

Kinetic Anatomy

APK 5102 | Class #21025 | 3 Credits | Fall 2024

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Course Info

INSTRUCTOR

Joslyn Ahlgren, PhD, CEP-ACSM

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Preferred Method of Contact: **CANVAS email**

OFFICE HOURS

Virtual Office Hours (VOHs) will be held using UF Zoom and all dates, times, and links will be provided in CANVAS. Students can expect AT LEAST 2 hours/week of available virtual office hours.

MEETING TIME/LOCATION

Access course through Canvas on UF e-Learning (<https://elearning.ufl.edu/>) & the Canvas mobile app by Instructure. *Although the canvas mobile app is convenient, students are strongly encouraged to complete coursework using a PC or laptop and the e-Learning website.*

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

COURSE DESCRIPTION

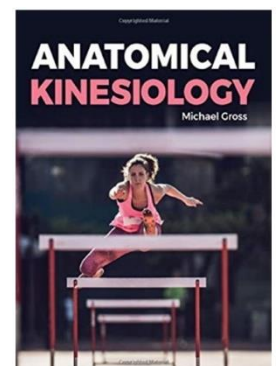
Provides in-depth coverage of musculoskeletal anatomy as a foundation for learning components of simple and complex motor tasks and emphasizes proper execution and analysis of joint movement and common exercises.

PREREQUISITE KNOWLEDGE AND SKILLS

There are no pre-requisite courses, however any background in Anatomy will be helpful.

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 aspects of this course are the exams (which are open for 24 hours) and weekly deadlines for assignments. 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 or study together.

PERSONAL CONDUCT POLICY

Students are expected to exhibit behaviors that reflect highly upon themselves and our University. University of Florida students are bound by the Honor Pledge. On all work submitted for credit by a student, the following pledge is required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The [Student Honor Code and Conduct Code \(Regulation 4.040\)](#) specifies a number of behaviors that are in violation of this code, as well as the process for reported allegations and sanctions that may be implemented. All potential violations of the code, regardless of severity, will be reported to Student Conduct and Conflict Resolution. If a student is found responsible for an Honor Code violation in this course, the instructor will enter a Grade Adjustment sanction which may be up to or including failure of the course. Specifically, 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. **Use of secondary electronic devices on exams has been a problem in the past in this course. 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. Please also remember that there are many opportunities to demonstrate mastery and learning in this course outside of exams.**

APPROPRIATE USE OF AI TECHNOLOGY

The UF Honor Code strictly prohibits [cheating](#). The use of any materials or resources prepared by another person or Entity (inclusive of generative AI tools) without the other person or Entity's express consent or without proper attribution to the other person or Entity is considered *cheating*. Additionally, the use of any materials or resources, through any medium, which the Faculty / Instructor has not given express permission to use and that may confer an academic benefit to a student, constitutes *cheating*.

IN-CLASS RECORDING

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or guest lecturer during a class session. Publication without permission of the instructor is prohibited.

To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

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.

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 any 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 someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.
- **Counseling and Wellness Center:** Visit the [Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.
- **Student Health Care Center:** Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the [Student Health Care Center website](#).
- **University Police Department:** Visit [UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).
- **UF Health Shands Emergency Room / Trauma Center:** For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; or visit the [UF Health Emergency Room and Trauma Center website](#).
- **GatorWell Health Promotion Services:** For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

ACADEMIC RESOURCES

- **E-learning technical support:** Contact the [UF Computing Help Desk](#) at 352-392-4357 or via e-mail at helpdesk@ufl.edu.
- **Career Connections Center:** Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.
- **Library Support:** Various ways to receive assistance with respect to using the libraries or finding resources.
- **Teaching Center:** Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring.
- **Writing Studio:** 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.
- **Student Complaints & Grievances:** Students are encouraged to communicate first with the involved person(s), but [here](#) is more information on the appropriate reporting process.

APK ADMINISTRATORS

For suggestions or concerns related to APK courses or programming, please reach out to any of the following:

- Dr. David Vaillancourt (he/him), APK Department Chair, vcourt@ufl.edu
- Dr. Demetra Christou (she/her), APK Department Vice Chair, ddchristou@hhp.ufl.edu
- Dr. Steve Coombes (he/him), APK Graduate Coordinator, scoombes@ufl.edu

- Dr. Joslyn Ahlgren (she/her), APK Undergraduate Coordinator, 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 by 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 unless otherwise arranged.** 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 your 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 unless otherwise arranged.** 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 (all question prompts have an answer that completely addresses all parts of the question). Once you submit your answers, you’ll get access to the correct answers that you’ll need to review and compare your answers to (reflection). Reflections will be graded on completion and accuracy (all questions are either corrected or “no correction needed” is stated...and these responses align with the key). Like chapter quizzes, applications are due every Saturday at 11:59pm EST and **late work will not be accepted unless otherwise arranged.** **Students who do not submit an application will receive a zero on both the application and the related reflection.** Reflections will open at the due date for each application assignment 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. Students are encouraged to focus on the chapter SLOs and lecture notes when preparing for section exams. Students can expect the level of detail presented in lectures.

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 of OIAs and 6-step practice**.

Extra Credit: Up to 5 points of extra credit can be earned in this course and will be applied directly to your lowest section exam score (up to a perfect score). 0.5 pts per office hours attended. 1 pt per study session with a peer (please take a zoom screen shot and email it to the instructor, names of everyone showing).

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 special exceptions to these grading policies will be respectfully ignored. **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

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

Week	Dates	Book Chapters/Lecture Video Topic	Stop & Think, Chapter Quiz, Application Activity, and Reflection Due Dates
1	Aug 19 – Aug 23	Ch 1 – Fundamentals of Anatomy	Sat Aug 24 at 11:59pm EST
2	Aug 26 – Aug 30	Ch 2 & 3 - Skeletal & Muscular Systems	Sat Aug 31 at 11:59pm EST
Section 1 Exam – Sunday Sep 01 – opens at 12am, closes at 11:59pm EST			
3	Sep 02 – Sep 06	Ch 5 – Bones of the Axial Skeleton	Sat Sep 07 at 11:59pm EST
4	Sep 09 – Sep 13	Ch 6 – Bones of the Upper Extremity	Sat Sep 14 at 11:59pm EST
5	Sep 16 – Sep 20	Ch 7 – Bones of the Lower Extremity	Sat Sep 21 at 11:59pm EST

Section 2 Exam – Sunday Sep 22 – opens at 12am, closes at 11:59pm EST			
6	Sep 23 – Sep 27	Ch 8 & 9 – The Foot and The Ankle	Sat Sep 28 at 11:59pm EST
7	Sep 30 – Oct 4	Ch 10 – The Knee	Sat Oct 05 at 11:59pm EST
8	Oct 07 – Oct 11	Ch 11 – The Hip	Sat Oct 12 at 11:59pm EST
Section 3 Exam – Sunday Oct 13 – opens at 12am, closes at 11:59pm EST			
9	Oct 14 – Oct 18	Ch 12 – The Trunk	Sat Oct 19 at 11:59pm EST
10	Oct 21 – Oct 25	Ch 13 – The Neck	Sat Oct 26 at 11:59pm EST
11	Oct 28 – Nov 01	Ch 14 – The Shoulder Girdle	Sat Nov 02 at 11:59pm EST
Section 4 Exam – Sunday Nov 03 – opens at 12am, closes at 11:59pm EST			
12	Nov 04 – Nov 08	Ch 15 – The Shoulder	Sat Nov 09 at 11:59pm EST
13	Nov 11 – Nov 15	Ch 16 – The Elbow	Sat Nov 16 at 11:59pm EST
14	Nov 18 – Nov 22	Ch 17 – The Wrist	Sat Nov 23 at 11:59pm EST
15	Nov 25 – Nov 29	Thanksgiving Holiday – enjoy life!	
16	Dec 2- Dec 4	Section 5 Exam – opens Sunday Dec 1 at 12am, closes Tuesday Dec 03 at 11:59pm	
FINAL EXAM – OIAs and 6-step Analysis – Wednesday Dec 11 – opens at 12am, 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. DETAILS MATTER.**
- 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!**