

University of British Columbia
School of Kinesiology
KIN 110 Human Anatomy

UBC's Point Grey Campus is located on the traditional, ancestral, and unceded territory of the xwməθkwəyəm (Musqueam) people. The land it is situated on has always been a place of learning for the Musqueam people, who for millennia have passed on their culture, history, and traditions from one generation to the next on this site.

Course Code: KIN 110 (formerly KIN 190)
 Course Title: Human Anatomy

Term: 2021S Term 1, May 10 – June 25

Credit Value: 3 credits

Location: Online

Instructor: Gillian Corbo, Reg PT, MPT, MSc

Office Hours: By appointment

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Teaching Assistant: Viviana Shiffman

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Course Format (Day & Time)

-Lectures delivered as pre-recorded videos that should be viewed prior to our live virtual sessions via Zoom

-Live virtual sessions will run as tutorials to supplement the lab worksheets, serve as an opportunity to answer any questions from the pre-recorded lectures, and provide sample exam questions

-Virtual sessions will be held Tuesdays & Thursdays from 10am-11:30am

Course Description:

The course will provide the student with an understanding of human gross anatomy, or the structure that underlies our major physiological systems. This course describes the gross anatomy of the major systems, with emphasis on application to movement and locomotion as it pertains to the musculoskeletal and neurological systems. At the end of this course each student should know all the major bones, muscles, and nerves, of the body, by name, location, and function. In addition to studying the gross features of the human body, we will also discuss selected clinical cases. The spirit of this course is to foster learning, critical thinking, active questioning, and an appreciation for health and disease from a gross anatomical perspective. 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 (351), athletic training (361), and rehabilitation science (420).

General Learning Outcomes:

Upon completion of this course, students will correctly be able to:

1. Explain the structure and function of major body systems including the Skeletal, Muscular, and Neurological systems
2. Identify major structures within each system and the characteristic identifying features of these structures.
3. Use land-marking strategies to identify gross structures relative to one another in the body including bones, muscles, and nerves.
4. Compare and contrast muscle groups based on function and innervation.

Copyright Material:

Lectures and practice resources are intellectual property and are not to be uploaded on sites like CourseHero or other similar study resource sites. Materials are made available to students for personal use only. Redistribution of these materials by any means without permission of the copyright holder constitutes a breach of copyright and may lead to academic discipline.

You are not permitted to make audio or video recordings of class or laboratory presentations, without specific written authorization of the course instructor.

Important Dates:

Last date to drop course without 'W' on academic record: May 14th, 2021

Last date to drop course with 'W' on academic record: June 4th, 2021

Course Format:

The course will consist of recorded lectures for student viewing, structured lab worksheets combined with lab resources, and live virtual discussion calls every Tuesday & Thursday, hosted on Zoom. The responsibility will be on the students to guide themselves through the course using the lecture content and lab handouts. Coming prepared to the live virtual calls is essential, as it will be an opportunity to delve deeper into the content to enhance your understanding, but will not replicate the recorded lectures.

E-mail Correspondence:

I encourage you to reach out for help when you are having any difficulties with the course, however, **if you are e-mailing to ask a question regarding how the course is run, please re-read your syllabus**, as most information can be found within this document. Lastly, this should already be your common practice, but **when e-mailing your TA's, or myself please include the course name/number in the subject line**. Please allow 24-48 hours to respond to emails during the weekdays, and if an email is sent on Friday I will reach you by the following Monday.

Recommended Textbook / Learning Materials:

Principles of Anatomy & Physiology – 16th Edition, Tortora & Derrickson, Wiley & Sons
ISBN: 978-1-119-66268-6

The textbook is available online at <https://shop.bookstore.ubc.ca/coursebuilder.aspx>
The textbook is meant to supplement lecture material, however all relevant material will be taught in class and the textbook can be used as an additional resource for further clarity.

Clinical Anatomy

clinicalanatomy.ca is a UBC-developed, free resource that will serve as an aid for your lab worksheets and your at-home study

Additional Materials:

Lecture slides will be posted in advance of lecture. If you are a visual learner, an anatomy atlas may be beneficial to you. Netter's Atlas of Human Anatomy is the best one available.

Course Website & Availability of Material:

Course materials will be posted online at canvas.ubc.ca. Lecture slides will be posted before lecture. It is expected that students have the slides during the lecture to take notes and make annotations.

Course Evaluation:

The exams will be held online on Canvas. Exams may consist of multiple-choice questions including standard and k-type questions (multiple-multiple), diagrams, and labelling exercises. The examinations will not be cumulative. Please be aware that completion of the

teaching material and the examination may be close together, so it is important to keep up with the lectures. Questions concerning your exams or requests to review it must be made within one week of exam grades being posted.

Grading

<p>10 Lecture Module Quizzes</p> <p><u>Due by 11:59pm Sunday following that week's content</u></p> <ul style="list-style-type: none"> • Will cover that lecture module's content only • Quiz 10 is the only quiz due sooner – due on last day of class (June 17) 	25%
<p>Midterm Exam</p> <p><u>Tuesday, June 1st, 2021 10:00 AM</u></p> <ul style="list-style-type: none"> • Anatomical Terminology • Axial Skeleton • Appendicular Skeleton • Articulations • Nervous System 	35%
<p>Final Exam</p> <p><u>TBD by University</u></p> <ul style="list-style-type: none"> • Muscles of the Neck & Trunk • Muscles & Nerves of the Upper Limb • Muscles & Nerves of the Lower Limb 	40%

Lab Activities:

There will be a lab handout to supplement every lecture module. These labs will correspond to the current topics being discussed in the course to further your understanding of the material and concepts discussed in lecture. The handouts will cover the expectations of that specific lab, as well as having questions that will help guide you through the material and allow you to connect the lab material to the content discussed in class. Students are expected to work through the lab handouts and be able to identify all structures listed, as well as be able to answer all questions. The lectures and clinicalanatomy.ca will be an excellent resource to assist you in this process. The live virtual calls will also serve to discuss lab handouts and work through some of the more difficult material.

Taking Exams with LockDown Browser:

LockDown Browser Requirement

This course requires the use of LockDown Browser for online exams to ensure the exam experience is fair for everyone. **You will NOT need to use a webcam for Respondus Monitoring.** You **must** read the instructions for using LockDown Browser in the course Introduction Module titled “Important Information About your Online Exams”.

Strategies for Success in the Course:

This course is a challenging lower level course due to the volume of material students are expected to know. Students are strongly encouraged to watch all lectures recordings and attend all live virtual calls, as powerpoint slides cannot explain complex concepts that will be covered. By not watching the lectures, students will only receive a very superficial understanding of the material covered. Below are some strategies to help you succeed in KIN 110.

- Watch the lectures and attend the live calls – this cannot be stressed enough.
- This course takes time and lots of it – set aside study time every day to review content otherwise this course will feel unmanageable.
- Learning objectives will be posted for each topic. Review these and talk them through with a classmate.
- Attend the zoom calls prepared to contribute to discussion. You and your fellow classmates can learn from each other.
- Ask questions. If you don't understand something, chances are other people in the class don't either.
- Teach a friend. By teaching a concept to someone who does not have any education in anatomy, you can evaluate what you know and what you need to study more.
- This course is not an easy course. Effort will be required on your part to be successful. It is important to keep up with the labs and course material so you don't fall behind.
- **Come talk to me! I am more than happy to have students arrange a zoom call to ask questions about course material. Please use me as a resource - I am here to help you succeed.**

Course Policies:

Missed Assessments

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 below. Upon self-declaration of a conflict, the weight of your missed assessment will be moved forward onto a future assessment.

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. You must self-declare your conflict through KIN advising:

<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.

Rounding of Grades

The practice will not occur in this course. The edges of this course are clear and sharp. The mark attained is the mark assigned; there is no rounding to the next grade level or extra credit assignments. Please don't ask your instructor or TA to do this as it degrades my experience as your instructor and your experience as a student.

Health & Wellness

As part of a successful undergraduate experience at UBC, I encourage you to make your health and wellness a priority. Further information regarding health and wellness-related services available to students may be found at <https://students.ubc.ca/health>

If you are in emotional or mental distress, you should refer to UBC Wellbeing <https://wellbeing.ubc.ca/student-resources> for a list of options about how to obtain help.

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/policies-resources-support-student-success>

Student Learning Outside 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>

Campus Support Services:

There are various support services around campus & these include, but are not limited to:

Center for Student Involvement & Careers

Brock Hall

<https://students.ubc.ca/about-student-services/centre-student-involvement-careers>

- Orientation
- Peer Mentoring
- Career Advising

Chapman Learning Commons

IKB Learning Center

<https://learningcommons.ubc.ca/>

- Learning Skills Services
- Writing Support
- Online Learning Toolkits
- Tutoring & Peer Coaching
- Academic Integrity & Citation Support

Center for Accessibility

Brock Hall

<https://students.ubc.ca/about-student-services/centre-for-accessibility>

Student Health Services

UBC Hospital

<https://students.ubc.ca/health/student-health-service>

Office of the Ombudsperson

C.K. Choi Building

<https://ombudsoffice.ubc.ca/>

Indigenous Portal

First Nations House of Learning

<https://indigenous.ubc.ca/>

Course Schedule:

Anatomy recordings are designed to be watched prior to the live virtual session (except for Module 1), where these topics will be discussed further.

Date	Anatomy Content Modules (<i>minutes of recordings</i>)	Assessment	Textbook Chapter
Week 1 Tues, May 11	1. Introduction to Anatomy, Anatomical Terminology (<i>34 mins</i>)	Quiz 1	1
Week 1 Thurs, May 13	2. Axial Skeleton (<i>64 mins</i>)	Quiz 2	6, 7
Week 2 Tues, May 18	3. Appendicular Skeleton (<i>67 mins</i>)	Quiz 3	8
Week 2 Thurs, May 20	4. Joint Classification, Articulations of the Body (<i>59 mins</i>)	Quiz 4	9
Week 3 Tues, May 25	5. The Nervous System: CNS & PNS (<i>108 mins</i>)	Quiz 5	13, 14
Week 3 Thurs, May 27	6. Muscles of the Neck & Trunk (<i>83 mins</i>)	Quiz 6	11
Week 4 Tues, June 1	Midterm Exam (35%) at 10am PST – Covers lectures 1-5		
Week 4 Thurs, June 3	7. Muscles & Nerves of the Upper Limb I: Shoulder & Arm (<i>53 mins</i>)	Quiz 7	11
Week 5 Tues, June 8	8. Muscles & Nerves of the Upper Limb II: Forearm & Hand (<i>72 mins</i>)	Quiz 8	11
Week 5 Thurs, June 10	9. Muscles & Nerve of the Lower Limb I: Hip & Thigh (<i>94 mins</i>)	Quiz 9	11
Week 6 Tues, June 15	10. Muscles & Nerves of the Lower Limb II: Leg & Foot (<i>65 mins</i>)	Quiz 10	11
Week 6 Thurs, June 17	11. Case Studies / Comparative Anatomy / Content Review (<i>TBD</i>)	N/A	N/A
TBD by University	Final Exam (40%) – Covers lectures 6-11		