

SCHOOL OF KINESIOLOGY, UNIVERSITY OF BRITISH COLUMBIA

**Kinesiology (KIN) 110 (previously part of KIN 190)
Human Anatomy
(Term 1 – 2024/2025)**

Instructor:

Dr. J. Timothy Inglis

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% (Oct. 21st, 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 Dec. 2nd to Dec 6th, 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, Dec 10th – 21st.

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

Classes Cancelled

Monday Sept. 30th – National Day for Truth and Reconciliation.

Monday Oct. 14th – Thanksgiving.

Monday to Weds., Nov. 11-13th - Fall Reading Break (Remembrance Day).

Laboratories Cancelled

Sept. 3th - 6th – First week of classes.

Monday Sept. 30th – National Day for Truth and Reconciliation.

Monday Oct. 14th – Thanksgiving Monday.

Nov. 11 - 15th – 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. 30th - The L1A (Monday Lab) may attend any other laboratory section that week.

Oct. 14th – The L1A (Monday 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 Workday. **DO NOT email or try to contact the instructor using Canvas.**

Timetable – Lectures

Sept. 4th, 6th - Course introduction, Anatomical position, planes, movements, etc.

Sept. 9th, 11th, 13th - Skull, Neck/Vertebral Column I.

Sept. 16th, 18th - Vertebral Column II & Thorax.

Sept. 20th, 23rd, 25th, 27th - Thorax/Shoulder and Upper arm.

Oct. 2nd, 4th – Upper Arm, Elbow and Forearm, Wrist

Oct. 7th, 9th, 11th, 16th, 18th - Hand.

Oct. 21st **Midterm #1 – cumulative upper body - 20%.**

Oct. 23rd, 25th, 28th, 30th - Pelvis Hip/Upper leg.

Nov. 1st, 4th, 6th, Upper leg/Knee.

Nov. 8th, 15th, 18th, Lower leg/Ankle.

Nov. 20th, 22nd, 25th, 27th, 29th, Foot, Catch up & Summary & review.

Dec. 2nd, 4th, 6th Cancelled for lab exam.

Timetable – Laboratories

1. Sept 9th – 13th Skull & Neck.
2. Sept. 16th – 20th Vertebral Column and Thorax.
3. Sept. 23rd – Sept. 27th Shoulder and Upper arm.
4. Oct. 1st – 4th Upper Arm, Elbow and Lower arm, wrist.
5. Oct. 7th – 11th Lower Arm and Wrist/Hand.
6. Oct. 15th – 18th Catch Up/REVIEW of Upper Limb.
7. Oct. 21st – 25th Pelvis/Hip.
8. Oct. 28th – Nov. 1st Hip/Upper leg.
9. Nov. 4th – 8th Upper leg and Knee.
10. Nov. 18th – 22nd Lower leg and Ankle/Foot.
11. Nov. 25th – 29th Catch Up/REVIEW of Lower Limb.
12. Dec. 2nd – Dec. 6th **Final Practical Laboratory Examination**

Copyright

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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](#)).