SCHOOL OF KINESIOLOGY, UNIVERSITY OF BRITISH COLUMBIA

Kinesiology (KIN) 110
Human Anatomy
(Term 1 – 2021/2022)

Instructor:
Dr. J. Timothy Inglis
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Office Hours: To be announced.

Teaching Assistants:
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Location and Time:

Lectures: Monday/Wednesday/Friday 11:00 am – 12:00 pm,
All lectures take place in Neville SCARF Building, room 100.

Laboratories: Mon, 2:00 pm – 4:00 pm (L1A)
              Tues, 2:00 pm – 4:00 pm (L1B)
              Tues, 4:30 pm – 6:30 pm (L1E)
              Weds, 2:00 pm – 4:00 pm (L1C)
              Thurs, 2:00 pm – 4:00 pm (L1D)
              Fri. 8:00 am – 10:00 am (L1F)

All labs take place in Osborne Building, unit 1, Room OSBO 203

Description:
This Lecture/Laboratory-based course will provide students with detailed knowledge of
the body’s musculoskeletal structures underlying human movement. Students will also
be provided with detailed knowledge of the neural innervations to these musculoskeletal
structures in order to comprehensively understand the organization of movement
control. Emphasis will be placed on appendicular and axial functional anatomy, with
practical skills in surface anatomy and physical and neurological examination. Attention
will also be given to the practical application of human anatomy as it pertains to clinical,
athletic, or everyday situations.
Learning Objectives/Outcomes:

- Gain a detailed knowledge of bony landmarks and surface anatomical landmarks.
- Understand Joint structure and function – including familiarity with the detail of ligaments, e.g. specific ligaments that stabilize appendicular joints.
- Comprehend and be knowledgeable in all the Muscle attachments (origins-insertions), neural innervations, and muscle actions.
- Be able to explain the functional roles of the prime movers of simple and complex limb movements.
- Be able to think functionally about all of the synergists and antagonists of these actions.
- Acquire a detailed knowledge of the Special areas (axilla, cubital fossa, carpal tunnel, femoral triangle, popliteal fossa)

Important Dates:
Last date for withdrawal without a W on your transcript: September 20, 2021.
Last date for withdrawal with a W instead of an F on your transcript: October 29, 2021

In-Term Concession:
If you need to apply for academic concession for in-term work, apply online through Kin Advising: Academic Concession: In-Term Work.

Required Textbook: (Both paperback and Electronic copies available)


Recommended Textbooks
**Course Evaluation**

1. **Midterm evaluation**: 20% (Oct. 22\(^{nd}\), 2021). Written during class time.
   
   **NOTE**: If the student is unable to write (due to illness, or absence, for any reason) or chooses not to write the midterm, then the missing midterm value will be added to the final written examination. **There are no midterm makeup examinations!**

2. **Practical Laboratory Exam**: 30% (Week of Nov 29\(^{th}\) to Dec 3\(^{rd}\), 2021)
   
   **NOTE**: *If in person, exam written during your laboratory time up in Osborne lab space.
   
   *If online/virtual, it will be written Dec. 1\(^{st}\), during the class time by everyone at the same time online.

3. **Final Written Exam**: 50% (70% if midterm not written) Date and time of the final exam will be set by the registrar during final exam period, Dec 11\(^{th}\) – 22\(^{nd}\).
   
   **NOTE**: All students are required to write **both** the Practical laboratory examination and the Final written examination.

**Classes Cancelled**

Monday Oct. 11\(^{th}\) – Thanksgiving.
Weds to Fri., Nov. 10-12\(^{th}\) - Fall Reading Break (Remembrance Day).

**Laboratories Cancelled**

Sept. 7\(^{th}\) - 10\(^{th}\) – First week of classes.
Monday Oct. 11\(^{th}\) – Thanksgiving Monday.
Nov. 8-12\(^{th}\) – Fall Reading Break (Remembrance Day).

**Laboratories:**

*There are six (6) laboratory sections in KIN 110 this year (L1A;L1B;L1C;L1D;L1E;L1F). Laboratories are not compulsory (attendance is not taken), but you must **only go** to the lab section you have been assigned to unless for the following exceptions.*

**Exceptions to this are:**

Sept. 30\(^{th}\) - The L1E (Thursday Lab) may attend any other laboratory that week.
Oct. 11\(^{th}\) – The L1A (Monday Lab) may attend any other laboratory that week.
Oct. 22\(^{nd}\) - The L1F (Friday Lab) may attend any other laboratory that week.

*Laboratory content can be covered outside of the assigned laboratory timeslots, but the Teaching assistant will be present in the assigned laboratory, as well bones, skeletons, muscle models and other practical material.*
**Course online support**
We will be using Canvas (canvas.ubc.ca) for posting some of the materials for KIN 110.
- All the lecture slides will be posted prior to the lecture in PowerPoint or PDF format.
- A lab handout for each lab will be posted on the weekend prior to the laboratory week. These brief outlines can be used as a guide to assist the student with each laboratory.
- **NOTE:** Canvas is used only as a repository for lecture notes and laboratory handouts. All announcements from the course instructor will be sent via the Faculty service centre. **DO NOT** email or try to contact the instructor using Canvas.

**COVID-19 Information**

**Provincial Health Orders and UBC policy** now mandate masks in all indoor spaces on campus. These spaces include classrooms, labs, residence halls, libraries, and common areas such as lobbies, hallways, stairwells, and elevators.

**You are required to wear a non-medical mask during our class meetings,** for your own protection and for the safety and comfort of everyone else in the class. For our in-person meetings in this class, it is important that all of us feel as comfortable as possible engaging in class activities while sharing an indoor space. Non-medical masks that cover our noses and mouths are a primary tool for combating the spread of Covid-19.

**There may be students who have medical accommodations for not wearing a mask.** Students who wish to request an exemption to the indoor mask mandate must do so based on one of the grounds for exemption detailed in the PHO Order on Face Coverings (COVID-19). Such requests must be made through the Center for Accessibility. After review, students who are approved for this accommodation will be provided with a letter of accommodation to share with instructors teaching courses in which they are registered.

Please maintain a respectful environment.

**If you are sick, it is important that you STAY HOME.** Complete a self-assessment for Covid-19 symptoms here: **BC COVID-19 Self-Assessment Tool.**

**If you miss class because of illness:**

- Make a connection early in the term to another student or a group of students in the class. You can help each other by sharing notes.

- Consult the class resources on Canvas and refer to Syllabus on exam policies.

- If you are concerned that you will miss a key activity due to illness, contact the instructor to discuss.

**If you are feeling ill and cannot attend class for an in-class assessment,** please email the instructor right away.

**If you are feeling ill at the time of a Final Exam,** **DO NOT** attend the exam. You must apply for deferred standing (**Academic Concession: Final Exam**) through Kin Academic Advising. Students who are granted deferred standing (SD) will write the Final Exam at a later date.
**Timetable – Lectures**

Sept. 8\(^{th}\), 10\(^{th}\) - Course introduction, Anatomical position, planes, movements, etc.
Sept. 13\(^{th}\), 15\(^{th}\), 17\(^{th}\) - Skull, Neck/Vertebral Column I.
Sept. 20\(^{th}\), 22\(^{nd}\), 24\(^{th}\) - Vertebral Column II & Thorax.
Sept. 27\(^{th}\), 29\(^{th}\), Oct. 1\(^{st}\) - Thorax/Shoulder.
Oct. 4\(^{th}\), 6\(^{th}\), 8\(^{th}\) – Upper Arm, Elbow and Forearm, Wrist
Oct. 13\(^{th}\), 15\(^{th}\), 18\(^{th}\) - Hand.
Oct. 20\(^{th}\) catch-up and summary.
Oct. 22\(^{nd}\) Midterm #1 – cumulative upper body - 20%.
Oct. 25\(^{th}\) 27\(^{th}\), 29\(^{th}\) - Pelvis Hip/Upper leg.
Nov. 1\(^{st}\), 3\(^{rd}\), 5\(^{th}\), 8\(^{th}\) - Upper leg/Knee.
Nov. 15\(^{th}\), 17\(^{th}\), 19\(^{th}\), Lower leg/Ankle.
Nov. 22\(^{nd}\), 24\(^{th}\), 26\(^{th}\), 29\(^{th}\), Foot
Dec. 1\(^{st}\), 3\(^{rd}\), 6\(^{th}\), Catch-up/Summary & review

**NOTE:** Dec. 1\(^{st}\) – (May be online Laboratory practical exam if course switches to online format).

**Timetable – Laboratories**

2. Sept. 20\(^{th}\) – 24\(^{th}\) Vertebral Column and Thorax.
3. Sept. 27\(^{th}\) – Oct. 1\(^{st}\) Thorax and Shoulder
6. Oct. 18\(^{th}\) – 22\(^{nd}\) Hand.
8. Nov. 1\(^{st}\) – 5\(^{th}\) Hip/Upper leg.
10. Nov. 22\(^{nd}\) – 26\(^{th}\) Lower leg and Ankle/Foot
11. Nov. 29\(^{th}\) – Dec. 3\(^{rd}\) Practical Laboratory Examination
Copyright

All materials of this course (course handouts, lecture slides, assessments, course readings, etc.) are the intellectual property of the Course Instructor or licensed to be used in this course by the copyright owner. Redistribution of these materials by any means without permission of the copyright holder(s) constitutes a breach of copyright and may lead to academic discipline.

UNIVERSITY POLICIES

Regular attendance is expected of students in all their classes (including lectures, laboratories, tutorials, seminars, etc.). Students who neglect their academic work and assignments may be excluded from the final examinations. Students who are unavoidably absent because of illness or disability should report to their instructors on return to classes.

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 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 on the UBC Senate website (Policies and Resources to Support Student Success).