

## KINETIC ANATOMY W/ LAB

APK 4103C / APK 5102 ~ 3 CREDITS ~ FALL 2020

### INSTRUCTOR INFO:

**Joslyn Ahlgren, Ph.D.**

Pronouns: *she/her/hers*

Office: FLG 108

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Preferred email: CANVAS

Instagram: doc.a\_\_

GroupMe QR Code:

KINETIC ANATOMY -  
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### OFFICE HOURS:

A schedule of weekly office hours will be posted in CANVAS. Students may also request private appointments. All office hours and appointments will be held through zoom conferences. All virtual office hours (VOHs) will be recorded and posted in CANVAS.

**MEETING TIME/ROOM:** T/R Per 2 (8:30am) and R Per 4-5 (10:40am-12:35pm)

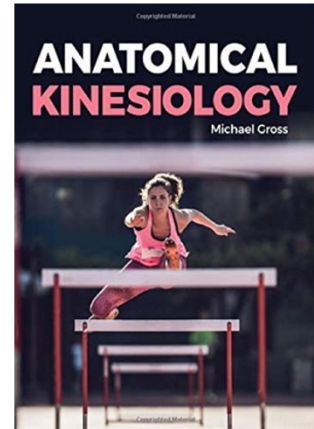
Due to the unique circumstances surrounding the covid-19 pandemic, this course will be offered via remote instruction. Please know that your course instructor has been teaching online (successfully) for almost seven years and is confident that you will have an outstanding learning experience—even if online courses are not your favorite. You will have the option to attend synchronous lectures.

**FERPA:** Aspects of this course may be recorded for students in the class to revisit. If you participate with your camera engaged or utilize a profile image, you are agreeing to have yourself/image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded, you will need to keep your mute button activated and communicate using the "chat" feature.

**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 \(1<sup>st</sup> edition\)](#) 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 an access code at *no added cost*.

**COURSE FORMAT:** Each week, you will participate in three types of learning activities:

**LECTURE:** You may either watch the pre-recorded videos posted in CANVAS or attend "live" lectures via zoom on Thursdays at 10:40am-12:35pm. You may choose whichever format you prefer each week.

**LAB:** 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 exercises each week, either individually or with the help of your classmates. These "labs" are intended to be formative—*there to help you learn rather than to test you*.

**COLLABORATIVE MEETINGS:** Although this class will be held online, engaging with your classmates is mandatory. You will be placed into groups of 3-5 students within the first week of class and it will be up to you, as a group, to determine when you will meet (via zoom) each week to work on discussion-based questions and learning activities.

**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.
- Contrast healthy vs. dysfunctional joint movements at major joints of the body.

- Predict muscular causes for dysfunctional joint movements and propose corrective solutions for common movement errors – especially for common exercises.

## COURSE AND UNIVERSITY POLICIES:

**ATTENDANCE POLICY:** You are required to attend weekly collaborative meetings with your assigned group members. You are permitted two absences for these meetings—no questions asked. Beyond two absences, students will receive a 3% grade deduction per absence. Groups are encouraged to accommodate one another’s schedules as much as possible, but should not have to change days/times regularly to do so—unless that this the group’s original arrangement (i.e., this is fine if you arranged to determine what will work for you each week rather than selecting a set day/time to commit to each week).

There is no attendance required for lectures. Students may attend weekly zoom lectures if they choose OR they can watch the pre-recorded lectures.

There is no attendance required for labs. Student will complete lab activities independently.

**PERSONAL CONDUCT POLICY:** Students are expected to exhibit behaviors that reflect highly upon themselves and our University:

- Read and refer to the syllabus
- Arrive to meetings and lecture on time (i.e., a few minutes early)
- Show respect for the authority of the course instructor through politeness and use of proper titles (e.g., “Dr. Ahlgren” or “Doc. A” or “Mrs. Ahlgren”)
- 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—just a heads up.*
- No texting or social media (or the like) during class meetings/instruction times
- No personal conversations during class meetings/instruction times
- 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 and sanctions will be determined by the course instructor for first-time violators

- Any use, access, or handling of technology during an exam will result in a zero on the exam **and** potential failure of the course
- All allegations, regardless of the severity, will be reported to the Dean of Students Office for University-level documentation and processing

**MAKE-UP POLICY:** To schedule a make-up, please fill out the **make-up request form** posted in the CANVAS orientation module and submit it to your course instructor via CANVAS email. Documentation will be required and should accompany your make-up request form. In case of last-minute illness or emergency, please contact the instructor via email, phone, or GroupMe private message explaining the situation. A make-up form can be submitted as the circumstances permit. If you have a serious emergency or life event, please contact the Dean of Students Office ([www.dso.ufl.edu](http://www.dso.ufl.edu)) and they will contact your instructors for you – which would serve as “documentation.”

If you have an unexcused, missed assessments/assignments, you will earn a zero and will not be granted a make-up. While make-ups are given at the discretion of the instructor, requirements for class attendance and make-up exams, 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>.

**USABILITY, DISABILITY, AND DESIGN:** I am committed to creating a course that is inclusive in its design. If you encounter barriers, please let me 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. I am always 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. I welcome feedback that will assist me in improving the usability and experience for all students. It is important for students to share their accommodation letter with their instructor and discuss their 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 AND WELLNESS

- U Matter, We Care: If you or a friend is in distress, please contact [umatter@ufl.edu](mailto: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](mailto: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/>

## GRADING:

The following table outlines the point-accruing components of the course. Undergraduate students have the option to take a final exam or complete a final project. Graduate students must complete AND present a final project.

COURSE COMPONENT (NUMBER OF EACH)	PERCENT OF COURSE GRADE
Lecture Participation (17)	10%
Section Exams (5)	25%
Weekly Labs (15)	25%
Weekly Collaborative Meetings (14)	25%
Reflections (2)	3%
Final (1) (grad students will present their project)	12%

**LECTURE PARTICIPATION:** You can earn up to 4 participation points each week through answering “Stop & Think” questions embedded within lecture videos or attending and participating in synchronous lectures. Those questions are graded on accuracy. For those attending synchronous lectures, these participation point deductions will be used to assign your grade:

- 1 point off for falling asleep
- 1 point off for every 5 minutes you are late
- 1 point off for unapproved cell phone handling or inattentive behaviors
- All points removed for disrespectful or disruptive behavior – *you will also be removed from the zoom session and required to meet with the instructor*

Any point deductions will be explained in the gradebook. If you have questions or would like to meet regarding participation points, please request a private meeting with the instructor. *If you are introverted, shy, and/or struggle with social interaction, please notify the instructor so a game plan can be generated to help ensure you are successful in the course from day one. It is important that ALL students feel as comfortable as possible in this learning environment for the success of EVERYONE. 😊*

**SECTION EXAMS:** You will take a closed-notes exam proctored with Honor Lock for each of the five course sections. Exams will open Fri morning and close Sun evening—allowing students a fair window of time for exam *scheduling*. *Students are not permitted to share exam info with classmates – all honor code violations will be reported*. These assessments will be CANVAS quizzes with predominantly multiple choice, fill in the blank, matching, true/false, and multiple answer question formats; there will 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. Students will be permitted one blank sheet of paper to use on the exam, but it must be destroyed on camera at the end of the exam.

**WEEKLY LABS:** You will complete open-notes CANVAS quizzes each week that guide you through identifications and descriptions of the related gross anatomy for that week’s topic. These will correspond with the “workbook” found at the end of the text but will also include images that reflect bodies in motion and actual human structures (as opposed to cartoon images). You will be allowed to complete these lab exercises twice and only your highest score will be retained in the gradebook.

**WEEKLY COLLABORATIVE MEETINGS:** You will be put into groups of 3-5 students to work on weekly collaborative discussions and learning activities. The instructor will group students according to region so that group members are in the same time zone (if possible). The instructor will aim to have highly heterogenous groups. Groups will determine their own weekly schedule for meeting via zoom (or another similar online platform). Each week, the group will rotate the “leader” who will be responsible for taking minutes of the meeting and submitting the collective work to the CANVAS assignment. All members of the group will receive the same grade for work submitted. A rubric will be provided in CANVAS for each assignment and 50% of the grade will come

from participation (did you show up and did you contribute?). The other 50% of that grade will come from accuracy of responses. At the end of the term, students will have the opportunity to nominate one member of their group (you cannot nominate yourself) to receive a bonus.

**REFLECTIONS:** Students will complete a short, written reflection at the middle and at the end of the term. These will be graded solely on completion and professionalism/courtesy, and are intended to serve predominantly as a catalyst for self-analysis to help you become a better student. Methods such as reflections employ metacognitive aspects of learning (thinking about how you learn), which are small but effective ways to enhance your experience in a course or program of study. Who doesn't want that?! Minor effort...major reward!

**FINAL:** Undergraduate students will be allowed to determine if they prefer to take a final exam or prepare some kind of final project. Graduate students will be required to complete a final project and will create and post a presentation of that project for the class to watch and evaluate. Because students will be encouraged to propose their own project ideas, grading rubrics are not available at this time. Rubrics will be created in collaboration with the instructor upon approval.

**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 Needed	GPA Impact
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:

WEEK	DATES	LECTURE TOPIC/BOOK CHAPTERS	LAB DUE DATES (TOPICS CORRESPOND WITH LECTURE)	COLLABORATIVE MEETING DUE DATES
1	Aug 31 – Sep 04	Introduction to the course (Orientation Module) + Ch 1 (Fundamentals of Anatomy)	Fri Sep 04 11:59pm EST	Mon Sep 7 11:59pm EST
2	Sep 07 – Sep 11*	Ch 2 (Skeletal System) *Mon Sep 07 is a holiday	Fri Sep 11 11:59pm EST	Sun Sep 13 11:59pm
3	Sep 14 – Sep 18	Ch 3 (Muscular System)	Fri Sep 18 11:59pm EST	Sun Sep 20 11:59pm
Section 1 Exam – Anatomy Relevant to Kinesiology – Canvas Quiz (opens Fri Sep 18 5am EST – closes Sun Sep 20 11:59pm EST)				
4	Sep 21 – Sep 25	Ch 5 (Bones of the Axial Skeleton)	Fri Sep 25 11:59pm EST	Sun Sep 27 11:59pm
5	Sep 28 – Oct 02	Ch 6 (Bones of the Upper Extremities)	Fri Oct 02 11:59pm EST	Sun Oct 04 11:59pm
6	Oct 05 – Oct 09	Ch 7 (Bones of the Lower Extremities)	Fri Oct 09 11:59pm EST	Sun Oct 11 11:59pm
Section 2 Exam – The Bones and Skeletal Landmarks – Canvas Quiz (opens Fri Oct 09 5am EST – closes Sun Oct 11 11:59pm EST)				
7	Oct 12 – Oct 16	Ch 8 (The Foot) + Ch 9 (The Ankle)	Fri Oct 16 11:59pm EST Reflection 1 due Fri Oct 16 11:59pm EST	Sun Oct 18 11:59pm
8	Oct 19 – Oct 23	Ch 10 (The Knee)	Fri Oct 23 11:59pm EST	Sun Oct 25 11:59pm
9	Oct 26 – Oct 30	Ch 11 (The Hip)	Fri Oct 30 11:59pm EST	Sun Nov 01 11:59pm
Section 3 Exam - The Lower Extremities – Canvas Quiz (opens Fri Oct 30 5am EST – closes Sun Nov 01 11:59pm EST)				
10	Nov 02 – Nov 06	Ch 12 (The Trunk) + Ch 13 (The Neck)	Fri Nov 06 11:59pm EST	Sun Nov 08 11:59pm
11	Nov 09 – Nov 13*	Ch 14 (The Shoulder Girdle)	Fri Nov 13 11:59pm EST	Sun Nov 15 11:59pm
Section 4 Exam – The Axial Region – Canvas Quiz (opens Fri Nov 13 5am EST – closes Sun Nov 15 11:59pm EST)				
12	Nov 16 – Nov 20	Ch 15 (The Shoulder)	Fri Nov 20 11:59pm EST	Sun Nov 22 11:59pm
13	Nov 23 – Nov 27*	Ch 16 (The Elbow)	Fri Nov 27 11:59pm EST	No collaborative meeting this week due to the holiday!



14	Nov 30 – Dec 04	Ch 17 (The Wrist)	Fri Dec 04 11:59pm EST	Sun Dec 06 11:59pm
15	Dec 07 – Dec 11*	Ch 18 (The Hand)	Fri Dec 11 11:59pm EST Reflection 2 due Wed Dec 09 11:59pm EST	Sun Dec 13 11:59pm
Section 5 Exam – The Upper Extremities – Canvas Quiz (opens Fri Dec 11 5am EST – closes Sun Dec 13 11:59pm EST)				
16	Dec 14 – Dec 18	Final Project/Exam	No more labs!	No more weekly meetings!

### SUCCESS AND STUDY TIPS:

- Read the text and review the chapter learning objectives before lecture
- You do not need to re-write the textbook...just read and enjoy
- Take notes during lecture and cross reference your notes with the chapter learning objectives as you study for the section exams
- 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 the exam.
- Engage your classmates and study as actively as possible.
- Do not fall behind or procrastinate your studies.
- Check CANVAS announcements daily and set up your CANVAS notifications to received 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 or accurate from inaccurate information.
- Be consistent with your study schedule and study/work space.
- Apply what you are learning and use proper terminology.
- Have a positive attitude! *THIS STUFF IS COOL!*

### PERSONAL NOTE FROM DOC. A:

If you are totally overwhelmed by the stresses of your semester and feel like you just can’t handle the pressure, please contact me or UF’s Counseling and Wellness center.

Also, it is important to me that you feel welcome and safe in this class; and that you are comfortable participating in class discussions and communicating with me. If your preferred name is not what shows on the official UF roll, please let me know. I would like to acknowledge your preferred name and pronouns that reflect your identity. You may also change your “Display Name” in Canvas. Canvas uses the "Display Name" as set

in myUFL. To update your display name, go to [one.ufl.edu](http://one.ufl.edu), click on the dropdown at the top right, and select "Directory Profile." Click "Edit" on the right of the name panel, uncheck "Use my legal name" under "Display Name," update how you wish your name to be displayed, and click "Submit." This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official UF records.