Western University Faculty of Health Sciences
School of Kinesiology, School of Health Studies

KIN 1060A / KIN 2222A / HS 2300A
Systemic Approach to Functional Human Gross Anatomy
Intersession 2023

Welcome to Anatomy! I'm delighted to have you join us this term. In this course, we'll focus on understanding the basics of human anatomy, with specific attention to the musculoskeletal (muscles + bones), neuro (brain & spinal cord + neurons), cardiovascular (heart + vessels) and respiratory (lungs + breathing) systems. Anatomy is a fundamental discipline that will support your understanding of core concepts in health and disease in your degree ahead. It's cumulative, and voluminous in nature, so I encourage you to stay involved, ask questions, and participate wherever you are able. Make sure that you complete the online lecture modules before coming to your lab section. I look forward to meeting you soon!

Course Learning Outcomes:
By the end of the course you should be able to:

- communicate structure location, function and movement using correct anatomical terms
- outline, using pictures and words, principles of neuronal conduction
- explain the basic structure of the nervous system differentiating between the Central vs Peripheral nervous systems as well as Somatic vs Autonomic nervous systems
- understand how the autonomic nervous system regulates homeostasis in the body
- identify major bones, joints, muscles, nerves, and vessels, of the upper limb, lower limb, thorax and pelvis by name, location, and function and identify key surface anatomy landmarks
- understand how the heart and lungs interact to form the cardiorespiratory system, differentiating between systemic and pulmonary circuits
- describe muscle contraction, key events of the cardiac cycle and mechanics of breathing
- explain and predict, based upon clinical signs/symptoms, functional implications of musculoskeletal, neural, and cardiorespiratory changes in aging, exercise and injury

Overall, the spirit of this course is to foster learning, critical thinking, active questioning, and an appreciation for health and disease from a gross anatomical perspective.

Instructor:



Dr. Katelyn Wood, PhD
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(alias: knorton9@uwo.ca – they are both me!)

TA



KJ Uyeno – kuyeno@uwo.ca

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General Course Info



Calendar Course Description:
A gross anatomical description of systemic structure and function of the human body, with emphasis on skeletal, muscular and cardiovascular systems. Integration between systems will be discussed using clinical examples related to sport, medicine, and physical therapy. This is an introductory level lecture course for students in the faculty of health sciences.

Antirequisite(s):
Anatomy and Cell Biology 2200A/B, Anatomy and Cell Biology 2221, Health Sciences 2330A/B, the former Anatomy and Cell Biology 3319.

Prerequisite(s):
Kinesiology Students: Registration in year 1 or 2 Kinesiology
Health Studies + Non-FHS Students: Grade 12U Biology or equivalent is strongly recommended

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

Statement on Prerequisite Checking
Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

NOTE: If you wish to enroll in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.

All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

Contact



I look forward to meeting you this term and supporting you throughout. Here are some tips for connecting with me and getting your questions answered.

Etiquette
I prefer to be addressed by Dr. Wood, and I use she/her pronouns. If you have a preferred name or pronoun that I get wrong, or if I mispronounce your name, please correct me. I want this to be a welcoming and comfortable space for all.

Email
These are professional communications, so be sure to treat them as such! Key components of a professional email include: addressing your recipient (title + spell their

name correctly!), a clear and polite request, and a sign off from you. Whenever possible, please use your UWO email address to avoid spam blocking and note the course code (Kin 2222/1060, HS 2300) in the email subject line. If you don't hear back from me within 48 hours, please follow up. I do my best to stay on top of communications, but with hundreds of students in the course this can be tricky at times!

FAQ

What if I have a question about the course or content?

1. Check the syllabus & OWL first – this is my contract with you!
2. Email/speak to your TA. You will be seeing them in-person during weeks 3 and 6, this will allow for quick and easy communication for all.
3. The forums are also a great option for getting an answer fast! The professor, TAs, and other students can all chime in here. Chances are that if you have a question, someone else does too.
4. Email Dr. Wood for all other inquiries

I've spotted an error!

Check out the error-log on the forums and let me know what you've found! I'm always working to improve the lectures and I'll respond inline here.

I have sensitive information (eg. academic accommodations) I need to address:

Please contact Dr. Wood directly. I'm very happy to work with you to find a solution to the problems you are encountering. This is a challenging course, and we're amid a challenging year. Please do not feel like you are alone, and please reach out for help.

LECTURES



Asynchronous, Online Modules on OWL

Lecture modules will be available before the listed dates in the syllabus. Units 1-5 will be available starting May 15. Each module includes:

- Interactive storyline video
- PDF of lecture slides
- Lecture captions

Expect to complete 4-6 modules per week -- do this before your scheduled lab!

LABS



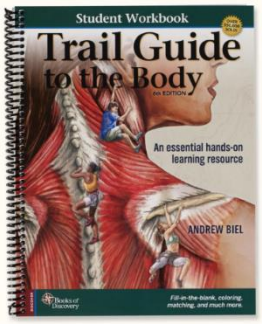
4 x 3hr sessions, in-person (HSB 414/416) – June 1,2 and June 22, 23

	Th	F
0900	Kin/HS 002	Kin/HS 002
1000	002	002
1100	002	002
1200		
1300	Kin/HS 003	Kin/HS 003
1400	003	003
1500	003	003
1600		

Labs are an in-person, small-group experience during which you'll have the opportunity to examine anatomical models, complete practice questions and apply your understanding of a given weeks content. You will be creating and completing unit review assignments with your peers. There will also be an opportunity to provide feedback.

Textbook

This term, we have an **OPTIONAL** textbook available for purchase: Trail Guide to the Body, 6th ed. Student Workbook by Books of Discovery. This is a great study tool for our MSK content and for applying lecture content in the lab. Your best option is to select the hard copy text for purchase.



All other content will be presented in the course notes. If you wish to purchase/use a supplementary resource (which is completely optional) any anatomy textbook will do.

Important Dates

Quiz 1	Anatomy Basics	Opens May 17 – June 23
Quiz 2	Intro to Neuro	Opens May 24 – June 23
Quiz 3	Muscles + Upper Limb	Opens May 31 – June 23
Quiz 4	Lower Limb + Trunk	Opens June 7 – June 23
Quiz 5	Cardiorespiratory	Opens June 14 – June 23
Final Exam	Units 1-5	TBD (June 26,27)

Weekly Schedule

Every week, you are expected to complete the following:

- 4-6 online modules (asynchronously via OWL)
- Provide feedback on this week's content, including any questions you have regarding content (forums on OWL)
- Complete the MCQ unit quiz. All quizzes will open Wednesday at 4pm (as per the dates above), and will close on the last day of classes, Friday June 23 at 4pm.
- Complete MCQ practice online via PeerWise

Here's an outline of topics we will address in this course.

wk	Dates	Unit	Topic	
1	May 15-19	1: Intro	1A	Terms + Bones
			1B	Joints, Cartilage, Muscle
2	May 22-26	2: Neuro	2A	Intro to Neuro, CNS, PNS
		3: Upper Limb	3A	Brachial Plexus, Compartments, Force
3	May 29-June 2		3B	Upper Limb I: Shoulder to Elbow
			3C	Upper Limb II: Forearm to Hand
4	June 5-9	4: Lower Limb	4A	Lower Limb I: Glutes to Thigh
			4B	Lower Limb II: Knee to Ankle
5	June 12-16		4C	Axial Muscles
		5: Cardio/ resp	5A	Cardiovascular System
6	June 19-23		5B	Respiratory System

Assessment



Evaluation in this course will be divided across 4 areas. Please note these are subject to change up until the start of the course.

1) **Final Exam – 40%**
    - <u>The final exam will be cumulative, in-person, and on paper.</u>
    - Units 1-5 will be covered equally based on their representation in lecture.
2) **Unit Quizzes (5) – 6% each. 24% total**
    - There will be 5 unit quizzes, I am only going to take your top 4 (ie. I will drop your lowest quiz grade, or you can miss one quiz without academic penalty).
    - 30mins, 15 MCQ quiz, *open-book*, linear format, on OWL.
    - Each quiz will open at the end of each unit, and will remain open until 4pm on the last day of classes.
    - A quiz cannot be submitted after it has been returned to the class, thus THERE ARE NO MAKEUP QUIZZES.
3) **Lab Participation + Group Assessment – 26% total**
    - <u>Attend the 4 x 3hr in-person labs and complete the in-class group assignment. Each assignment is worth 13%.</u>
    - During the first day of in-person labs (June 1, 22), you will have the opportunity to examine anatomical models, complete practice questions and apply your understanding of a given week's content.
    - The second day of in-person labs (June 2, 23), each group will create a unit assignment for their peers, which will be completed and marked by a different group, and then returned with feedback.
    - The assignment will be reviewed for completeness by the group that created it and will be reviewed by the teaching staff.
    - All assignment questions will be posted after the labs to OWL for use as a study tool before your final exam.
4) **PeerWise Participation - 10% total**
    - Create 10 questions for your peers for 2.5%
    - Answer + rate 30 questions from your peers for 7.5% max
        - Each unique question created/answered = 0.25%

PLEASE NOTE: All labs are in-person and mandatory to pass the course. The final exam will be in-person, there is no online alternative.

Missed Exams



Only under exceptional circumstances will permission be granted for writing an exam on an alternate date (medical, religious or academic reasons (e.g. varsity sport athlete)). If the exam was missed due to illness, proper documentation must be provided to academic counseling in your home dept as soon as possible (see university policies below for further instruction). You must then contact your course instructor to let us know that you have missed the exam.

Academic Consideration



The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good fafaith, and fulfil their respective obligations, if it is to succeed.

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

(i) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or

(ii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to academic advising office in their faculty of registration, in order to be eligible for academic consideration.

Students seeking academic consideration:

- Are advised to consider carefully the implications of postponing tests or delaying handing in work;
- Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally appropriate
- **Must communicate with their instructors no later than 24 hours** after the end of the period covered by the SMC, or immediately upon their return following a documented absence;
- **Are advised that all necessary documentation, forms, etc. are to be submitted to academic advising office within two business days after the date specified for resuming responsibilities**

COVID-related items



If you feel unwell, please don't come to campus. All course resources are posted online, on OWL

Although the intent is for this course to be delivered with in-person labs, the changing COVID-19 landscape may necessitate some or all of the course to be delivered online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will not change. Any assessments affected will be conducted online as determined by the course instructor.

When deemed necessary, tests and examinations in this course will be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide personal information (including some biometric data) and the session will be recorded. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: https://remoteproctoring.uwo.ca.

Copyright



Lectures and practice resources are intellectual property and are copyrighted by Western University. They are not to be uploaded on sites like CourseHero or other similar study resource sites. Copyright infringement and takedown requests will be filed if you upload these resources. You are not permitted to make audio or video recordings of class or laboratory presentations, without specific written authorization of the course instructor. Similarly, you may not reproduce or distribute any materials that are provided to you by the course instructor, unless you receive specific written authorization to do so. Violation of this course policy will be evaluated as per the Student Code of Conduct, available here:
http://www.uwo.ca/univsec/pdf/board/code.pdf

Course/University Policies

1. The website for Registrarial Services is http://www.registrar.uwo.ca.

In accordance with policy, the centrally administered e-mail account provided to students will be considered the individual's official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at his/her official university address is attended to in a timely manner.

2. Academic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, in the Academic Calendar (westerncalendar.uwo.ca).

Plagiarism

Student work is expected to be original. Plagiarism is a serious academic offence and could lead to a zero on the assignment in question, a zero in this course, or your expulsion from the university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize another author's ideas without acknowledging that the ideas belong to someone else. All papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (www.turnitin.com).

Re-submission of Previously Graded Material

Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

Use of Statistical Pattern Recognition on Multiple Choice Exams

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

3. Use of Electronic Devices

During Exams: Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

During Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to

time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

Personal Response Systems ("clickers") may be used in some classes. For those classes in which we use this technology, it is your responsibility to ensure that the device is activated and functional. You must speak with the course instructor immediately, if you have any concerns about whether or not your clicker is malfunctioning.

You must use only your own clicker. For all components of this course in which clicker records are used to compute a portion of the grade:

- The use of somebody else's clicker in class constitutes a scholastic offence;
- The possession of a clicker belonging to another student will be interpreted as an attempt to commit a scholastic offense

4. Academic Considerations and Absences from Lectures and Assessments

Religious Accommodation

When a course requirement conflicts with a religious holiday that requires an absence from the University or prohibits certain activities, students should request (in writing) any necessary academic considerations at least two weeks prior to the holiday to the academic counsellors in their Home Department. Additional information is provided in the Western Multicultural Calendar.

Academic Accommodation

Please contact the course instructor if you require lecture or printed material in an alternate format or if any other arrangements can make this course more accessible to you. Students with ongoing accommodation needs within this course are also encouraged to contact Accessible Education, which provides recommendations for accommodation based on medical documentation or psychological and cognitive testing. The policy on Academic Accommodation for Students with Disabilities can be found here.

Academic Consideration

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances that are medical or compassionate in nature. These extenuating circumstances may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. In all cases, students are advised to consult with the academic counsellors in their home units, at their earliest opportunity. Academic counsellors may refer students to Accessible Education for ongoing academic accommodations.

Most forms of academic consideration require documentation, and this documentation is to be submitted to academic counsellors within five (5) business days of their return to academic responsibilities. Any such documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy. Once the petition and supporting documents have been received and assessed, appropriate academic considerations shall be determined by academic counseling, in consultation with the student's instructor(s). Academic considerations may include extension of deadlines, waiver of attendance requirements for

classes/labs/tutorials, arranging Special Exams or Incompletes, re-weighting course requirements, or granting late withdrawals without academic penalty. Academic considerations shall be granted only where the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete their academic responsibilities. (Note – it will not be sufficient to provide documentation indicating simply that the student "was seen for a medical reason" or "was ill.").

Whenever possible, students who require academic considerations should provide notification and documentation in advance of due dates, examinations, etc. Under no circumstances are students expected to submit rationales for (or documentation of) any absences, to course instructors. Students are, however, required to follow-up with course instructors, in a timely fashion, to identify the ways in which the academic consideration will be implemented.

Examination Conflicts

A student completing tests or examinations with flexible submission times (e.g., where one or more evaluation is a take-home assessment) cannot request alternative arrangements unless a conflict cannot be avoided by rescheduling writing the exam to a different time within the window specified by the instructor. This applies to direct conflicts as well as "heavy load" conflicts (e.g., three exams within a 23-hour period). The student should discuss any concerns about a potential conflict and/or request academic considerations with their academic counselling unit prior to the deadline to drop a course without academic penalty

In the case of online tests and examinations, use of a "Conflict Room," wherein student can write two proctored exams concurrently, will be interpreted as arrangements for continuous proctoring.

5. Contingency Plan for an In-Person Class Pivoting to 100% Online Learning

In the event of a situation that requires this course to pivot to online content delivery, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will not change. Any remaining assessments will also be conducted online as determined by the course instructor

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

6. Online Proctoring

Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide personal information (including some biometric data) and the session will be recorded. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: https://remoteproctoring.uwo.ca.

7. Grades

Where possible assignment objectives and rubrics will be posted on OWL.

Generally, students can expect feedback on their performance in a course before the drop date.

- □ November 12th, 2022 (for first term half-courses)
- □ November 30th, 2022 (for full-year courses)
- □ March 7th, 2023 (for second term half-or full year courses)

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work that is clearly above average
B	70-79	Good work, meeting all requirements and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable.
F	below 50	Fail

Rounding of Grades (for example, bumping a 79 to 80%):
This is a practice some students request. The final grade documented is the grade that you have achieved. There is no rounding to the next grade level, or 'giving away' of marks. Please don't ask me to do this for you; the response will be "please review the course outline where this is presented".

Appealing a Grade Within this Course
You have the right to appeal any grade within this course. The grounds for a grade appeal may be one or more of: medical or compassionate circumstances, extenuating circumstances beyond the student's control, bias, inaccuracy, or unfairness. All grounds advanced in a request for relief must be supported by a clear and detailed explanation of the reasons for the request together with all supporting documentation.

Appeals generally proceed in this order:

1. Course instructor (informal consultation)
2. Department Chair (submission of written request)
3. The Dean of the Faculty (submission of written request)

In the case of perceived procedural unfairness, steps 2 and 3 are carried out within the Department and Faculty offering the course. In the case of extenuating medical or compassionate circumstances that impact on a grade, steps 2 and 3 are carried out within a student's Home Department and Faculty.

A request for relief against a mark or grade must be initiated with the instructor as soon as possible after the mark is issued. In the event that the instructor is not available to the student, or fails to act, or if the matter is not resolved satisfactorily with the instructor, a written request for relief must be submitted to the Chair of the Department within three weeks of the date that the mark was issued. In the case of a final grade in a course, the written request for relief must be submitted to the Chair of the department by January 31st (for first-term half courses) or June 30th (for second-term half courses or full-year courses

8. Support Services

Health and Wellness:
As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. Information regarding health and wellness-related services available to students may be found at http://www.health.uwo.ca/.

Students who are in emotional/mental distress should refer to Mental Health@Western (http://www.health.uwo.ca/) for a complete list of options about how to obtain help.

There are various support services around campus and these include, but are not limited to:

- Student Development Centre -- http://www.sdc.uwo.ca/ssd/
- Ombudsperson Office -- http://www.uwo.ca/ombuds/

9. Student Code of Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed and set out the disciplinary procedures that the University will follow. For more information, visit https://www.uwo.ca/univsec/pdf/board/code.pdf

10. Online Learning Support: If you require support with online learning tools and resources, please refer to the Faculty of Health Sciences Online Teaching and Learning Support Jira request links for students