

# Kinetic Anatomy w/ Lab

APK 4103c (24369) & APK 5102 (10463)

3 Credits | Spring 2025

Connect with HHP



## Course Info

### INSTRUCTOR

Joslyn Ahlgren, PhD

*Study tips and a personal note from Doc. A are on the last two pages.*

Office: FLG 108

Office Phone: 352-294-1728

Email: jahlgren@ufl.edu

Preferred Method of Contact: Canvas email if you are a current student

### OFFICE HOURS

Both **live** and **virtual** office hours will be available this semester. A schedule, tips for how to best use office hours, and zoom info for office hours will be posted in CANVAS. Students can expect a minimum of two office hours sessions per week.

### MEETING TIME & LOCATION

Lecture: Tues/Thurs Period 2 (8:30-9:20am), FLG 280

Lab: Thurs Periods 3-4 (9:35-11:30am), FLG 107B

*Labs do not meet in the first week of classes*

## 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.

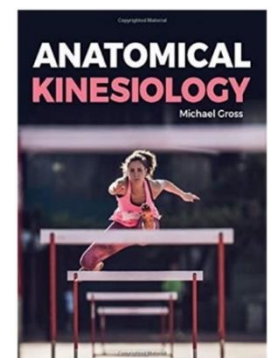
## PREREQUISITE KNOWLEDGE AND SKILLS

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 (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 **NEED** an online app called **Muscle & Motion (Strength Training)**. Your instructor will provide you an access code (posted in CANVAS) at *no cost*.



## COURSE FORMAT

**This is a flipped course format.** Students will watch lecture videos on their own time. There will be embedded questions in the lectures that students must answer prior to active learning sessions and lab over that content—*these are graded*. Tuesdays/Thursdays at 8:30am will be used for active learning sessions and exams--*attendance and participation will be graded*. Thursdays at 9:35am will be used for lab—*attendance and participation will be graded*. 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 & University Policies

### ATTENDANCE POLICY

Weekly attendance in active learning and lab are mandatory. Students are allowed one unexcused absence in each of those two categories in which they will simply not receive points for that day. **Beyond the one unexcused absence for active learning and lab, students will receive a partial letter grade penalty per absence.** If a student is ill or there is a family emergency, documentation will be required to excuse the absence. Please communicate excused absences with the course instructor as promptly as possible to arrange for a make-up.

### 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.

### 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

**Step 1: Get documentation of your illness or emergency.** 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 emergency you wish to remain more private, you may contact the [Dean of Students Office](#) and follow the [DSO Care Team procedures](#) for assistance.

**Step 2: Fill out the make-up request assignment in canvas.** Make-ups will not be granted for personal travel/vacations. Additionally, many students will have multiple exams in one day. Only if another exam is scheduled for the same time as an exam in this course will a make-up request be considered.

**Should a student miss an exam due to an unexcused reason** (e.g., overslept, mixed up the exam time, 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 time.

Requirements for class attendance and make-ups, assignments, and other work are consistent with the university policies found [here](#).

## ACCOMMODATING STUDENTS WITH DISABILITIES

Your instructor is committed to creating a course that is inclusive in its design. If you encounter barriers, please let your instructor know immediately so they can determine if there are adjustments that can be made or if accommodation might be needed. You are also welcome to contact the [Disability Resource Center's Getting Started page](#) to begin this conversation or to establish accommodations for this or other courses. Your instructor welcomes feedback that will assist in improving the usability and experience for all students.

Students who are already registered with UF's DRC should share their accommodation letter with the course instructor and discuss their access needs as early as possible in the semester. Students who take their tests at

the DRC testing center must get their tests approved in the [GATR Portal](#) at least 4 business days prior to each exam. Students who fail to do this will be expected to take their exams in class without accommodation.

## 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 [here](#). 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 [this website](#). Summaries of course evaluation results are available to students at that site.

## Getting Help

### HEALTH & WELLNESS

- ***U Matter, We Care***: If you or someone you know is in distress, please contact [umatter@ufl.edu](mailto: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](mailto: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](mailto:vcourt@ufl.edu)
- Dr. Demetra Christou (she/her), APK Department Vice Chair, [ddchristou@hnp.ufl.edu](mailto:ddchristou@hnp.ufl.edu)
- Dr. Steve Coombes (he/him), APK Graduate Coordinator, [scoombes@ufl.edu](mailto:scoombes@ufl.edu)
- Dr. Joslyn Ahlgren (she/her), APK Undergraduate Coordinator, [jahlgren@ufl.edu](mailto:jahlgren@ufl.edu)

## Grading

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

GRADUATE STUDENTS – APK 5102	
Course Component	Percent of Total Grade
Online Lectures – Stop & Think Questions	5%
Active Learning Participation	15%
Applied Project/Presentation	8%
Lab Participation	15%
Online Quizzes	10%
Section Exams (5)	35%
Reflections (mid-term and end of term)	2%
Final Exam (1)	10%

UNDERGRADUATE STUDENTS – APK 4103c	
Course Component	Percent of Total Grade
Online Lectures – Stop & Think Questions	10%
Active Learning Participation	15%
Lab Participation	15%
Online Quizzes	10%
Section Exams (5)	35%
Reflections (mid-term and end of term)	5%
Final Exam (1)	10%

*Online Lectures, Stop & Think Questions* – Students will encounter multiple questions that pop up during the online lecture videos. These questions are intended to help students stay engaged during the videos AND apply what they are learning about immediately. Students will be allowed unlimited attempts to get as many points possible. These lecture “assignments” are open-resource, so use of the textbook, reliable online resources, and peers is encouraged (*though, simply sharing correct answers is not acceptable*).

*Active Learning Participation* – In place of live lectures, lecture time will be used to facilitate active learning activities that are intended to help students apply what they are learning about in lecture each week. Students can earn 2 points for each of these meetings. One point will be awarded for arriving on time. One point will be awarded for working collaboratively with others. A comment will be added to the gradebook explaining any point deductions. Students who are shy or introverted or otherwise struggle to engage with peers are encouraged to meet with the instructor for strategies and assistance.

*Applied Project/Presentation* – *Grad students* will complete an applied project in which they select a topic of interest related to the course content and present to the class. These 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.

*Lab Participation* – Students can earn 3 points for each of the 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 with others. A comment will be added to the gradebook explaining any point deductions.

*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 have unlimited 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.

*Section Exams* – Students will take a closed-notes exam for each of the five course sections. 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 short answer, multiple choice, fill in the blank, matching, true/false, and multiple answer question formats. *Grad students can expect more free response questions.* Students will need to bring their laptop or tablet 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 in 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 as a catalyst for self-analysis. 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 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, similar to the section exams. Question formats will include true/false, multiple choice, and multiple answer. *Grad students can also expect free response questions for all 6-step analyses.*

## GRADING SCALE

All grades will be posted in the CANVAS gradebook. Any discrepancies 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. Minus grades are not assigned for this course. **Any requests for additional points or special exceptions to these grading policies are inappropriate, unappreciated, and will be respectfully ignored.**

More detailed information regarding current UF grading policies can be found [here](#).

Letter Grade	Percent of Points per Letter Grade	GPA Impact of 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

Any changes to this plan will be posted in CANVAS as an announcement.

**\*\*\*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.\*\*\***

Week	Dates	Weekly Chapter(s) / Active Learning Topic / Lab Topic
1	Jan 13 – Jan 17	<p>Attend <b>ONLY</b> Thurs at 8:30am</p> <p>Tues 8:30am: No class today – first meeting for all students will be Thursday 1/16, 8:30am</p> <p>Thurs 8:30am: AL - Introductions, syllabus review, ANATOMY GAMES!</p> <p>Thurs 9:35am: Lab - No labs in the first week of classes due to drop-add</p> <p>~~~~~</p> <p>Ch 1 – Fundamentals of Anatomy (lecture/quiz due <b>next</b> Mon 11:59pm)</p> <p>Ch 2 – Skeletal System (lecture/quiz due <b>next</b> Mon 11:59pm)</p>
2	Jan 20 – Jan 24	<p>Attend <b>EITHER</b> Tues or Thurs at 8:30am</p> <p>Tues 8:30am: AL - Terminology, Bones, Joints</p> <p>Thurs 8:30am: AL - Terminology, Bones, Joints</p> <p>Thurs 9:35am: Lab - Articulating a Skeleton</p> <p>~~~~~</p> <p>Ch 3 - Muscular System (lecture/quiz due <b>next</b> Mon 11:59pm)</p> <p>Ch 5 – Bones of the Axial Skeleton (lecture/quiz due <b>next</b> Wed 11:59pm)</p>
3	Jan 27 – Jan 30	<p>Attend <b>Exam</b> on Tues 8:30am <b>AND</b> Active Learning on Thurs 8:30am</p> <p>Tues 8:30am: <b>Section 1 Exam</b></p> <p>Thurs 8:30am: AL - Muscle Conventions and 6-step Muscle Control Analysis Introduced</p> <p>Thurs 9:35am: Lab – Bones of the Axial Skeleton, <i>start on Appendicular Skeleton if time</i></p> <p>~~~~~</p> <p>Ch 6 – Bones of the Upper Extremities (lecture/quiz due <b>next</b> Mon 11:59pm)</p> <p>Ch 7 – Bones of the Lower Extremities (lecture/quiz due <b>next</b> Wed 11:59pm)</p> <p>Grad student topic due <b>Fri 11:59pm</b></p>
4	Feb 03 – Feb 07	<p>Attend <b>EITHER</b> Tues or Thurs at 8:30am</p> <p>Tues 8:30am: AL - Palpations</p> <p>Thurs 8:30am: AL - Palpations</p> <p>Thurs 9:35am: Lab – Bones of the Appendicular Skeleton</p> <p>~~~~~</p> <p>Ch 8 – The Foot / Ch 9 – The Ankle (lecture/quiz due <b>next</b> Wed 11:59pm)</p>
5	Feb 10 – Feb 14	<p>Attend <b>Exam</b> on Tues 8:30am <b>AND</b> Active Learning on Thurs 8:30am</p> <p>Tues 8:30am: <b>Section 2 Exam</b></p> <p>Thurs 8:30am: AL - Foot &amp; Ankle</p> <p>Thurs 9:35am: Lab – Foot &amp; Ankle</p> <p>~~~~~</p> <p>Ch 10 – The Knee (lecture/quiz due <b>next</b> Mon 11:59pm)</p> <p>Grad student scholarly resources due <b>Fri 11:59pm</b></p>
6	Feb 17 – Feb 21	<p>Attend <b>EITHER</b> Tues or Thurs at 8:30am</p> <p>Tues 8:30am: AL - Knee</p> <p>Thurs 8:30am: AL - Knee</p> <p>Thurs 9:35am: Lab - Knee</p> <p>~~~~~</p> <p>Ch 11 – The Hip (lecture/quiz due <b>next</b> Mon 11:59pm)</p>

7	Feb 24 – Feb 28	Attend EITHER Tues or Thurs at 8:30am Tues 8:30am: AL - Hip Thurs 8:30am: AL - Hip Thurs 9:35am: Lab - Hip + Pelvic floor construction activity ~~~~~ Ch 12 – The Trunk (lecture/quiz due <i>next</i> Wed 11:59pm) Ch 13 – The Neck (lecture/quiz due <i>next</i> Wed 11:59pm)
8	Mar 03- Mar 07	Attend Exam on Tues 8:30am AND Active Learning on Thurs 8:30am Tues 8:30am: <b>Section 3 Exam</b> Thurs 8:30am: AL - Trunk & Neck Thurs 9:35am: Lab - Trunk & Neck + Paraspinal muscle drawing activity ~~~~~ Ch 14 – The Shoulder Girdle (lecture/quiz due <i>next</i> Mon 11:59pm) Grad student rough draft of ppt presentation due Fri 11:59pm
9	Mar 10 – Mar 14	Attend EITHER Tues or Thurs at 8:30am Tues 8:30am: AL - Shoulder Girdle Thurs 8:30am: AL - Shoulder Girdle Thurs 9:35am: Lab - Shoulder Girdle ~~~~~ Ch 15 – The Shoulder (lecture/quiz due <i>Wed after spring</i> 11:59pm)
10	Mar 17 – Mar 21	<b>Spring Break:</b> sleep, exercise, nutrition, fun, study as needed
11	Mar 24 – Mar 28	Attend Exam on Tues 8:30am AND Active Learning on Thurs 8:30am Tues 8:30am: <b>Section 4 Exam</b> Thurs 8:30am: AL - Shoulder Thurs 9:35am: Lab - Shoulder ~~~~~ Ch 16 – The Elbow (lecture/quiz due <i>next</i> Mon 11:59pm) Grad students – please make sure that you have read all feedback on your rough draft
12	Mar 31 – Apr 04	Attend EITHER Tues or Thurs at 8:30am Tues 8:30am: AL - Elbow/Antebrachium Thurs 8:30am: AL - Elbow/Antebrachium Thurs 9:35am: Lab – Elbow/Antebrachium ~~~~~ Ch 17 – The Wrist (lecture/quiz due <i>next</i> Mon 11:59pm) Grad student final draft of presentation due Fri 1:59pm
13	Apr 07 – Apr 11	Attend EITHER Tues or Thurs at 8:30am Tues 8:30am: AL - Wrist Thurs 8:30am: AL - Wrist Thurs 9:35am: Lab - Wrist ~~~~~ <i>No more lectures to watch – Please use this time to begin intensive studying of OIAs</i>
14	Apr 14 – Apr 18	<b>All students are required to attend all presentations</b> Tues 8:30am: Grad Student Presentations Thurs 8:30am: Grad Student Presentations Thurs 9:35am: Grad Student Presentations ~~~~~ <i>No more lectures to watch – Please use this time to begin intensive studying of OIAs</i>



15	Apr 21 – Apr 25	Tues 8:30am: <b>Section 5 Exam</b> Thurs & Fri are reading days – no class or lab
<b>OIA and 6-step Final Exam</b> <b>Friday, May 2<sup>nd</sup>, 12:30-2:30pm, FLG 280</b>		

### SUCCESS AND STUDY TIPS

- Read the text and review the chapter learning objectives before watching lecture videos.
- Taking notes from the textbook is not necessary. Taking notes on lecture videos is VERY necessary.
- Reference your notes from lecture and chapter learning objectives to prepare for 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 each 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 receive 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 environment. Excellent time management will help you master this course 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!*

### 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 me, your TA, and your classmates. 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. 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!