanics (KIN 351), athletic training (361), and rehabilitation science (420).

**Specific Learning Objectives:**

By the end of this course, you should be able to:

1. Demonstrate knowledge and think critically about the basic structure (anatomy) of the human body.
2. Integrate and apply your knowledge of anatomy with regards to the study of basic human movement.
3. Be able to problem solve in the laboratory setting in the context of kinesiology.
4. Be an active and productive participant in group learning situations.

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### COURSE TOOLS AND RESOURCES

**Required Textbook:** Tortora & Derrickson: Principles of Anatomy & Physiology, 15<sup>th</sup> edition\*  
ISBN Digital Edition: 9781119659426

ISBN Print Edition: 9781119659464

\*If you choose to use an older edition, I cannot ensure that chapter numbers, content or other information are uniform across editions.

\*\*I recommend the e-book version of this text if you enjoy reading from a screen. A print version will also be helpful across your kinesiology career if you prefer reading from paper. Any career trajectory in this field will be aided by having a good anatomy text to refer back to.

Online Resource: [www.clinicalanatomy.ca](http://www.clinicalanatomy.ca)

**Canvas:** Information about this course, lecture videos, and important reminders will be made available on the course website. This information can be accessed on Canvas, so please check the site regularly. You are responsible for the information posted to Canvas.

### CLASS EXPECTATIONS

#### ATTENDANCE

You should plan to login for all of our live virtual sessions. You are responsible for all material covered in our virtual sessions. You are also responsible for all of the content covered in our recorded lecture videos.

If you miss a quiz or exam without advanced notice and proper declaration, you cannot make up that assessment and will be given a mark of zero. If you have a reasonable academic concession request (medical issue, compassionate grounds, etc.), you should self-declare that, using the procedures outlined in the COURSE EVALUATION section of this course outline. Upon self-declaration of a conflict, the weight of your missed assessment will be moved forward onto a future assessment.

#### EMAIL

Attempting to teach or explain material over e-mail can be difficult and ineffective. **If you have questions about course material or concepts** (e.g. "I wasn't quite sure what you meant when you said..." or "Can you explain how that concept would work in this situation..."), **those questions should be addressed face-to-face (which, in the current circumstances, means during virtual office hours)**. I really encourage you to make use of office hours. Please seek clarification on course material in our virtual sessions or during office hours with the instructor or teaching assistants.

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E-mail should be used for a limited number of reasons, including: scheduling a time to meet during office hours, in cases of emergency that may cause you to miss an exam or quiz, or situations otherwise detailed in class. It may take up to 24 hours to respond to your email during the week and I **do not** check my email on weekends, nor will your teaching assistants. Please keep this in mind around exam time. Please include "KIN 110" in the subject line of emails.

### OFFICE HOURS

If you aren't comfortable speaking up during our live virtual sessions, questions about course material are best handled during virtual office hours with your or Teaching Assistants or Instructor. If something is unclear, you should seek clarification within that week. Do not wait until the week before an exam to review material that was unclear weeks before. Office hours are a good option for seeking clarification or further understanding on course concepts. Setting up a meeting during office hours is also a good way to get to know your instructor or teaching assistant. All office hours will be conducted one-on-one through Zoom.

### COURSE NOTES AND RECORDED LECTURES

Class notes and recorded lectures will be made available through the course website on Canvas. Please keep in mind that these notes and lectures do not contain information related to discussions or detailed examples, which will be covered in our virtual sessions.

**You should have already viewed all previously recorded lectures and completed any assigned readings prior to logging into your weekly virtual session.**

### COPYRIGHT

As the instructor, I hold the copyright to the lectures and all course materials presented in class, unless otherwise noted. The copyright also extends to student notes and summaries that substantially reflect these lectures or materials. Materials are made available to students for personal use only. Students may not distribute or reproduce the materials for commercial purposes without my express written consent. No classroom content should be posted to CourseHero or other similar websites.

### UNIVERSITY POLICIES

It is your responsibility to become familiar with the University of British Columbia's Academic Honesty and Plagiarism Policies, as well as the Student Declaration and the consequences of violating these policies.

UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise and so there are additional resources to access including those for survivors of sexual violence. UBC values respect for the person and ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is suppression of academic freedom. UBC provides appropriate accommodation for students with disabilities and for religious and cultural observances. UBC values academic honesty and students are expected to acknowledge the ideas generated by others and to uphold the highest academic standards in all of their actions. Details of the policies and how to access support are available here (<https://senate.ubc.ca/policiesresources-support-student-success>).

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### COURSE EVALUATION

The breakdown of marking for the course is as follows:

Midterm Exam:	25%
Final Exam:	25%
Quizzes:	50%

If an absence is anticipated before an assessment, please speak to your teaching assistant or instructor to discuss your personal situation **before you miss the assessment**. Quizzes and exams will not be rescheduled for any reason other than self-declared medical circumstances, compassionate grounds, or conflicting responsibilities. Please review those policies here: <https://kin.educ.ubc.ca/undergraduate/bkin/academic-concession/>. Please keep in mind that things like vacationing are not a valid excuse to miss an assessment.

There is no individual extra credit in this course. Please keep that in mind from the beginning of the course. In the instance that an extra credit opportunity is made available, it will be made available to everyone in the class.

### QUIZZES

There will be a series of ten quizzes in this course and they will all be conducted using Canvas. Quizzes are typically multiple choice. Each quiz is worth five percent of your overall mark for the course. Quizzes will cover material presented in the lecture/s prior to the quiz. Details of individual quizzes will be discussed in our lecture videos. It is your responsibility to know what will be covered on the quiz. Missed quizzes are subject to the policies outlined in the section titled "Course Evaluation."

While you are permitted to use notes and your textbook during quizzes, you should still prepare as you would for a normal in-class quiz. Without preparation, you will likely find that you don't have enough time to complete the quiz. Quizzes will be open from 9am until 5pm PST on Thursdays, and you will typically have 10 minutes to complete each quiz.

### EXAMS

You will have two exams in the course - they are NOT CUMULATIVE. These exams will be conducted through Canvas. Exam 1 will take place on Thursday, February 25<sup>th</sup> from 5pm PST until 6pm PST. You will have one-hour for the exam. The date and time for Exam 2 will be announced when the final exam schedule is posted.

Exams will be a series of multiple choice questions. While you are permitted to use notes and your textbook during an exam, you should still prepare as you would for a normal in-class exam. Without preparation, you will likely find that you don't have enough time to complete the exam. Exams focus on the origin, insertion, action, and innervation of a series of major muscles, as well as identification of bones and bony landmarks.

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**Students Learning Outside of Canada**

During this pandemic, the shift to online learning has greatly altered teaching and studying at UBC, including changes to health and safety considerations. Keep in mind that some UBC courses might cover topics that are censored or considered illegal by non-Canadian governments. This may include, but is not limited to, human rights, representative government, defamation, obscenity, gender or sexuality, and historical or current geopolitical controversies. If you are a student living abroad, you will be subject to the laws of your local jurisdiction, and your local authorities might limit your access to course material or take punitive action against you. UBC is strongly committed to academic freedom, but has no control over foreign authorities (please visit <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,33,86,0> for an articulation of the values of the University conveyed in the Senate Statement on Academic Freedom). Thus, we recognize that students will have legitimate reason to exercise caution in studying certain subjects. If you have concerns regarding your personal situation, consider postponing taking a course with manifest risks, until you are back on campus or reach out to your academic advisor to find substitute courses. For further information and support, please visit: <https://academic.ubc.ca/supportresources/freedom-expression>.

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COURSE SCHEDULE

<b>Date</b>	<b>Anatomy Content</b>	<b>Assessment</b>	<b>Textbook Chapter</b>
<b>Week 1</b> (Jan 11-15)	Introduction to Anatomy & Anatomical Terminology		1, 7, 9
<b>Week 2</b> (Jan 18-22)	Head, Neck & Vertebrae	Quiz 1	7
<b>Week 3</b> (Jan 25-29)	Vertebrae & Thorax	Quiz 2	7, 11
<b>Week 4</b> (Feb 1-5)	Shoulder, Upper Arm & Elbow	Quiz 3	8, 9, 11
<b>Week 5</b> (Feb 8-12)	Forearm & Wrist	Quiz 4	9, 11
<b>Week 6</b> (Feb 15-19)	READING WEEK – NO CONTENT		
<b>Week 7</b> (Feb 25 <sup>th</sup> )	Midterm Exam, Thursday February 25 <sup>th</sup> at 5pm PST		
<b>Week 8</b> (Mar 1-5)	Hand	Quiz 5	8, 9, 11
<b>Week 9</b> (Mar 8-12)	Pelvic Girdle	Quiz 6	8, 9, 11
<b>Week 10</b> (Mar 15-19)	Knee & Lower Leg	Quiz 7	8, 9, 11
<b>Week 11</b> (Mar 22-26)	Foot & Ankle	Quiz 8	8, 9, 11
<b>Week 12</b> (Mar 29 – Apr 1)	Comparative Anatomy & Case Studies	Quiz 9/10	
<b>TBD</b>	<b>FINAL EXAM</b>		