

Kinetic Anatomy

APK 5102 | Class #14263 and #14769

3 Credits | Summer C 2025

Connect with HHP



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 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.

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

Although the canvas mobile app is convenient, students are strongly encouraged to complete coursework using a PC or laptop and the e-Learning website.

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).



Instructional materials for this course consist of only those materials specifically reviewed, selected, and assigned by the instructor. The instructor is only responsible for these instructional materials.

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

You are expected to exhibit behaviors that reflect highly upon yourself and our University:

- Read and refer to the syllabus
- Be punctual with scheduled meetings and/or office hours
- Demonstrate respect and positive regard for everyone you interact with
- 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
- Adherence to the UF Student Honor Code: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>
 - Any use, access, or handling of unapproved technology during an exam will result in a zero on the exam and additional 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 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.**

MAKE-UP POLICY

To arrange a make-up exam or due date extension, please fill out the **make-up request quiz** posted in the course orientation module in CANVAS. 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. Students can complete evaluations in three ways: (1) The email they receive from GatorEvals, (2) Their Canvas course menu under GatorEvals, or (3) The central portal located [here](#). Guidance on how to provide constructive feedback is available at [the gator evals site](#). Students will be

notified when the evaluation period opens. Summaries of course evaluation results are also available at [the gator evals site](#).

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.

DEPARTMENT 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@hwp.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, *not on accuracy (a rubric will be provided in canvas)*. Once you submit your answers, you'll get access to the correct answers that you'll need to review and complete a brief reflection on. Reflections will be graded on completion and accuracy. Like chapter quizzes, applications are due every Saturday at 11:59pm EST and **late work will not be accepted unless otherwise arranged.** Reflections will open at the due date for each application assignment and are due one week later. Reflections will consist of you comparing your original answers to the key and then submitting both corrections and reflections on why you answered incorrectly. Reflections will be graded on completion and accuracy.

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.

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***.

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

CRITICAL DATES & UF OBSERVED HOLIDAYS

- May 12: First day of Summer C Term
- May 12-13: Drop-Add
- May 26: Memorial Day
- June 19: Juneteenth
- June 23-27: Summer Break
- July 4: Independence Day
- Aug 8: Last Day of Summer C Term

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	Stop & Think, Chapter Quiz & Application Activity/Reflection Due Dates
1	May 12 - 16	Orientation Module + Ch 1 (Fund of Anatomy) + Ch 2 (Skeletal System)	Sat May 17 at 11:59pm EST
2	May 19 - 23	Ch 3 (Muscular System)	Sat May 24 at 11:59pm EST

Section 1 Exam – Anatomy Relevant to Kinesiology – Canvas Quiz (Exam opens at 12am EST on Sat May 24 and closes at 11:59pm EST on Sun May 25)			
3	May 26 – 30	Ch 5 (Bones of Axial Skel) + Ch 6 (Bones of Upper Limb)	Sat May 31 at 11:59pm EST
4	June 02 - 06	Ch 7 (Bones of the Lower Extremities)	Sat June 07 at 11:59pm EST
Section 2 Exam – The Bones and Skeletal Landmarks – Canvas Quiz (Exam opens at 12am EST on Sat June 07 and closes at 11:59pm EST on Sun June 08)			
5	June 09 - 13	Ch 8 (The Foot) + Ch 9 (The Ankle)	Sat June 14 at 11:59pm EST
6	June 16 - 20	Ch 10 (The Knee)	Sat June 21 at 11:59pm EST
7	June 23 - 27	Summer break! Enjoy life, catch up on studying...do what ya gotta do to be okay.	
8	June 30 – July 04	Ch 11 (The Hip)	Sat July 05 at 11:59pm EST
Section 3 Exam - The Lower Extremities – Canvas Quiz (Exam opens at 12am EST on Sat July 05 and closes at 11:59pm EST on Sun July 06)			
9	July 07 - 11	Ch 12 (The Trunk) + Ch 13 (The Neck)	Sat July 12 at 11:59pm EST
10	July 14 - 18	Ch 14 (The Shoulder Girdle)	Sat July 19 at 11:59pm EST
Section 4 Exam – The Axial Region – Canvas Quiz (Exam opens at 12am EST on Sat July 19 and closes at 11:59pm EST on Sun July 20)			
11	July 21 - 25	Ch 15 (The Shoulder)	Sat July 26 at 11:59pm
12	July 28 – Aug 01	Ch 16 (The Elbow) + Ch 17 (The Wrist)	Sat Aug 02 at 11:59pm EST
Section 5 Exam – The Upper Extremities – Canvas Quiz (Exam opens at 12am EST on Sat Aug 02 and closes at 11:59pm EST on Sun Aug 03)			
This last week of class (Aug 04 - 08) should be used to study/prepare for the final exam. No new content will be presented. Please note, the final exam is on a Thurs/Friday, not a Sunday.			
FINAL EXAM – OIAs and 6-step Analysis – Canvas Quiz (Exam opens at 12am EST on Thurs Aug 07 and closes at 11:59pm EST on Fri Aug 08)			

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!