

KINETIC ANATOMY W/ LAB

APK 5102 ~ 3 CREDITS ~ SUMMER C 2021

INSTRUCTOR INFO:

Joslyn Ahlgren, Ph.D. (she/her/hers)

Office: FLG 108

Office Phone: 352-294-1728

Email: jahlgren@ufl.edu Preferred: CANVAS email

PERSONAL NOTE FROM DOC. A: If you are totally overwhelmed by the stresses of your semester and feel like you just can't handle the pressure, please reach out to me—I'd like to help.

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 would like to acknowledge your preferred name and pronouns that reflect your identity. You may also change your "Display Name" in Canvas. Canvas uses the "Display Name" as set in myUFL. The Display Name is what you want people to see in the UF Directory, such as "Ally" instead of "Allison." To update your display name, go to one.ufl.edu, click on the dropdown at the top right, and select "Directory Profile." Click "Edit" on the right of the name panel, uncheck "Use my legal name" under "Display Name," update how you wish your name to be displayed, and click "Submit" at the bottom. This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official UF records.

Finally, Anatomy is all about the human body. That includes subjects like differences and similarities from one individual to the next and identifying and correcting myths about how the body looks and functions. I am committed to using this course content to help students become comfortable, competent, and caring when discussing issues related to the human body. 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.

OFFICE HOURS: All office hours will be held via Zoom and a schedule with login information will be posted in CANVAS

MEETING LOCATION/TIME: This is a fully online course with no required, synchronous meeting location or times. In the first week of class, you will be placed into small groups and in the second week of class you will schedule a weekly meeting with that group.

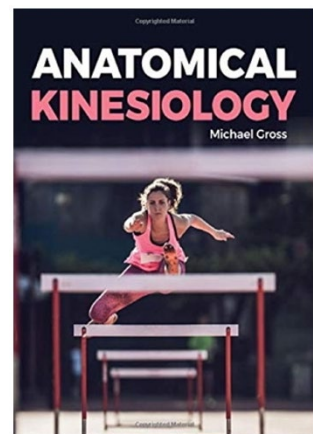
FERPA: Office hours for this course may be recorded for students in the class to revisit. If you participate with your camera engaged or utilize a profile image, you are agreeing to have yourself/image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Students who un-mute and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded, you will need to keep your mute button activated and communicate using the "chat" feature.

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

PREREQUISITE KNOWLEDGE AND SKILLS: APK 2100C and APK 3220C (or equivalents); instructor permission.

REQUIRED AND RECOMMENDED MATERIALS: You will NEED the following textbook for this course: [Anatomical Kinesiology \(1st edition\) by Michael Gross, ISBN: 978-1-284-17564-6](#). This course does participate in UF's All Access program. The All Access program allows you to charge this text to your student account rather than paying for it up-front. For this option, you will have a choice to "Opt-In" through a link provided in CANVAS. Students who do not participate in UF's All Access program will be able to purchase the text through the UF Bookstore or online. There is an eText version of this book if you prefer that.

We will also be utilizing an online app called [Muscle & Motion \(Strength Training\)](#). Your instructor will provide you an access code (posted in CANVAS).



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

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

LAB: At the end of the textbook, you will find labeling exercises for content within each chapter. These exercises, along with others that your course instructor has generated, will be available to you in the form of a CANVAS quiz. You will need to complete these exercises each week, either individually or with the help of your classmates. These “labs” are intended to be formative—*there to help you learn rather than to test you*. You will have 3 attempts to get the highest score possible on these quizzes, but these must be completed by the end of the week to receive credit.

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

COURSE LEARNING OBJECTIVES: After taking this course, students should be able to:

- Name and identify all bones, major bone markings, most muscles, joints, and major joint structures below the skull.
- Give the origin, insertion, and action for major muscles below the skull.
- Perform a 6-step motor control analysis for simple movements of the body and use this information to analyze exercises, variations of exercises, and body movements of all kinds.
- Predict muscular causes for dysfunctional joint movements and propose corrective solutions for common movement errors – especially for common exercises.

COURSE AND UNIVERSITY POLICIES:

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

PERSONAL CONDUCT POLICY: Students are expected to exhibit behaviors that reflect highly upon themselves and our University:

- Read and refer to the syllabus
- Arrive to meetings and lecture on time (i.e., a few minutes early)
- Show respect for the authority of the course instructor through politeness and use of proper titles (e.g., “Dr. Ahlgren” or “Doc. A” or “Mrs. Ahlgren”)
- 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—just a heads up.*
- No texting or social media (or the like) during class meetings/instruction times
- No personal conversations during class meetings/instruction times
- Adherence to the UF Student Honor Code:
<https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>
 - Honor code violations of any kind will not be tolerated and sanctions will be determined by the course instructor for first-time violators
 - Any use, access, or handling of technology during an exam will result in a zero on the exam **and** potential failure of the course
 - All allegations, regardless of the severity, will be reported to the Dean of Students Office for University-level documentation and processing
 - Use of secondary electronic devices has been a problem in the past on exams. Please know that I do monitor the Honorlock videos in an effort to support academic integrity.

MAKE-UP POLICY: To arrange a make-up exam or due date extension, please fill out the **make-up request form** posted in the course orientation module in CANVAS and submit it to your course instructor via the CANVAS email tool. Verifying documentation will be required. Make-ups will not be granted for personal travel/vacations. Additionally,

many students will encounter having multiple exams in one day. Only if another exam is scheduled for the same time/overlaps with this course's exams will a request be considered. In the case that a student misses an exam due to an unexcused reason (i.e. overslept, mixed up the exam time, forgot about differences in time zones, etc.), the exam can be taken with a 20% penalty if taken within 24 hours of the original exam time or with a 40% penalty if taken within 48 hours of the original exam time.

A student experiencing an illness should visit the UF Student Health Care Center or their preferred healthcare provider to seek medical advice and obtain documentation. If you have an illness, family emergency or death, please contact the Dean of Students Office (www.dso.ufl.edu) and follow the DSO Care Team procedures for documentation and submission of a request for make-up assignment (<https://care.dso.ufl.edu/instructor-notifications/>). The DSO will contact the instructor. Do not provide any documentation to the instructor regarding illness or family emergency. This is your personal and protected information. The DSO is qualified to receive and verify the documents you provide. The instructor will follow the recommendations from the DSO.

Requirements for class attendance and make-ups, assignments, and other work are consistent with the university policies that can be found at <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

USABILITY, DISABILITY, AND DESIGN: I am committed to creating a course that is inclusive in its design. If you encounter barriers, please let me 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. I am always 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. I welcome feedback that will assist me in improving the usability and experience for all students. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester. *It is imperative that you verify your specific access needs with your course instructor at least 48 hours PRIOR to scheduled assessments.*

COURSE EVALUATIONS: Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

GETTING HELP:

HEALTH AND WELLNESS

- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies)
<http://www.police.ufl.edu/>

ACADEMIC RESOURCES

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

INCLUSION, DIVERSITY, EQUITY, AND ACCESSIBILITY (IDEA) RESOURCES

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

- Dr. Leo Ferreira, APK IDEA Liaison, ferreira@hhp.ufl.edu
- Dr. Rachael Seidler, APK Graduate Coordinator, rachaelseidler@ufl.edu
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, ahlgren@ufl.edu

GRADING:

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

COURSE COMPONENT	PERCENT OF COURSE GRADE
Lecture Engagement	10%
Section Exams	30%
Weekly Labs	20%
Weekly Collaborative Meetings	25%
Reflections	3%
Final Exam	12%

LECTURE ENGAGEMENT: You can earn up to 4 points each week through answering “Stop & Think” questions embedded within lecture videos. Those questions are graded on accuracy and you are permitted one attempt—so pay good attention and take good notes. You are encouraged to access your course notes or other reliable resources to answer those questions. While it is acceptable for you to ask your classmates for assistance or clarity, it is NOT acceptable to ask you classmates for answers. Your answers are due every Saturday at 11:59pm.

SECTION EXAMS: You will take a closed-notes exam for each of the five course sections (see weekly course schedule below). Exams will be proctored through HonorLock. *Students are not permitted to share exam info with classmates – this is an honor code violation.* These assessments will be CANVAS quizzes with predominantly multiple choice, fill in the blank, matching, true/false, and multiple answer question formats; there will be some short essay questions. Students can expect to see images on the exam and should expect to **APPLY** what they are learning, not simply regurgitate information.

WEEKLY LABS: You will complete open-notes CANVAS quizzes each week that guide you through identifications and descriptions of the related gross anatomy for that week’s topic. These will correspond with the “workbook” found at the end of the text but will also include images that reflect bodies in motion and actual human structures (as opposed to cartoon images). You will be given three attempts to earn the highest score possible on these assignments.

WEEKLY COLLABORATIVE MEETINGS: You will be put into a small group of students to work on weekly collaborative discussions and learning activities during one of the lecture meeting days. Each week, the group will rotate the “leader” who will be responsible for taking minutes of the meeting and submitting the collective work to the CANVAS assignment. All members of the group will receive the same grade for work submitted. A rubric will be provided in CANVAS for each. These are graded for accuracy, so all group members need to actively participate in completing each submission. *If you are introverted, shy, and/or struggle with social interaction, please notify the instructor so a game plan can be generated to help ensure you are successful in the course from day one. It is important that ALL students feel as comfortable as possible in this learning environment for the success of EVERYONE. 😊*

REFLECTIONS: Students will complete a short, written reflection at the middle and at the end of the term. These will be graded solely on completion and professionalism/courtesy, and are intended to serve predominantly as a catalyst for self-analysis to help you become a better student. Methods such as reflections employ metacognitive aspects of learning (thinking about how you learn), which are small but effective ways to enhance your experience in a course or program of study. Who doesn’t want that?! Minor effort...major reward!

FINAL EXAM: The final exam for this course, like the section exams, will be a closed-notes exam focusing on knowledge and application of both muscle origins/insertions/actions (OIAs) and the 6-step motor control analysis. These will be introduced early in the class and reinforced throughout each section, so your best mechanism for preparing for this final is to stay dedicated to weekly studying and not fall behind.

GRADING SCALE: All grades will be posted in the CANVAS gradebook. Any discrepancies with points displayed in the gradebook should be pointed out to the instructor before the last day of class (prior to reading days). There is no curve for this course and grades will not be rounded up. Any requests for extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly. Minus grades are not assigned for this course. More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>.

Grade	Percent of Total Points Needed	GPA Impact
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:

WEEK	DATES	LECTURE TOPIC/BOOK CHAPTERS	LAB AND COLLABORATIVE MEETING DUE DATES (TOPICS CORRESPOND WITH LECTURE)
1	May 9-15	Introduction to the course (Orientation Module) + Ch 1 (Fundamentals of Anat) + Ch 2 (Skeletal System)	Collab Meeting 1 and Ch 1/Ch 2 Labs due on Sat May 15 at 11:59pm EST
2	May 16-22	Ch 3 (Muscular System)	Collab Meeting 2 and Ch 3 Lab due Sat May 22 at 11:59pm EST
Section 1 Exam – Anatomy Relevant to Kinesiology – Canvas Quiz (Sun May 23, exam opens at 12am and closes at 11:59pm EST)			

3	May 23-29	Ch 5 (Bones of the Axial Skeleton) + Ch 6 (Bones of the Upper Extremities)	Collab Meeting 3 and Ch 5/Ch 6 Labs due Sat May 29 at 11:59pm EST
4	May 30 – June 5	Ch 7 (Bones of the Lower Extremities)	Collab Meeting 4 and Ch 7 Lab due Sat June 5 at 11:59pm EST
Section 2 Exam – The Bones and Skeletal Landmarks – Canvas Quiz (Sun June 6, exam opens at 12am and closes at 11:59pm EST)			
5	June 6-12	Ch 8 (The Foot) + Ch 9 (The Ankle)	Collab Meeting 5 and Ch 8/Ch 9 Labs due Sat June 12 at 11:59pm EST
6	June 13-19	Ch 10 (The Knee) + Ch 11 (The Hip)	Collab Meeting 6 and Ch 10/Ch 11 Labs due Sat June 19 at 11:59pm EST
Section 3 Exam - The Lower Extremities – Canvas Quiz (Sun June 20, exam opens at 12am and closes at 11:59pm EST)			
7	June 20-26	Summer C break week – enjoy life, catch up on studying, some of both...do what ya gotta do to be okay.	
8	June 27 – July 3	Ch 12 (The Trunk) + Ch 13 (The Neck)	Collab Meeting 8 and Ch 12/Ch 13 Labs due Sat July 3 at 11:59pm EST
9	July 4-10	Ch 14 (The Shoulder Girdle)	Collab Meeting 9 and Ch 14 Lab due Sat July 10 at 11:59pm EST
Section 4 Exam – The Axial Region – Canvas Quiz (Sun July 11, exam opens at 12am and closes at 11:59pm EST)			
10	July 11-17	Ch 15 (The Shoulder)	Collab Meeting 10 and Ch 15 Lab due Sat July 17 at 11:59pm EST
11	July 18-24	Ch 16 (The Elbow)	Collab Meeting 11 and Ch 16 Lab due Sat July 24 at 11:59pm
12	July 25-31	Ch 17 (The Wrist)	Collab Meeting 12 and Ch 17 Lab due Sat July 31 at 11:59pm EST
Section 5 Exam – The Upper Extremities – Canvas Quiz (Sun Aug 1, exam opens at 12am and closes at 11:59pm EST)			
FINAL EXAM – OIAs and 6-step Analysis (Fri August 6, exam opens at 12am and closes at 11:59pm EST)			

SUCCESS AND STUDY TIPS:

- Read the text and review the chapter learning objectives before watching lectures
- You do not need to re-write the textbook...just read and enjoy
- Take notes during lecture and cross reference your notes with the chapter learning objectives as you study for the 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 the exam.
- Do not fall behind or procrastinate your studies

- **Check CANVAS announcements daily and set up your CANVAS notifications to received alerts when announcements are made**
- Use online resources wisely – there's great stuff out there...but there's also a lot of misinformation. Check with your course instructor if you need help discriminating reliable from less reliable sources or accurate from inaccurate information
- Be consistent with your study schedule and study workspace
- Apply what you are learning and use proper terminology
- 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:
https://groupme.com/join_group/68077658/pUFmvXO6