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 xwməθkwəy̓əm (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: 2021W Term 2, Jan 10 – April 27  
Credit Value: 3 credits  
Location: OSBO 203

Course Format (Day & Time)  
Lecture/Lab –Tuesday & Thursday 5pm-7pm

Instructor: Gillian Corbo, Reg PT, MPT, MSc  
Office Hours: By appointment  
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Teaching Assistant: Jenna Benbaruj  
E-mail: jenna.benbaruj@ubc.ca

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, Chegg, 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: January 21st, 2022
Last date to drop course with ‘W’ on academic record: March 4th, 2022

Course Format:
The course will consist of 2 lectures per week, with lab time integrated into the lecture. Lectures will be structured around the textbook and will include group discussion components. The instructional methods in lecture will predominantly be lecturing and group discussion. The instructional methods in laboratory will be minimal, and the responsibility will be on the students to work together to guide themselves through the content using the lab handouts and lecture content. Coming prepared to labs is essential, as the TA will be available to guide you, but no formal instruction will be provided during lab time.
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:


The textbook is available online at [https://shop.bookstore.ubc.ca/courselistbuilder.aspx](https://shop.bookstore.ubc.ca/courselistbuilder.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:

## Grading

<table>
<thead>
<tr>
<th>Exam Type</th>
<th>Date and Time</th>
<th>Topics</th>
<th>Weightage</th>
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</thead>
</table>
| Midterm Exam       | Thursday February 17<sup>th</sup>, 2022, 5:00 PM during class time | - Anatomical Terminology  
- Axial Skeleton  
- Appendicular Skeleton  
- Articulations  
- Nervous System | 35%       |
| Bellringer Exam    | Thursday April 7<sup>th</sup>, 2022, 5:00 PM during class time | - All lab content + application of lecture content  
Note: If a student is unable to write (due to illness, or absence, or for any reason), they may have to write it next term when it is next offered | 30%       |
| Final Exam         | TBD by University (April 12 - April 27) | - Muscles of the Head, Neck & Trunk  
- Muscles & Nerves of the Upper Limb  
- Muscles & Nerves of the Lower Limb | 35%       |

The exams will be held in-person unless the university directs us otherwise. Exams may consist of multiple-choice questions including standard and k-type questions (multiple-multiple), diagrams, and labelling exercises. The theory examinations will not be cumulative. The bellringer lab exam is a cumulative exam and will cover all lecture material from the beginning of the course – however since it is a lab exam, your ability to apply your knowledge from lecture to the identification of specimens is necessary. The bellringer is a 30 minute lab identification exam, conducted in OSBO 203. Your attendance and hard work in lab is crucial for your success on this exam. Questions concerning your exams or requests to review it must be made within one week of exam grades being returned.
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. Students are expected to attend all laboratory sessions. 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.

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 attend all lectures, as powerpoint slides cannot explain complex concepts that will be covered. By not attending lecture, students will only receive a very superficial understanding of the material covered. Below are some strategies to help you succeed in KIN 110.

- Attend lecture – this cannot be stressed enough.
- This course takes time and lots of it – set aside study time throughout the week 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.
- Come to class 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 meeting 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 either be moved forward onto a future assessment or you will complete a make-up 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 UBC’s Academic Honesty & Plagiarism Policies, as well as the Student Declaration and 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

Campus Support Services:

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

**Center for Student Involvement & Careers**  
*Brock Hall*  
-Orientation  
-Peer Mentoring  
-Career Advising

**Chapman Learning Commons**  
*IKB Learning Center*  
[https://learningcommons.ubc.ca/](https://learningcommons.ubc.ca/)  
- Learning Skills Services  
- Writing Support  
- Tutoring & Peer Coaching  
- Academic Integrity & Citation Support

**Center for Accessibility**  
*Brock Hall*  
[https://students.ubc.ca/about-student-services/centre-for-accessibility](https://students.ubc.ca/about-student-services/centre-for-accessibility)

**Student Health Services**  
*UBC Hospital*  
[https://students.ubc.ca/health/student-health-service](https://students.ubc.ca/health/student-health-service)

**Office of the Ombudsperson**  
*C.K. Choi Building*  
[https://ombudsoffice.ubc.ca/](https://ombudsoffice.ubc.ca/)

**Indigenous Portal**  
*First Nations House of Learning*  
[https://indigenous.ubc.ca/](https://indigenous.ubc.ca/)
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.
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
# Course Schedule:

<table>
<thead>
<tr>
<th>Date</th>
<th>Anatomy Content</th>
<th>Textbook Chapter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1 Jan 11 &amp; 13</td>
<td>1. Introduction to Course, Anatomy, Anatomical Terminology</td>
<td>1</td>
</tr>
<tr>
<td>Week 2 Jan 18 &amp; 20</td>
<td>2. Axial Skeleton</td>
<td>2,4,8</td>
</tr>
<tr>
<td>Week 3 Jan 25 &amp; 27</td>
<td>3. Appendicular Skeleton</td>
<td>3,6,7</td>
</tr>
<tr>
<td>Week 4 Feb 1 &amp; 3</td>
<td>4. Joint Classification, Articulations of the Body</td>
<td>2,3,4,6,7</td>
</tr>
<tr>
<td>Week 5 Feb 8 &amp; 10</td>
<td>5. The Nervous System: CNS &amp; PNS</td>
<td>2,3,7</td>
</tr>
<tr>
<td>Week 6 Feb 15</td>
<td>Catch up &amp; Review for Midterm</td>
<td></td>
</tr>
<tr>
<td>Week 6 Feb 17</td>
<td>MIDTERM EXAM (35%) – Covers lectures 1-5</td>
<td></td>
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<tr>
<td>Week 7 Feb 21-25</td>
<td>MIDTERM BREAK – ALL CLASSES CANCELLED</td>
<td></td>
</tr>
<tr>
<td>Week 8 March 1 &amp; 3</td>
<td>6. Muscles of the Head, Neck &amp; Trunk</td>
<td>2,4,5,8,9</td>
</tr>
<tr>
<td>Week 9 March 8 &amp; 10</td>
<td>7. Muscles &amp; Nerves of the Upper Limb I: Shoulder &amp; Arm</td>
<td>3</td>
</tr>
<tr>
<td>Week 10 March 15 &amp; 17</td>
<td>7. Muscles &amp; Nerves of the Upper Limb II: Forearm &amp; Hand</td>
<td>3</td>
</tr>
<tr>
<td>Week 12 March 29 &amp; 31</td>
<td>8. Muscles &amp; Nerves of the Lower Limb II: Leg &amp; Foot</td>
<td>7</td>
</tr>
<tr>
<td>Week 13 April 5</td>
<td>9. Case Studies / Catch up &amp; Review for Final</td>
<td>N/A</td>
</tr>
<tr>
<td>Week 13 April 7</td>
<td>BELLRINGER EXAM (30%) – Cumulative Exam</td>
<td></td>
</tr>
<tr>
<td>TBD By University</td>
<td>FINAL EXAM (35%) – Covers lectures 6-11</td>
<td></td>
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