

Kinetic Anatomy

APK 5102 | Class #17250 & #18364 | 3 Credits | Summer C 2022

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Course Info

INSTRUCTOR

Joslyn Ahlgren, PhD, CEP-ACSM
Office: FLG 108
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. In the first week of class, you will be placed into small groups and in the second week of class you will schedule a weekly meeting with that group.

COURSE DESCRIPTION

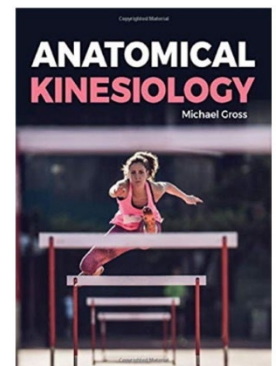
Provides in-depth coverage of musculoskeletal anatomy as a foundation for learning components of simple and complex motor tasks and emphasizes proper execution and analysis of joint movement and common exercises.

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 FORMAT

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

Lecture: You will watch pre-recorded video lectures posted in CANVAS and answer embedded questions throughout those recorded lectures. These lectures range in length from ~30 minutes to ~75 minutes. While lectures will be available across the entire term for students to watch and re-watch, questions embedded in the lecture must be answered by the end of each week to receive points.

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*. You will have 3 attempts to get the highest score possible on these quizzes, but must be completed by the end of the week to receive points.

Collaborative Meetings: You will attend a weekly Zoom meeting to participate in active learning, discussion, and applications of the lecture and lab content. During the first week of class, you will fill out and submit a form to your course instructor that will help her put you into a group of 3-4 other classmates. In the second week of class, you will begin meeting with your group according to a schedule you will (as a group) develop and submit as an assignment. Detailed instructions and grading rubrics will be posted for you in CANVAS for these weekly collaborative meeting assignments. You will work with the same group for these class meetings/assignments and you will receive a group grade. Only one member of the group will submit the assignment to the gradebook by the end of each week.

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 & University Policies

ATTENDANCE POLICY

You are required to attend your weekly collaborative meetings each week. If you are unable to attend, you will be required to complete and submit the assignment individually—please email your individually completed document to your course instructor via the CANVAS email tool instead of uploading it to the assignment. The discussion and collaborative nature of these weekly meeting assignments is important for your learning. Assignments submitted individually will receive a 10% penalty for the first, a 20% penalty for the second, a 30% penalty for the third, and so on. You should make every possible effort to attend your collaborative meetings.

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 exams. Please know that your instructor DOES monitor the Honorlock videos in an effort to support academic integrity.

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. 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>.

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

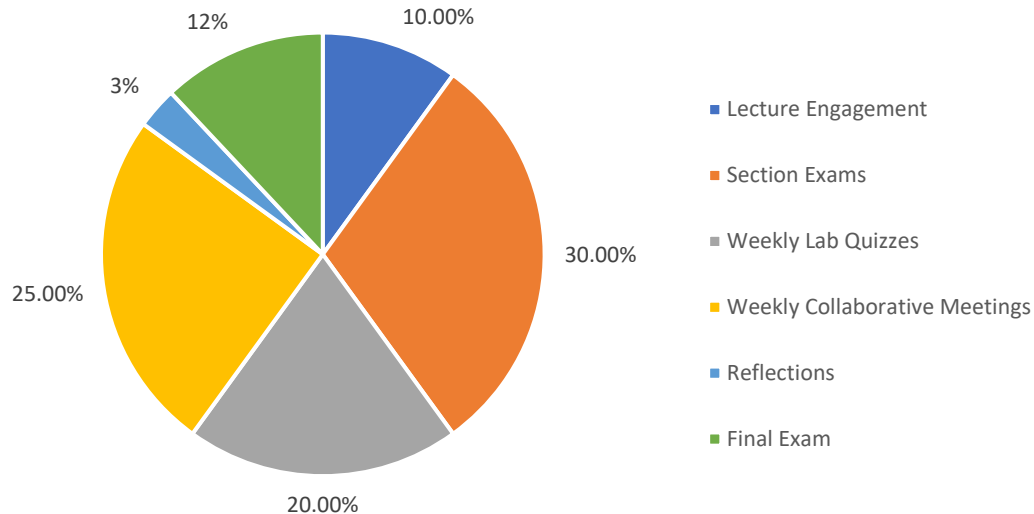
For suggestions or concerns related to IDEA, please reach out to any of the following:

- Dr. Rachael Seidler, APK Graduate Coordinator, rachaelseidler@ufl.edu
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, jahlgren@ufl.edu

Grading

COURSE COMPONENTS

The following pie chart outlines the point-accruing components of the course and how much of your grade will come from each.



Lecture engagement: You can earn up to 4 points each week through answering “Stop & Think” questions embedded within lecture videos. You will be given three attempts to earn the highest score possible on these lecture questions. You are encouraged to access your course notes or other reliable resources to answer those questions. While it is acceptable for you to ask your classmates for assistance or clarity, it is NOT acceptable to ask your classmates for answers. Your answers are due every Saturday at 11:59pm.

Section Exams: You will take a closed-notes exam for each of the five course sections (see weekly course schedule below). Exams will be proctored through HonorLock. *Students are not permitted to share exam info with classmates – this is an honor code violation.* These assessments will 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.

Weekly Labs: You will complete open-notes CANVAS quizzes each week that guide you through identifications and descriptions of the related gross anatomy for each 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 given three attempts to earn the highest score possible on these assignments.

Weekly Collaborative Meetings: You will be put into a small group of students to work on weekly collaborative discussions and learning activities during one of the lecture meeting days. 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. These are graded for accuracy, so all group members need to actively participate in completing each submission. *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. 😊*

Reflections: You 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 and why you learn), which are small but effective ways to enhance your experience in a course or program of study. Who doesn't want that?!

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 and not fall behind. There is also a CANVAS discussion board dedicated to practicing 6-step analysis that you are encouraged to use.

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/>.

Letter Grade	Points Needed to Earn Each Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	≥ 630	90.00-100%	4.0
B+	609-629.99	87.00-89.99%	3.33
B	560-608.99	80.00-86.99%	3.0
C+	539-559.99	77.00-79.99%	2.33
C	490-538.99	70.00-76.99%	2.0
D+	469-489.99	67.00-69.99%	1.33
D	420-468.99	60.00-66.99%	1.0
E	≤ 419.99	0-59.99%	0

Weekly Course Schedule

CRITICAL DATES & UF OBSERVED HOLIDAYS

- May 10: First Day of Summer C Term (Tuesday)
- May 31: Memorial Day
- June 21-25: Summer Break
- July 4: Independence Day
- Aug 6: Last Day of Summer C Term (Saturday)
- Complete list available here: <https://catalog.ufl.edu/UGRD/dates-deadlines/2021-2022/>

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	Lab and Collaborative meeting due dates (topics correspond with lecture)
1	May 9-14	Intro to course (Orientation Module) + Ch 1 (Fund of Anatomy) + Ch 2 (Skeletal System)	Collab Meeting 1 and Ch 1/Ch 2 Labs due on Sat May 14 at 11:59pm EST
2	May 16-21	Ch 3 (Muscular System)	Collab Meeting 2 and Ch 3 Lab due Sat May 21 at 11:59pm EST
Section 1 Exam – Anatomy Relevant to Kinesiology – Canvas Quiz (Sun May 22, exam opens at 12am and closes at 11:59pm EST)			
3	May 23-28	Ch 5 (Bones of the Axial Skeleton) + Ch 6 (Bones of the Upper Extremities)	Collab Meeting 3 and Ch 5/Ch 6 Labs due Sat May 28 at 11:59pm EST
4	May 30 – June 4	Ch 7 (Bones of the Lower Extremities)	Collab Meeting 4 and Ch 7 Lab due Sat June 4 at 11:59pm EST
Section 2 Exam – The Bones and Skeletal Landmarks – Canvas Quiz (Sun June 5, exam opens at 12am and closes at 11:59pm EST)			
5	June 6-11	Ch 8 (The Foot) + Ch 9 (The Ankle)	Collab Meeting 5 and Ch 8/Ch 9 Labs due Sat June 11 at 11:59pm EST
6	June 13-18	Ch 10 (The Knee) + Ch 11 (The Hip)	Collab Meeting 6 and Ch 10/Ch 11 Labs due Sat June 18 at 11:59pm EST
Section 3 Exam - The Lower Extremities – Canvas Quiz (Sun June 19, exam opens at 12am and closes at 11:59pm EST)			
7	June 20-25	Enjoy life, catch up on studying, some of both...do what ya gotta do to be okay.	
8	June 27 – July 2	Ch 12 (The Trunk) + Ch 13 (The Neck)	Collab Meeting 8 and Ch 12/Ch 13 Labs due Sat July 2 at 11:59pm EST
9	July 4-9	Ch 14 (The Shoulder Girdle)	Collab Meeting 9 and Ch 14 Lab due Sat July 9 at 11:59pm EST
Section 4 Exam – The Axial Region – Canvas Quiz (Sun July 10, exam opens at 12am and closes at 11:59pm EST)			
10	July 11-16	Ch 15 (The Shoulder)	Collab Meeting 10 and Ch 15 Lab due Sat July 16 at 11:59pm EST
11	July 18-23	Ch 16 (The Elbow)	Collab Meeting 11 and Ch 16 Lab due Sat July 23 at 11:59pm
12	July 25-30	Ch 17 (The Wrist)	Collab Meeting 12 and Ch 17 Lab due Sat July 30 at 11:59pm EST
Section 5 Exam – The Upper Extremities – Canvas Quiz (Sun July 31, exam opens at 12am and closes at 11:59pm EST)			
This last week of class (Aug 1-5) 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 5, 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**
- 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.
- Avoid procrastination – anatomy is detailed and it can be overwhelming if you don't keep a regular study schedule
- **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 or accurate from inaccurate information
- Be consistent with your study schedule and study workspace
- 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
 - Join our learning community...it's just more fun that way!

PERSONAL NOTE FROM DOC. A

It is important to me that you feel welcome and safe in this class; and that you are comfortable communicating with me 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, 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 comfortable, competent, and caring when discussing issues related to the human body—*even if those issues are challenging*. 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.