UF Department of Applied Physiology and Kinesiology
College of Health and Human Performance
UNIVERSITY of FLORIDA

Kinetic Anatomy w/ Lab

3 Credits | Fall 2025

APK 4103c (Class # 25419) & APK 5102 (Class # 16884)

Connect with HHP

@UFHHP
@ufhhp
@UF_HHP
APK LinkedIn

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 per week.

MEETING TIME & LOCATION

Lecture: Tues/Thurs Period 3 (9:35-10:25am), FLG 220
Lab: Thurs Periods 4-5 (10:40am-12:35pm), FLG 107B
Labs do not meet in the first week of classes

COURSE DESCRIPTION

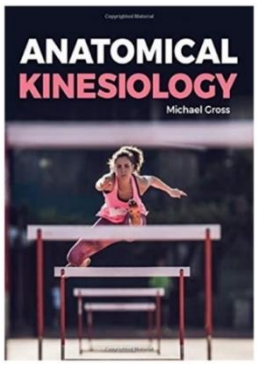
Provides in-depth coverage of musculoskeletal anatomy as a foundation for learning components of simple and complex motor tasks and emphasizes proper execution and analysis of joint movement and common exercises.

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 (1st edition) by Michael Gross, ISBN: 978-1-284-17564-6.** This participates 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. 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.



You 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*. One period on Tuesdays/Thursdays will be used for active learning sessions and exams--*attendance and participation will be graded*. Thursdays there will also be a two-period lab—*attendance and participation will be graded*. During labs, students will have access to plastic anatomical models, so no specific dress code or special equipment is required.

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

Details for all UF Course Policies can be found HERE.

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 make-ups.

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

Since none of the live meetings in this class will involve lecture (only active learning, discussions, and labs), no recording is permitted. Please refer to UF's in-class recording policy here.

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/event you wish to remain more private, you may contact the Dean of Students Office and follow the DSO Care Team procedures for assistance. Your instructor has the final say on whether an absence is considered excused or not.

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. 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.

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. Anna Gardner (she/her), APK Undergraduate Coordinator, akgardner@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 reach out to 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 modules.****

Week	Dates	Weekly Chapter(s) / Active Learning Topic / Lab Topic
1	Aug 18 – Aug 22	Attend ONLY Thurs at 9:35am Tues 9:35am: No class today – first meeting for all students will be Thursday 1/16, 8:30am Thurs 9:35am: AL - Introductions, syllabus review, ANATOMY GAMES! Thurs 10:40am: Lab - No labs in the first week of classes due to drop-add ~~~~~~ Ch 1 – Fundamentals of Anatomy (lecture/quiz due ***next*** Mon 11:59pm) Ch 2 – Skeletal System (lecture/quiz due ***next*** Mon 11:59pm)
2	Aug 25 – Aug 29	Attend EITHER Tues or Thurs at 9:35am Tues 9:35am: AL - Terminology, Bones, Joints Thurs 9:35am: AL - Terminology, Bones, Joints Thurs 10:40am: Lab - Articulating a Skeleton ~~~~~~ Ch 3 - Muscular System (lecture/quiz due ***next*** Mon 11:59pm) Ch 5 – Bones of the Axial Skeleton (lecture/quiz due ***next*** Wed 11:59pm)
3	Sep 01 – Sep 05	Attend Exam on Tues 9:35am AND Active Learning on Thurs 9:35am Tues 9:35am: **Section 1 Exam** Thurs 9:35am: AL - Muscle Conventions and 6-step Muscle Control Analysis Introduced Thurs 10:40am: Lab – Bones of the Axial Skeleton, s*tart on Appendicular Skeleton if time* ~~~~~~ Ch 6 – Bones of the Upper Extremities (lecture/quiz due ***next*** Mon 11:59pm) Ch 7 – Bones of the Lower Extremities (lecture/quiz due ***next*** Wed 11:59pm) Grad student topic due Fri 11:59pm
4	Sep 08 – Sep 12	Attend EITHER Tues or Thurs at 9:35am Tues 9:35am: AL - Palpations Thurs 9:3am: AL - Palpations Thurs 10:40am: Lab – Bones of the Appendicular Skeleton ~~~~~~ Ch 8 – The Foot / Ch 9 – The Ankle (lecture/quiz due ***next*** Wed 11:59pm)
5	Sep 15 – Sep 19	Attend Exam on Tues 9:35am AND Active Learning on Thurs 9:35am Tues 9:35am: **Section 2 Exam** Thurs 9:35am: AL - Foot & Ankle Thurs 10:40am: Lab – Foot & Ankle ~~~~~~ Ch 10 – The Knee (lecture/quiz due ***next*** Mon 11:59pm) Grad student scholarly resources due Fri 11:59pm
6	Sep 22 – Sep 26	Attend EITHER Tues or Thurs at 9:35am Tues 9:35am: AL - Knee Thurs 9:35am: AL - Knee Thurs 10:40am: Lab - Knee ~~~~~~ Ch 11 – The Hip (lecture/quiz due ***next*** Mon 11:59pm)

7	Sep 29 – Oct 03	Attend EITHER Tues or Thurs at 9:35am Tues 9:35am: AL - Hip Thurs 9:35am: AL - Hip Thurs 10:40am: Lab - Hip + Pelvic floor construction activity ~~~~~~ Ch 12 – The Trunk (lecture/quiz due ***next*** Wed 11:59pm) Ch 13 – The Neck (lecture/quiz due ***next*** Wed 11:59pm)
8	Oct 06 – Oct 10	Attend Exam on Tues 9:35am AND Active Learning on Thurs 9:35am Tues 9:35am: **Section 3 Exam** Thurs 9:35am: AL - Trunk & Neck Thurs 10:40am: Lab - Trunk & Neck + Paraspinal muscle drawing activity ~~~~~~ Ch 14 – The Shoulder Girdle (lecture/quiz due ***next*** Mon 11:59pm) Grad student rough draft of ppt presentation due Fri 11:59pm
9	Oct 13 – Oct 17	Attend EITHER Tues or Thurs at 9:35am Tues 9:35am: AL - Shoulder Girdle Thurs 9:35am: AL - Shoulder Girdle Thurs 10:40am: Lab - Shoulder Girdle ~~~~~~ Ch 15 – The Shoulder (lecture/quiz due ***next*** Wed 11:59pm)
10	Oct 20 – Oct 24	Attend Exam on Tues 9:35am AND Active Learning on Thurs 9:35am Tues 9:35am: **Section 4 Exam** Thurs 9:35am: AL - Shoulder Thurs 10:40am: Lab - Shoulder ~~~~~~ Ch 16 – The Elbow (lecture/quiz due ***next*** Mon 11:59pm) *Grad students – please make sure that you have read all feedback on your rough draft*
11	Oct 27 – Oct 31	Attend EITHER Tues or Thurs at 9:35am Tues 9:35am: AL - Elbow/Antebrachium Thurs 9:35am: AL - Elbow/Antebrachium Thurs 10:40am: Lab – Elbow/Antebrachium ~~~~~~ Ch 17 – The Wrist (lecture/quiz due ***next*** Mon 11:59pm) Grad student final draft of presentation due Fri 1:59pm
12	Nov 03 – Nov 07	Attend EITHER Tues or Thurs at 9:35am Tues 9:35am: AL - Wrist Thurs 9:35am: AL - Wrist Thurs 10:40am: Lab - Wrist ~~~~~~ *No more lectures to watch – Please use this time to begin intensive studying of OIAs*
13	Nov 10 – Nov 14	Only attend the exam on Thursday this week Tues 9:35am: AL – no class today due to Veterans Day holiday Thurs 9:35am: **Section 5 Exam** Thurs 10:40am: No lab this week – *please continue studying OIAs*
14	Nov 17 – Nov 21	All students are required to attend all grad student presentations Tues 9:35am: Grad Student Presentations (3) Thurs 9:35am: Grad Student Presentations (3) Thurs 10:40am: Grad Student Presentations (4) ~~~~~~ *No more lectures to watch – please continue studying OIAs*

15	Nov 24 – Nov 28	Fall Break Week – no lab or active learning – *gobble gobble!*
16	Dec 01 – Dec 05	Only attend AL on Tuesday this week Tues 9:35am: AL - OIA Applications Thurs & Fri are reading days – no class or lab
OIA and 6-step Final Exam Thursday, Dec 11, 10:00am-12:00pm, FLG 220		

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 to help students become comfortable, competent, and caring when discussing issues related to the body and dismantling outdated, incorrect information which harms some individuals. These attributes can help us all advocate for ourselves and others. Also, it is important to me that you feel welcome 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.

Welcome to Kinetic Anatomy…it's going to be a great semester!