

UNIVERSITY OF OTTAWA
FACULTY OF HEALTH SCIENCES
SCHOOL OF HUMAN KINETICS

Session	: Fall, 2017
Course code	: APA1313
Course Title	: MUSCULOSKELETAL ANATOMY
Number of credits	: 3 (Compulsory)
Course Timetable	: Thursday, 8 am – 10 am, Classroom (MRT 218)
Language of instruction	: English
Professor	: JING XIAN LI - (MNT-363) - Tel: 613 5625800 ext. 2457
Office Hours	: Thursday: 10:00am -12:00pm

1. Course Description

The Musculoskeletal Anatomy provided to the students majored in Human Kinetics will include osteology, arthrology, and mycology (the study of bones, joints, and muscles), the basic physical structures of the human body and their functions in movement and posture. The clinical anatomy (application of anatomy in clinical and allied health sciences) will also be addressed.

2. General objectives of the course

To understand the human gross musculoskeletal anatomy, the structures that can be seen without a microscopy and their function, and to learn the application of the anatomical knowledge in the practices, including the skills to locate some of the body structures.

3. Specific objectives of the course

To build up the theoretical and practical basis for further studying the subjects related to human sciences and for the practice in the professional fields of the health care and allied health as well as sports sciences.

4. Teaching methods

PowerPoint presentations, course preparation readings, in-class exercises, audiovisual documents, Lab exercise.

5. Course text, required readings:

Textbook: Moore, KL (2014). Essential Clinical Anatomy (5th ed.), Williams & Wilkins, Baltimore

Lecture Notes: download from Virtual Campus

Lab textbook: Christy J Cael. (2010). Functional Anatomy: Musculoskeletal Anatomy, Kinesiology, and Palpation for Manual Therapists. Williams & Wilkins.

Lab Manual: download from Virtual Campus

6. Course Content / Course Calendar

- 6.1 Section 1 : Introduction to anatomy and anatomical terminology
- 6.2 Section 2 : Head and trunk anatomy
- 6.3 Section 3 : Upper limb anatomy
- 6.4 Section 4 : Lower limb anatomy

7. Course Evaluation

Attendance at courses of instruction, laboratory sessions, and in-class practical exercise is mandatory. **The score of in-class practical exercises my affect your final grade.** *You will automatically fail the course if you are absent for more than one laboratory session.* If you miss a lab for any reason, you **MUST** contact the lab coordinator within one week of the absence (contacting your TA will not suffice). Justified reasons for absences are limited to: 1) death in the family, 2) personal illness and 3) high-level athletic competition. Each of these must be accompanied by the appropriate documentation given to the lab coordinator within one week of the absence (i.e. funeral notice/obituary including your name; medical certificate; and letter from coach, respectively). Athletes must inform the laboratory coordinator at least one week prior to the competition, or an accommodation is not guaranteed.

- 7.1 Mid-term Exam: 30 % of final mark
- 7.2 Labs: 40% of final mark
- 7.3 Final Exam: 30 % of final mark

8. Laboratory sessions

All laboratory rules and regulations are found in the APA 1313 lab Manual for 2017. Take the time to review this document carefully and in its entirety. As a member of this class, you tacitly agree to its terms. After-the-fact ignorance of its contents will not exempt you from the responsibilities and policies it outlines.

9. Bibliography

- Netter, F.H. (1997). *Atlas of Human Anatomy*, 2nd Edition, Ciba-Geigy Corp.
- Moore, KL (2014). *Clinical Oriented Anatomy* (5th ed.), Williams & Wilkins, Baltimore

10. Other useful information: In addition, the undergraduate committee recommends that certain information should be placed in the course outline, above and beyond the standard requisite information.

Please familiarize yourself with the Academic Regulations:

<http://www.uottawa.ca/about/policies-and-regulations>

See the U of O web site on intellectual integrity (with resources regarding plagiarism and other forms of fraud):

<http://www.uottawa.ca/vice-president-academic/academic-integrity>

For examples of plagiarism see:

<https://www.uottawa.ca/about/sites/www.uottawa.ca.about/files/plagiarism.pdf>

LECTURE SCHEDULE

Week	Date	Content	Readings (Moore et al. 5 th edition)
1	Sep. 7 Sep 5-9	- INTRODUCTION TO ANATOMY & ANATOMICAL TERMINOLOGY	p. p2-7, 9-20
2	Sep. 14 Sep 10-16	- INTRODUCTION TO ANATOMY & ANATOMICAL TERMINOLOGY - THE HEAD, TRUNK & PELVIS - skeleton	p. p2-7, 9-20 Head bone: p.486-490 Back bone: p.266-274 Thoracic bone: p.44-49 Pelvis bone: p.196-199
3	Sep. 21 Sep, 17-23	- THE HEAD, TRUNK & PELVIS - joints	Head joints: p. 543-544 Back joints: p. 279-284 Pelvic joints: p.200-202 Joints of thoracic wall: p. 49
4	Sep. 28 Sep 24- 30	- THE HEAD, TRUNK & PELVIS - muscles	Neck muscles: p. 585-586 Back muscles: p. 295-302 Muscles of thoracic wall, p.56-57 Muscles of abdomen: p.113-115, p, 184
5	Oct 5 Oct 1 – 7	- THE HEAD, TRUNK & PELVIS - muscles - UPPER LIMB – skeleton	Muscles of abdomen: p. 113-115, p, 184 p. P.398-403
6	Oct. 12 Oct 8 -14	- UPPER LIMB – joints	p. 465-484
7	Oct. 19 Oct 15-21	- UPPER LIMB - muscles	p. 414-420, 432-435, 438-447, 453-457
8	Oct 22- 28	- Study week	
9	Nov 2 Oct 39- Nov 4	- Mid-term exam	
10	Nov. 9 Nov. 5-11	- UPPER LIMB – muscles - LOWER LIMB – skeleton	p. 414-420, 432-435, 438-447, 453-457 p. 311- 318
11	Nov.16 Nov. 12-18	- LOWER LIMB – skeleton - LOWER LIMB – Joints	p. 318-324 p. 369 - 391
12	Nov. 23 Nov. 19-25	- LOWER LIMB - Muscles	p. 329-331, P. 337-342, P. 362-365
13	Nov. 30 Nov. 26-Dec.2	- LOWER LIMB - Muscles	p. 329-331, P. 337-342, P. 362-365