SCHOOL OF KINESIOLOGY, UNIVERSITY OF BRITISH COLUMBIA

Kinesiology (KIN) 110 (previously part of KIN 190)
Human Anatomy
(Term 2 – 2023/2024)

Instructor:

Dr. J. **Tim**othy Inglis
Phone: 604 822-1626
Office: Room 212 Unit #1, Osborne.
Email: tim.inglis@ubc.ca {NOTE: ***DO NOT*** email me through CANVAS!}
Office Hours: after class, and during laboratory times. Come to your lab if you have questions.

Teaching Assistants:

Xiangwei Zhang (xiangwei.zhang@ubc.ca).
Josh Donald (josh.donald@ubc.ca)

Location and Time:

Lectures:
Tues: 4:00 pm – 5:30 pm - in person in Pharm Science Building, Room 1101.
Thurs: 4:00 pm – 5:30 pm - in person in Pharm Science Building, Room 1201.

Laboratories:

Tues, 5:30 pm – 7:30 pm (L2A)
Thurs, 6:00 pm – 8:00 pm (L2B)
Fri. 1:00 pm – 3:00 pm (L2D)
Fri. 3:00 pm – 5:00 pm (L2E)

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.

Course Evaluation

1.Midterm evaluation: 20% (Mar. 5th, 2024). 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 Apr. 9th, to Apr. 12th 2024)

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, **April 16th – 27th, 2024.**

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

Classes Cancelled

NO Lectures - Tues/Thurs Feb. 20th, 22nd {Reading week Mon-Fri Feb. 19th- 23rd}.

NO Lectures – Tues/Thurs Apr. 9th and 11th.

Laboratories Cancelled

No labs: Feb. 20th, 22nd, and 23rd {Reading week Mon-Fri Feb. 19th- 23rd}.

No Lab: Fri. Mar. 29th, NOTE: L2D and L2E students can come to either the Tues (L2A) or Thurs (L2B) labs that week.

No labs: Apr. 9th and 11th as that is the practical Lab exam week.

Laboratories:

*There are **Four (4)** laboratory sections in KIN 110-002 this year (L2A,L2B,L2D,L2E).*

*Laboratories are **not compulsory**, but **attendance** will be monitored. You should **ONLY go** to the lab section you have been assigned, and are only allowed to attend other labs if space is available.*

Exceptions to this are: March 29th - The L2D and L2E lab groups may attend either the Tues (L2A) or Thurs (L2E) laboratory sections that week.

NOTE: *Laboratory content **can and should** 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 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. **DO NOT email or try to contact the instructor using Canvas.**

Timetable – Lectures

Jan. 9th - 11th Course introduction Anatomical position, planes, movements, etc.
Jan. 16th - 18th Skull, Neck/Vertebral Column I.
Jan. 23rd - 25th - Vertebral Column II & Thorax.
Jan. 30th - Feb. 1st - Thorax/Shoulder and Upper arm.
Feb. 6th - 8th Shoulder/Upper Arm & Elbow.
Feb. 13th - 15th Forearm and wrist.
Feb. 20th - 22nd Lectures cancelled. Reading week.
Feb. 27th - Feb. 29th Hand.
Mar. 5th Midterm #1 - cumulative upper body - 20%.
Mar. 7th, 12th, and 14th Pelvis Hip/Upper leg.
Mar. 19th - 21st Upper leg/Knee.
Mar. 26th - 28th Lower leg/Ankle.
Apr. 2nd - 4th Ankle and Foot.
Apr. 9th - 11th No Lectures: Laboratory exam week.

Timetable – Laboratories

1. Jan. 9th – 12th No labs.
2. Jan. 16th – 19th Skull and Vertebra.
3. Jan. 23rd – 26th Vertebral Column and Thorax.
4. Jan. 30th – Feb. 2nd Shoulder and Upper arm.
5. Feb. 6th – Feb. 9th Upper Arm, Elbow and Lower arm.
6. Feb. 13th – 16th Lower Arm and Wrist.
7. Feb. 20th – 23rd Labs cancelled. Reading week.
8. Feb. 27th – Mar. 1st Hand.
9. Mar. 5th – 8th Pelvis/Hip.
10. Mar. 12th – 15th Hip/Upper leg.
11. Mar. 19th – 22nd Upper leg and Knee.

12. Mar. 26th – 29th Lower leg and Ankle/Foot.
13. Apr. 2nd – 5th REVIEW Laboratory (OPTIONAL).
14. Apr. 9th – 12th Final Practical Laboratory Examination.

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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).