



## KINETIC ANATOMY W/ LAB

APK 4103C / APK 5102 ~ 3 CREDITS ~ SPRING 2022

**INSTRUCTOR:** Joslyn Ahlgren, Ph.D. (she/her/hers)

**OFFICE:** FLG 108

**OFFICE PHONE:** 352-294-1728

**EMAIL:** [jahlgren@ufl.edu](mailto:jahlgren@ufl.edu)

**PREFERRED CONTACT METHOD:** CANVAS email for currently enrolled students

**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 reach out to me—I'd like to help.

Also, it is important to me that you feel welcome and safe in this class; and that you are comfortable communicating with me, your TA, and your classmates. 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. The Display Name is what you want people to see in the UF Directory, such as "Ally" instead of "Allison." 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" at the bottom. This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official UF records.

Finally, Anatomy is all about the human body. That includes subjects like differences and similarities from one individual to the next and identifying and correcting myths about how the body looks and functions. I am committed to using this course content to help students become actively anti-racist and feel more comfortable, competent, and caring when discussing issues related to the human body. 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.

**OFFICE HOURS:** All office hours will be held via zoom and a schedule with login information will be posted in CANVAS in the first week of classes.

**FERPA:** Office hours for 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 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.

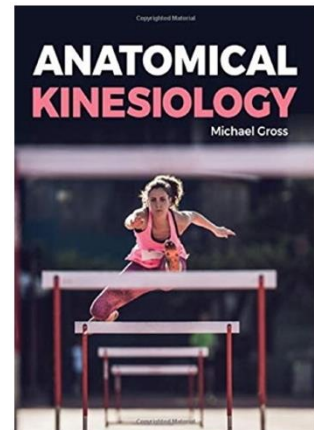
**MEETING LOCATION/TIME:** Lecture: **FLG 245** Tues/Thurs Period 2 (8:30-9:20am EST)  
Lab: **FLG 107B** Thurs Period 4-5 (10:40am-12:35pm EST)

*You are expected to correctly wear a face mask while in any building on campus.*

**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 (posted in CANVAS) at *no added cost*.

**COURSE FORMAT:** Students will attend a one-period lecture twice each week. Students should download or printout the lecture slides for note-taking during lectures. Students will attend a two-period lab once each week. During labs, students will have access to plastic anatomical models and will be led through palpations, discussions, and physical activities that relate to the weekly topic and provide context and applications.

**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:** Attendance at lectures is NOT mandatory--*but is strongly encouraged*. Lectures will not be recorded/posted, so it is the students' responsibility to get notes from a classmate if they are absent for a lecture. Attendance and active participation during labs IS mandatory. For the first two unexcused absences, students will simply not receive their participation points for that day (zero points). Beyond two unexcused absences, students will receive a partial letter grade penalty per absence. Please communicate planned/excused absences with the course instructor with as much advanced notice as possible.

**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 lecture and lab on time (i.e., a few minutes early)
- Show respect to 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)
  - Emojis are great (😊), curse words are not great
  - *The course instructor will provide constructive feedback on less than professional emails—just a heads up.*
- Electronic devices should be used for class-related activities only
- 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 technology during an exam will result in a zero on the exam **and** further educational sanctions per the University
  - 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 arrange a make-up exam or due date extension, please fill out the **make-up request form** posted in CANVAS (orientation module) and submit it to your course instructor via CANVAS email. 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 visit the UF Student Health Care Center or their preferred healthcare provider to seek medical advice and obtain documentation. If you have an illness, family emergency or death, please contact the Dean of Students Office ([www.dso.ufl.edu](http://www.dso.ufl.edu)) 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. Do not provide any documentation to the instructor regarding illness or family emergency. This is your personal and protected information. The DSO is qualified to receive and verify the documents you provide. The instructor will follow the recommendations from the DSO.

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>.

**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/>

### INCLUSION, DIVERSITY, EQUITY, AND ACCESSIBILITY (IDEA) RESOURCES

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

- Dr. Rachael Seidler, APK Graduate Coordinator, [rachaelseidler@ufl.edu](mailto:rachaelseidler@ufl.edu)
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, [jahlgren@ufl.edu](mailto:jahlgren@ufl.edu)

## GRADING:

The following table outlines the point-accruing components of the course. Only graduate students will complete a final project.

COURSE COMPONENT (NUMBER OF EACH)	PERCENT OF COURSE GRADE
Lab Participation (12)	25%
Online Quizzes (14)	20%
Section Exams (5)	40%
Reflections (2)	5%
Final Exam (1) + Final Project (1)*	10%

**LAB PARTICIPATION:** Students can earn 3 points for each of the 12 lab meetings. One point will be awarded for arriving on time. One point will be awarded for actively manipulating the anatomical models, individually or with others. One point will be awarded for working collaboratively during lab time on discussion questions, activity questions, or palpations. A comment will be added to the gradebook explaining any point deductions. Grades will be uploaded to the CANVAS gradebook weekly.

**ONLINE QUIZZES:** Students will have access to online CANVAS quizzes that correspond to the activities found at the back of the textbook. These quizzes will also contain some questions that help with application of the content. Students will be allowed up to three attempts to get as many points possible on these quizzes. These quizzes are open-resource, so use of the textbook, reliable online resources, and peers is encouraged. These will be due each Friday at 11:59pm EST.

**SECTION EXAMS:** You will take a closed-notes exam for each of the five course sections (see weekly course schedule below). Each exam will consist of 30-40 questions and students will have 50 minutes to complete the exam. These assessments will be CANVAS quizzes with multiple choice, fill in the blank, matching, true/false, and multiple answer question formats; there will be some free response questions. Students will need to bring their laptop to class with them on exam days. 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 allowed one blank sheet of paper for the exam that will be turned into the course instructor at the end of the exam. To best prepare for these exams, students should focus on lecture notes and the chapter learning objectives.

**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, professionalism, and 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.

**FINAL EXAM:** The final exam will only assess your knowledge and application of the origins/insertions/actions of muscles covered during the term as well as the 6-step muscle control analysis. This exam will be in the form of a CANVAS quiz with only multiple choice and multiple answer question formats.

**FINAL PROJECT:** *Graduate students* will complete a final project in which they select a topic of interest related to the course content and create/post a video presentation of that project for the class to watch and evaluate. Graduate student projects will be graded on length, scholarship, relevance of the topic, application and expansion of course content, accuracy of movement analysis, visuals used in the presentation, citations, and evaluation of two other presentations. A detailed rubric will be provided in CANVAS and multiple due dates will be implemented for various parts of the presentation to help students with time management.

**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:

*The following table represents current plans for the term. Any changes to this plan will be posted in CANVAS as an announcement.*

**\*\*\*Watch the instructor welcome, read the syllabus, and take the syllabus quiz before coming to class on day one. Earning a 100% on the syllabus quiz will give you access to all course contents.\*\*\***

**\*\*\*Online Quizzes for each chapter are due each Friday at 11:59pm EST.\*\*\***

<b>Dates</b>	<b>Lecture (book chapter and topic)</b>	<b>Lab</b>
Jan 04	No class this Tuesday...semester begins on Wed 1/5	<i>Drop/Add Week – no lab</i>
Jan 06	Ch. 1 – Fundamentals of Anatomy	
Jan 11	Ch. 2 – Skeletal System	Introduction to the Skeleton
Jan 13	Ch. 2 – Skeletal System	
Jan 18	Ch. 3 – Muscular System	6-step Motor Control Analysis
Jan 20	Ch. 3 – Muscular System	
Jan 25	<b>Section 1 Exam – Anatomy Relevant to Kinesiology</b>	Bones of the Axial Skeleton
Jan 27	Ch. 5 – Bones of the Axial Skeleton	
Feb 01	Ch. 5 – Bones of the Axial Skeleton	Bones of the Upper Limb & Bones of the Lower Limb
Feb 03	Ch. 6 – Bones of the Upper Extremity	
Feb 08	Ch. 7 – Bones of the Lower Extremity	Review of the Bones, Joints, and 6-Step Motor Control Analysis Practice
Feb 10	<b>Section 2 Exam – The Bones and Skeletal Landmarks</b>	
Feb 15	Ch. 8 – The Foot	Foot & Ankle Joints/Muscles
Feb 17	Ch. 9 – The Ankle	
Feb 22	Ch. 10 – The Knee	Knee & Hip Joints/Muscles <b>**Reflection 1 due Fri 11:59pm EST**</b>
Feb 24	Ch. 10/11 – The Knee/Hip	
Mar 01	Ch. 11 – The Hip	<b>Section 3 Exam – The Lower Extremities</b>
Mar 03	Review for Section 3 Exam (exam during lab this time)	
Mar 08	<i>Spring Break</i>	<i>Spring Break – no lab</i>
Mar 10	<i>Spring Break</i>	
Mar 15	Ch. 12 – The Trunk	Trunk & Neck Joints/Muscles
Mar 17	Ch. 13 – The Neck	
Mar 22	Ch. 14 – Shoulder Girdle	Shoulder Girdle Joints/Muscles
Mar 24	Ch. 14 – Shoulder Girdle	
Mar 29	<b>Section 4 Exam – The Axial Region</b>	6-Step Motor Control Analysis Practice
Mar 31	Ch. 15 – The Shoulder	
Apr 05	Ch. 15 – The Shoulder	Shoulder & Elbow Joints/Muscles
Apr 07	Ch. 16 – The Elbow	
Apr 12	Ch. 17 – The Wrist	Wrist Joints/Muscles + 6-Step Practice <b>**Reflection 2 due Fri 11:59pm EST**</b>
Apr 14	<b>Section 5 Exam – The Upper Extremities</b>	
Apr 19	Review for Final Exam	<i>Reading day – no lab</i>
Apr 20	<i>Reading day – no lecture</i>	
<b>Final Exam (OIA's and 6-step Analysis) – Monday, April 25 at 10am-12pm – FLG 107B</b>		



## SUCCESS AND STUDY TIPS:

- Read the text and review the chapter learning objectives before watching lectures.
- You do not need to re-write the textbook...just read and pay attention.
- 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.
- Stay on top of your studies...procrastination is SUPER BAD for learning detailed anatomy.
- **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 junk. Check with your course instructor if you need help discriminating reliable from less reliable sources or accurate from inaccurate information. Dr. Google did not get their Ph.D. from a reputable university...just sayin'.
- Be consistent with your study schedule and study workspace. Excellent time management will help you stay motivated to master this material.
- Apply what you are learning and use proper terminology. Any time you can say "anterior" instead of "front," do that. At the gym, use the term "concentric contraction" rather than "flexed" muscle.
- Have a positive attitude! *THIS STUFF IS COOL!*