

SCHOOL OF KINESIOLOGY, UNIVERSITY OF BRITISH COLUMBIA

**Kinesiology (KIN) 110 (previously part of KIN 190)
Human Anatomy
(Term 1 – 2022/2023)**

Instructor:

Dr. J. **Tim**othy Inglis
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Office Hours: after class, and during labs...

Teaching Assistants:

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Location and Time:

Lectures: Monday/Wednesday/Friday 11:00 am – 12:00 pm,
Take place in person in WESB (Wesbrook Building), Room 100.

Laboratories: Mon, 2:00 pm – 4:00 pm (L1A)
Tues, 2:00 pm – 4:00 pm (L1B)
Tues, 4:00 pm – 6:00 pm (L1E)
Weds, 2:00 pm – 4:00 pm (L1C)
Thurs, 2:00 pm – 4:00 pm (L1D)
Fri. 12:00 pm – 2:00 pm (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 axial and appendicular joints.
- Comprehend and be knowledgeable in all the Muscle attachments, 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)

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)

1. Essential Clinical Anatomy (7th edition) Anne M. R. Agur, Arthur F. Dally. (2023). Wolters Kluwer/Lippincott Williams & Wilkins.
 - A. Print + Courseware (eBook included) New ISBN: 9781975215118
 - B. Courseware (eBook included) New ISBN: 9781975215088

OR

2. Essential Clinical Anatomy (6th edition) Anne M. R. Agur, Arthur F. Dally. (2019). Wolters Kluwer/Lippincott Williams & Wilkins. ISBN 9781496369659.

Recommended Textbooks

1. Hollinshead's Functional Anatomy of the Limbs and Back, 9th edition. David B. Jenkins. (2009) Saunders Publishing. ISBN 9781416049807
(or any of the 6th-8th editions). Cheap on Amazon.
2. Grant's Atlas of Anatomy (13th edition). Anne M.R. Agur, Arthur R. Dally (2013). Wolters Kluwer / Lippincott Williams & Wilkins. ISBN 9781608317561.

“OR” *any* standard Atlas of Anatomy.

lippincottdirect.lww.com/MedicalEducation-UniversityofBritishColumbia-Fall2023

Lippincott® Connect Courseware

Students, please follow the steps setting up an account on The Point to access your course.

Moore's Essential Clinically Anatomy 7th ed.

You will need to have an access code specific to the textbook assigned by your instructor for your course.

Course ID: XBZWAHTXMV5

Discount Purchase Link (30% less than Amazon): lippincottdirect.lww.com/MedicalEducation-UniversityofBritishColumbia-Fall2023

How to purchase

A course specific website provided by your instructor (see above) or via shop.lww.com (w/promo code):

1. Direct Digital Access, which will email you an access code immediately.
2. Physical Book + Access Code Package, a shrink-wrapped package containing the physical text along with a printed access code, which will be shipped to you.

Bookstore:

3. Standalone Physical Access card which will have the access code printed inside.
 4. Physical Book + Access Code Package, which is a shrink-wrapped package containing the physical text along with a printed access code.
- NOTE:** If you purchase a standalone book that is not shrink-wrapped, it will not contain an access code.

How to register for thePoint

Once you have an access code, you need to create an account on thePoint; please visit: <https://thepoint.lww.com/student>

1. Log in:
 1. If this is your first time using thePoint, click "**New User**" and proceed to step 2.
 2. If you already have student access to thePoint, click "**Return User**" and login using your credentials and follow the instructions for "**How to access your course if you already have access to thePoint**" below.
2. Enter the **access code** you purchased and click "**Next**"
3. Please provide your email address and select "**No, I am new.**" then click "**Next**" (Please use your school email.)
4. Select Your Role as "**I'm a student**" and click "**Next.**"
5. Complete the required registration fields as noted by the asterisks.

NOTE: This is where you will create your password; please save for future reference.
6. Read the terms and click "**Next.**"

Note: Accepting the "Terms and Conditions" and "Privacy Policy" are required to proceed.
7. Once the terms are agreed to, you will be provided a confirmation page with access to the Textbook Specific Course your instructor is using this term. Confirm the text and click "**Continue.**"
8. You will then be taken into thePoint and specifically into "**My Content.**" Below the title of the textbook, click on "**Launch.**"
9. On the right side of the page, click on the blue "**+Join a Course**" icon:
 1. Enter the "**CourseID**" provided by your professor and then click the **magnifying glass** to search for the course:
 2. Your **Course ID is located at the top of this page.**

Please note: If you are copying the Course ID, please make sure there is not an additional space in the Course ID, especially at the end which may cause an error.
10. Once your course is found, click "**Join this Course.**"
11. You will receive confirmation that you have been added, then click "**Continue**" to view your course.
12. Congratulations! You are now registered for your course.

How to access your course after you have registered

1. Go to: <https://thepoint.lww.com/student>
2. Click "**Return User**"
3. **Log in** using your credentials.
4. You will be taken directly to "**My Content**"
5. Click on the blue "**Launch**" link below the text associated with your course.

How to access your course if you already have an account on thePoint

1. Go to: <https://thepoint.lww.com/student>
2. Click "**Return User**"
3. Log in using your credentials.
4. You will be taken directly to "**My Content.**"
5. Click on "**Add a new title to My Content.**"
6. Enter the access code you purchased and click "**Next.**"
7. You will land at an "**Access Confirmation**" page providing access to the Textbook Specific Course your instructor is using this term. Review and click "**Continue.**"
8. You will then be taken into thePoint and specifically into "**My Content.**" Below the title of the textbook, click on "**Launch.**"
9. On the right side of the page, click on the blue "**+ Join a Course**" icon:
10. Enter the "**CourseID**" specific to your professor and then click the *magnifying glass* to search for the course:
1. Your **Course ID is listed at the top of this page.**
Please note: *If you are copying the Course ID, please make sure there is not an additional space in the Course ID, especially at the end which may cause an error.*
11. Once your course is found, click "**Join this Course.**"
12. You will receive confirmation that you have been added, then click "**Continue**" to view your course:
13. Congratulations! You are now registered for your course.

Course Evaluation

1. Midterm evaluation: 20% (Oct. 16th, 2023). 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: 40% (Week of Nov 27th to Dec 1st, 2023)

NOTE: The exam will be written during your laboratory time up in Osborne lab space.

3. Final Written Exam: 40% (60% if midterm not written) Date and time of the final exam will be set by the registrar during final exam period, Dec 11th – 22nd.

NOTE: All students are required to write **both** the Practical laboratory examination and the Final written examination.

Classes Cancelled

Friday Oct. 2nd – National Day for Truth and Reconciliation.

Monday Oct. 9th – Thanksgiving.

Monday to Weds., Nov. 13-15th - Fall Reading Break (Remembrance Day).

Laboratories Cancelled

Sept. 4th - 8th – First week of classes.

Monday Oct. 2nd, – National Day for Truth and Reconciliation.

Monday Oct. 9th – Thanksgiving Monday.

Nov. 13 - 17th – 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:

Oct. 2nd - The L1A (Monday Lab) may attend any other laboratory section that week.

Oct. 9th – The L1D (Thurs Lab) may attend any other laboratory section that week.

NOTE: *Laboratory content can be covered outside of the assigned laboratory timeslots, but remember the Teaching assistant will be present in the assigned laboratory, as well as 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 and 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 general guide to assist the student with each laboratory.
- **Strongly Suggest:** UBC online Anatomy tutorials: <http://clinicalanatomy.ca>
- **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.**

Timetable – Lectures

Sept. 6th, 8th - Course introduction, Anatomical position, planes, movements, etc.
Sept. 11th, 13th, 15th- Skull, Neck/Vertebral Column I.
Sept. 18th, 20th, - Vertebral Column II & Thorax.
Sept. 22nd, 25th, 27th 29th - Thorax/Shoulder and Upper arm.
Oct. 4th,6th – Upper Arm, Elbow and Forearm, Wrist
Oct. 11th,12th,13th - Hand. (Thurs. Oct. 12th, is make up Monday)
Oct. 16th **Midterm #1 – cumulative upper body - 20%.**
Oct. 18th, 20th, 23rd, 25th, 27th, 30th - Pelvis Hip/Upper leg.
Nov. 1st, 3rd, 6th, Upper leg/Knee.
Nov. 8th, 10th, 17th, Lower leg/Ankle.
Nov. 20th, 22nd, 24th, Foot
Nov 27th, 29th, Dec. 1st, 4th, 6th, Catch-up/Summary & review

Timetable – Laboratories

1. Sept 11th – 15th Skull & Neck and vertebral.
2. Sept. 18th – 22nd Vertebral Column and Thorax.
3. Sept. 25th – Sept. 29th Shoulder and Upper arm.
4. Oct. 2nd – 6th Upper Arm, Elbow and Lower arm, wrist.
5. Oct. 9th – 13th Lower Arm and Wrist/Hand. (**Makeup Monday lab week**)
6. Oct. 16th – 20st Catch Up/REVIEW of Upper Limb Laboratory.
7. Oct. 23rd – 27th Pelvis/Hip.
8. Oct. 30th – Nov. 3rd Hip/Upper leg.
9. Nov. 6th – 10th Upper leg and Knee.
10. Nov. 20st – 24th Lower leg and Ankle/Foot
11. Nov. 28th – Dec. 2nd **Final 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](#)).