

Kinetic Anatomy

APK 5102 | Class #17674, #17397, #16778
3 Credits | Summer C 2023

Connect with HHP



Course Info

INSTRUCTOR

Joslyn Ahlgren, PhD, CEP-ACSM
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Office Phone: 352-294-1728
Email: jahlgren@ufl.edu
Preferred Method of Contact: **CANVAS email**

OFFICE HOURS

Virtual Office Hours (VOHs) will be via Zoom and all dates, times, and links will be provided in CANVAS

MEETING TIME/LOCATION

Access course through Canvas on UF e-Learning
(<https://elearning.ufl.edu/>) & the Canvas mobile app by Instructure

This is a fully online course with no required, synchronous meeting location or times.

COURSE DESCRIPTION

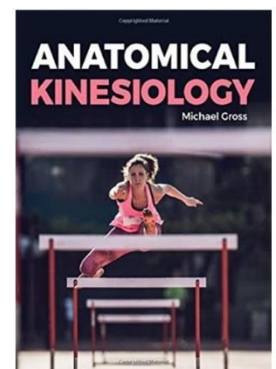
Provides in-depth coverage of musculoskeletal anatomy as a foundation for learning components of simple and complex motor tasks and emphasizes proper execution and analysis of joint movement and common exercises.

PREREQUISITE KNOWLEDGE AND SKILLS

APK 2100C and APK 3220C (or equivalents); instructor permission.

REQUIRED AND RECOMMENDED MATERIALS

You will NEED the following textbook for this course: **Anatomical Kinesiology (1st edition) by Michael Gross, ISBN: 978-1-284-17564-6**. This course does participate in UF's All Access program. The All Access program allows you to charge this text to your student account rather than paying for it up-front. For this option, you will have a choice to "Opt-In" through a link provided in CANVAS. Students who do not participate in UF's All Access program will be able to purchase the text through the UF Bookstore or online. There is an eText version of this book if you prefer that. We will also be utilizing an online app called **Muscle & Motion (Strength Training)**. Your instructor will provide you a complimentary access code (will be posted in CANVAS).



COURSE LEARNING OBJECTIVES:

After taking this course, students should be able to:

- Name and identify all bones, major bone markings, most muscles, joints, and major joint structures below the skull.
- Give the origin, insertion, and action for major muscles below the skull.
- Perform a 6-step motor control analysis for simple movements of the body and use this information to analyze exercises, variations of exercises, and body movements of all kinds.
- Predict muscular causes for dysfunctional joint movements and propose corrective solutions for common movement errors – especially for common exercises.

COURSE FORMAT

This is a fully online course with largely asynchronous components...but synchronous exams. Each week you will watch online lectures (with embedded stop and think questions to keep you engaged and attentive), complete chapter quizzes, and work on application activities related to that week's topics.

Course & University Policies

ATTENDANCE POLICY

This is a fully online course with no physical attendance requirements. The only synchronous aspect of this course are exams, which are also fully online and open for 24 hours. Students can earn up to 5 points of extra credit for attending virtual office hours or virtual meetings with class peers to discuss application activities.

PERSONAL CONDUCT POLICY

You are expected to exhibit behaviors that reflect highly upon yourself and our University:

- Read and refer to the syllabus
- Arrive to scheduled meetings on time and prepared
- Demonstrate respect and positive regard for classmates, your instructor, staff members, and yourself
- Use professional, courteous standards for all emails and discussions:
 - Descriptive subject line
 - Address the reader using proper title and name spelling
 - Body of the email should be concise but have sufficient detail
 - Respectful salutation (e.g., thank you, sincerely, respectfully)
 - No textspeak (e.g., OMG, WTH, IMO)
 - Emojis are great (😊), curse words are not great
 - *The course instructor will provide constructive feedback on less than professional emails.*
- Appropriate use of technology during meetings
- Adherence to the UF Student Honor Code: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>
 - Honor code violations of any kind will not be tolerated.
 - Any use, access, or handling of unapproved technology during an exam will result in a zero on the exam **and** further academic and educational sanctions.
 - All allegations, regardless of the severity, will be reported to the Dean of Students Office for University-level documentation and processing.
 - **Use of secondary electronic devices has been a problem in the past on these exams. Please know that your instructor DOES monitor the Honorlock videos in an effort to support academic integrity and help students develop a sense of pride in their academic ethics.**

MAKE-UP POLICY

To arrange a make-up exam or due date extension, please fill out the **make-up request form** posted in the course orientation module in CANVAS and submit it to your course instructor via the CANVAS email tool. Verifying documentation will be required. Make-ups will not be granted for personal travel/vacations. Additionally, many students will encounter having multiple exams in one day. Only if another exam is scheduled for the same time/overlaps with this course's exams will a request be considered. In the case that a student misses an exam due to an unexcused reason (i.e. overslept, mixed up the exam time, forgot about differences in time zones, etc.), the exam can be taken with a 20% penalty if taken within 24 hours of the original exam time or with a 40% penalty if taken within 48 hours of the original exam time.

A student experiencing an illness should seek medical advice and obtain documentation. If you have an illness, family emergency or death, please contact the Dean of Students Office and follow the DSO Care Team procedures for documentation and submission of a request for make-up assignment (<https://care.dso.ufl.edu/instructor-notifications/>). The DSO will contact the instructor. You do not need to provide any documentation to the instructor regarding illness or family emergency if you don't want to (though you may if you prefer).

Requirements for class attendance and make-ups, assignments, and other work are consistent with the university policies that can be found at <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

ACCOMMODATING STUDENTS WITH DISABILITIES

The instructor for this course is committed to creating a learning experience that is inclusive. If you encounter barriers, please let the instructor know immediately so that we can determine if there is a design adjustment that can be made or if an accommodation might be needed to overcome the limitations of the design. Your instructor is happy to consider creative solutions as long as they do not compromise the intent of the assessment or learning activity. You are also welcome to contact the Disability Resource Center's Getting Started page at <https://disability.ufl.edu/students/get-started/> to begin this conversation or to establish accommodations for this or other courses. Feedback that will improve the usability and experience for all students is always welcome.

It is important for you to share your accommodation letter with the course instructor and discuss your access needs as early as possible in the semester. *It is imperative that you verify your specific access needs with your course instructor at least 48 hours PRIOR to scheduled assessments.*

COURSE EVALUATIONS

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

Getting Help

HEALTH & WELLNESS

- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies) <http://www.police.ufl.edu/>

ACADEMIC RESOURCES

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

INCLUSION, DIVERSITY, EQUITY, AND ACCESSIBILITY RESOURCES

For suggestions or concerns related to IDEA, please reach out to any of the following:

- Dr. Ashley Smuder, APK DEI Committee Chair, asmuder@ufl.edu
- Dr. Rachael Seidler, APK Graduate Coordinator, rachaelseidler@ufl.edu
- Dr. Joslyn Ahlgren, course instructor, jahlgren@ufl.edu

Grading

COURSE COMPONENTS

The following table outlines the point-accruing components of the course.

| Course Component | Percent of Course Grade |
|--------------------------------------|-------------------------|
| Lecture – Stop & Think Questions | 10% |
| Chapter Quizzes | 15% |
| Application Activities & Reflections | 20% |
| Section Exams (5) | 40% |
| Final Exam (1) | 15% |

Lecture – Stop & Think Questions: You can earn up to 4 points each week through answering “Stop & Think” questions embedded within lecture videos. These lectures range in length from ~30 minutes to ~75 minutes. The stop & think embedded questions are intended to be **formative**—*there to help you learn rather than to test you*. You will have 3 attempts to get the highest score possible on these questions, but must be completed by

the end of the week to receive points. **Late work will not be accepted.** You will have access to lecture recordings that do not have embedded questions should you want to rewatch the lectures without having to encounter Stop & Think questions. While it is acceptable for you to ask your classmates for assistance or clarity, it is NOT acceptable to ask you classmates for answers. Your answers are due every Saturday at 11:59pm EST.

Chapter Quizzes: At the end of the textbook, you will find labeling exercises for content within each chapter. These exercises, along with others that your course instructor has generated, will be available to you in the form of a CANVAS quiz. You will need to complete these chapter quizzes each week, either individually or with the help of your classmates. These quizzes are intended to be **formative**—*there to help you learn rather than to test you*. You will have unlimited attempts to get the highest score possible on these quizzes, but must be completed by the end of the week to receive points. **Late work will not be accepted.** Quizzes are due Saturday at 11:59pm EST each week.

Application Activities & Reflection: Application activities will be posted each week to help you study, dig into the content from lecture, and expand on what was presented in lecture. You can complete these on your own, but you are encouraged to meet up (virtually, of course) with classmates to discuss and work through these applications. You will submit your individual answers to these applications in CANVAS and they will be graded on completion and effort, *not on accuracy (a rubric will be provided)*. Once you submit your answers, you'll get access to the correct answers that you'll need to review and complete a brief reflection on. Reflections will be graded on completion and accuracy. Like chapter quizzes, applications are due every Saturday at 11:59pm EST and **late work will not be accepted**. Reflections will open up at the due date for each reflection and are due one week later.

Section Exams: You will take a closed-notes exam for each of the five course sections. Exams will be proctored through HonorLock. *Students are not permitted to share exam info with classmates – this is an honor code violation. Students are not allowed any resources while taking these exams – this is also an honor code violation.* These assessments will be set up as CANVAS quizzes with predominantly multiple choice, fill in the blank, matching, true/false, and multiple answer question formats; there may be some short essay questions. Students can expect to see images on the exam and should expect to **APPLY** what they are learning, not simply regurgitate information.

Final Exam: The final exam for this course, like the section exams, will be a closed-notes exam focusing on knowledge and application of both muscle origins/insertions/actions (OIAs) and the 6-step motor control analysis. These will be introduced early in the class and reinforced throughout each section, so your best mechanism for preparing for this final is to **stay dedicated to weekly studying**.

GRADING SCALE

All grades will be posted in the CANVAS gradebook. Any discrepancies with points displayed in the gradebook should be pointed out to the instructor before the last day of class (prior to reading days). There is no curve for this course and grades will not be rounded up. Any requests for extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly. *Minus grades are not assigned for this course.* More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>.

| Grade | Percent of Total Points | GPA for Each Grade |
|-------|-------------------------|--------------------|
| A | 90.00-100% | 4.0 |
| B+ | 87.00-89.99% | 3.33 |
| B | 80.00-86.99% | 3.0 |

| | | |
|----|--------------|------|
| C+ | 77.00-79.99% | 2.33 |
| C | 70.00-76.99% | 2.0 |
| D+ | 67.00-69.99% | 1.33 |
| D | 60.00-66.99% | 1.0 |
| E | 0-59.99% | 0 |

Weekly Course Schedule

CRITICAL DATES & UF OBSERVED HOLIDAYS

- May 15: First Day of Summer C Term (Monday)
- May 29: Memorial Day
- June 19: Juneteenth
- June 26-30: Summer Break
- July 4: Independence Day
- Aug 11: Last Day of Summer C Term (Friday)

WEEKLY SCHEDULE

This table outlines the weekly topics and important due dates. Any changes will be announced in CANVAS.

| Week | Dates | Lecture Topic/Book Chapters | Stop & Think, Chapter Quiz & Application Activity/Reflection Due Dates |
|---|------------------|---|--|
| 1 | May 15 - 19 | Orientation Module + Ch 1 (Fund of Anatomy) + Ch 2 (Skeletal System) | Sat May 20 at 11:59pm EST |
| 2 | May 22 - 26 | Ch 3 (Muscular System) | Sat May 27 at 11:59pm EST |
| Section 1 Exam – Anatomy Relevant to Kinesiology – Canvas Quiz (Sun May 28, exam opens at 12am and closes at 11:59pm EST) | | | |
| 3 | May 29 – June 02 | Ch 5 (Bones of Axial Skel) + Ch 6 (Bones of Upper Limb) | Sat June 03 at 11:59pm EST |
| 4 | June 05 - 09 | Ch 7 (Bones of the Lower Extremities) | Sat June 10 at 11:59pm EST |
| Section 2 Exam – The Bones and Skeletal Landmarks – Canvas Quiz (Sun June 11, exam opens at 12am and closes at 11:59pm EST) | | | |
| 5 | June 12 - 16 | Ch 8 (The Foot) + Ch 9 (The Ankle) | Sat June 17 at 11:59pm EST |
| 6 | June 19 - 23 | Ch 10 (The Knee) | Sat June 24 at 11:59pm EST |
| 7 | June 26 - 30 | Summer break! Enjoy life, catch up on studying...do what ya gotta do to be okay. | |
| 8 | July 03 - 07 | Ch 11 (The Hip) | Sat July 08 at 11:59pm EST |
| Section 3 Exam - The Lower Extremities – Canvas Quiz (Sun July 09, exam opens at 12am and closes at 11:59pm EST) | | | |
| 9 | July 10 - 14 | Ch 12 (The Trunk) + Ch 13 (The Neck) | Sat July 15 at 11:59pm EST |

| | | | |
|---|------------------|---------------------------------------|----------------------------|
| 10 | July 17 - 21 | Ch 14 (The Shoulder Girdle) | Sat July 22 at 11:59pm EST |
| Section 4 Exam – The Axial Region – Canvas Quiz (Sun July 23, exam opens at 12am and closes at 11:59pm EST) | | | |
| 11 | July 24 - 28 | Ch 15 (The Shoulder) | Sat July 29 at 11:59pm |
| 12 | July 31 – Aug 04 | Ch 16 (The Elbow) + Ch 17 (The Wrist) | Sat Aug 05 at 11:59pm EST |
| Section 5 Exam – The Upper Extremities – Canvas Quiz (Sun Aug 06, exam opens at 12am and closes at 11:59pm EST) | | | |
| This last week of class (Aug 07-11) should be used to study/prepare for the final exam. No new content will be presented. Please note, the final exam is on a Friday, not a Sunday. | | | |
| FINAL EXAM – OIAs and 6-step Analysis – Canvas Quiz (Fri August 11, exam opens at 12am and closes at 11:59pm EST) | | | |

SUCCESS AND STUDY TIPS

- Read the text and review the chapter learning objectives before watching lectures.
- You do not need to re-write or take detailed notes from the textbook...just read in preparation for lecture.
- Take notes during lecture and cross reference your notes with the chapter learning objectives as you study for the section exams – **ALL SECTION EXAMS ARE BASED ON THE CHAPTER LEARNING OBJECTIVES AND APPLICATIONS OF THOSE AS DISCUSSED/EXPLAINED IN THE LECTURES.**
- Snowball the lecture notes. Begin studying lecture material immediately after the first lecture. Then, after the second lecture, begin your studies with day one lecture material. Continue this all the way up to each section exam.
- Study regularly (aka: avoid procrastination) – anatomy can be overwhelming if you don't study consistently.
- **Check CANVAS announcements daily and set up your CANVAS notifications to receive alerts when announcements are made.**
- Use online resources wisely – there's great stuff out there...but there's also a lot of misinformation. Check with your course instructor if you need help discriminating reliable from less reliable sources.
- Be consistent with your study workspace. In online classes, students who are most successful have a dedicated space/location where they work on class assignments/watch lectures/study.
- Apply what you are learning and use proper terminology as much as possible (*Why say "biceps" when you could say "biceps brachii?" Why say "front" when you could say "anterior?"*)
- Have a positive attitude! **THIS STUFF IS COOL!**
- Engage your classmates and study as actively as possible. Use your course instructor's **GroupMe** to ask quick questions, post cool things you find online, or chat with classmates.

PERSONAL NOTE FROM DOC. A

Anatomy is all about the human body. That includes differences and similarities from one individual to the next. I am committed to using this course content to help students become comfortable, competent, and caring when discussing issues related to the body and dismantling systems which inherently disadvantage some bodies. These attributes can help us all advocate for ourselves and others. If you have ideas for me along these lines or feel uncomfortable at any point, please reach out to me—I'd love to hear your perspectives and have a conversation. Also, it is important to me that you feel welcome and safe in this class; and that you are comfortable communicating with your classmates and with me. If your preferred name is not what shows on the official UF roll, please let me know—I can show you how to change it in CANVAS. I would like to acknowledge the name and pronouns that reflect your identity.

Welcome to Kinetic Anatomy...it's going to be a great semester!