

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: 2023S Term 1, May 15 – June 30
 Credit Value: 3 credits
 Location: OSBO 203

Course Format (Day & Time)
Lecture/Lab –Tues & Thurs 9am -12pm

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 MSc
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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: May 19th, 2023

Last date to drop course with 'W' on academic record: June 9th, 2023

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:

Essential Clinical Anatomy – 7th Edition, Anne M. R. Agur & Arthur F. Dally. (2023). Wolters Kluwer/Lippincott Williams & Wilkins ISBN: 978-1975174248

The textbook is available online at <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 strongly visual learner and will be taking more anatomy courses, an anatomy app or anatomy atlas may be beneficial for you, but it is not required. Complete Anatomy or Essential Anatomy are popular apps for students that can be purchased on a subscription basis. If you are interested in an atlas, 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

<p>Midterm Exam</p> <p><u>Tuesday, June 6th, 2023, 9:00am during class time</u></p> <ul style="list-style-type: none"> • Anatomical Terminology • Axial Skeleton • Appendicular Skeleton • Articulations • Nervous System <p><i>Note: If a student is unable to write (due to illness, or absence, or for any reason), the makeup exam administered may be in a different format</i></p>	35%
<p>Bellringer Exam</p> <p><u>Tuesday June 22nd, 2023, 9:00am during class time</u></p> <ul style="list-style-type: none"> • All lab content + application of lecture content <p><i>Note: If a student is unable to write the bellringer (due to illness, or absence, or for any reason), they may have to write it next term when it is next offered</i></p>	25%
<p>Final Exam</p> <p><u>TBD by University (June 26-30)</u></p> <ul style="list-style-type: none"> • Muscles of the Head, Neck & Trunk • Muscles & Nerves of the Upper Limb • Muscles & Nerves of the Lower Limb <p><i>Note: If a student is unable to write (due to illness, or absence, or for any reason), the makeup exam administered may be in a different format</i></p>	40%

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 lab 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

<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
- 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: (Subject to change as required)

* Students are responsible for any announcements given in class concerning course information and schedule changes, whether they are present or not

Date	Anatomy Content	Textbook Chapter
Week 1 Tues, May 16	1. Introduction to Course, Anatomy, Anatomical Terminology	1
Week 1 Thurs, May 18	2. Axial Skeleton	2, 4, 8
Week 2 Tues, May 23	3. Appendicular Skeleton	3, 6, 7
Week 2 Thurs, May 25	4. Joint Classification, Articulations of the Body	2,3,4,6,7
Week 3 Tues, May 30	5. The Nervous System: CNS & PNS	2,3,7
Week 3 Thurs, June 1	6. Muscles of the Head, Neck & Trunk	2,4,5,8,9
Week 4 Tues, June 6	MIDTERM EXAM (35%) – Covers lectures 1-5	
Week 4 Thurs, June 8	7. Muscles & Nerves of the Upper Limb	3
Week 5 Tues, June 13	7. Muscles & Nerves of the Upper Limb cont. 8. Muscles & Nerves of the Lower Limb	3, 7
Week 5 Thurs, June 15	8. Muscles & Nerves of the Lower Limb cont.	7
Week 6 Tues, June 20	9. Case Studies / Catch up & Review for Final	N/A
Week 6 Thurs, June 22	BELLRINGER EXAM (25%) – Cumulative Exam	
TBD By University	FINAL EXAM (40%) – Covers lectures 6-8	