

Cover Sheet: Request 10522

APK4xxx Kinetic Anatomy

Info

Process	Course New Ugrad/Pro
Status	Pending
Submitter	Eberhart, Sarah seberhart@hhp.ufl.edu
Created	10/29/2015 2:03:12 PM
Updated	11/15/2015 8:39:23 PM
Description	This course will provide in-depth coverage of musculoskeletal anatomy as a foundation for learning components of simple and complex motor tasks, with an emphasis on proper execution and analysis of joint movement and common exercises.

Actions

Step	Status	Group	User	Comment	Updated
Department	Approved	HHP - Applied Physiology and Kinesiology 012603000	Clanton, Thomas Lindsay		11/13/2015
No document changes					
College	Approved	HHP - College of Health and Human Performance	Janelle, Christopher M		11/15/2015
No document changes					
University Curriculum Committee	Pending	PV - University Curriculum Committee (UCC)			11/15/2015
No document changes					
Statewide Course Numbering System					
No document changes					
Office of the Registrar					
No document changes					
Student Academic Support System					
No document changes					
Catalog					
No document changes					
College Notified					
No document changes					

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Form version: 1

Responses

Recommended Prefix: APK
Course Level : 4
Number : xxx
Lab Code : C
Course Title: Kinetic Anatomy
Transcript Title: Kinetic Anatomy
Effective Term : Earliest Available
Effective Year: Earliest Available
Rotating Topic?: No
Amount of Credit: 3
Repeatable Credit?: No
S/U Only?: No
Contact Type : Regularly Scheduled
Degree Type: Baccalaureate
Weekly Contact Hours : 3
Category of Instruction : Advanced
Delivery Method(s): On-Campus
Course Description : This course will provide in-depth coverage of musculoskeletal anatomy as a foundation for learning components of simple and complex motor tasks, with an emphasis on proper execution and analysis of joint movement and common exercises.
Prerequisites : APK2100c & APK3220c
Co-requisites : none
Rationale and Placement in Curriculum : This course is designed to expand on APK's 2000-level anatomy course and serve as a link between the general aspects of anatomy and biomechanics to specific applications in fitness/sport performance and, to a minor extent, clinical situations. Pending approval, this course will be added as an approved elective for APK majors.
Course Objectives : GENERAL COURSE GOALS: After taking this course, students should be able to:
1) Name and identify all bones, major bone markings, most muscles, joints, and major joint structures below the skull.
2) Give the origin, insertion, and action for major muscles below the skull.
3) Contrast healthy vs. dysfunctional joint movements at major joints of the body.
4) Predict muscular causes for dysfunctional joint movements and propose corrective solutions for common movement errors – especially for common exercises.
Course Textbook(s) and/or Other Assigned Reading: 1) Manual of Structural Kinesiology, 19th ed., R.T. Floyed, ISBN: 978-0-07-336929-7.
2) Kinetic Anatomy, 3rd Ed., Robert S. Behnke, ISBN: 978-1-4504-1055-7.
3) Dynatomy, Whiting and Rugg, ISBN: 978-1-4504-3717-2.
4) Becoming a Supple Leopard, Kelly Starrett, ISBN: 978-1-936608-58-4.
Weekly Schedule of Topics : 1 Tues 8/25 Syllabus review / course intro
Thurs 8/27 General Concepts in Musculoskeletal Anatomy
Fri 8/28 No lab during first week of classes

2	Tues 9/1	Levers and General Movement Patterns
	Thurs 9/3	Muscle Control Formula Introduced
	Fri 9/4	Weekly Assessment 1 + Bones and Disarticulated Skeleton
3	Tues 9/8	Core Anatomy
	Thurs 9/10	In-class Discussion and Activity 1
	Fri 9/11	Weekly Assessment 2 + Core Joints
4	Tues 9/15	Core Anatomy
	Thurs 9/17	In-class Discussion and Activity 2
	Fri 9/18	Weekly Assessment 3 + Core Muscles
5	Tues 9/22	Shoulder Anatomy
	Thurs 9/24	In-class Discussion and Activity 3
	Fri 9/25	Weekly Assessment 4 + Shoulder Joint and Musculature
6	Tues 9/29	Shoulder Anatomy
	Thurs 10/1	In-class Discussion and Activity 4
	Fri 10/2	Weekly Assessment 5 + Open Lab for Review
7	Tues 10/6	Elbow/Wrist/Forearm Anatomy
	Thurs 10/8	In-class Discussion and Activity 5
	Fri 10/9	Weekly Assessment 6 + Upper Extremity Anatomy
8	Tues 10/13	Compound Upper Body Exercises
	Thurs 10/15	In-class Discussion and Activity 6
	Fri 10/16	Weekly Assessment 7 + Upper Extremity Anatomy
9	Tues 10/20	Hip Anatomy
	Thurs 10/22	In-class Discussion and Activity 7
	Fri 10/23	Weekly Assessment 8 + Hip Joint and Musculature
10	Tues 10/27	Hip Anatomy
	Thurs 10/29	In-class Discussion and Activity 8
	Fri 10/30	Weekly Assessment 9 – Hip Joint and Musculature
11	Tues 11/3	Knee Anatomy
	Thurs 11/5	In-class Discussion and Activity 9
	Fri 11/6	Holiday (UF Homecoming) – No Class or Lab
12	Tues 11/10	Ankle Anatomy
	Thurs 11/12	In-class Discussion and Activity 10
	Fri 11/13	Weekly Assessment 10 + Knee and Ankle Anatomy
13	Tues 11/17	Compound Lower Body Exercises
	Thurs 11/19	In-class Discussion and Activity 11
	Fri 11/20	Weekly Assessment 11 + Open Lab for Review
14	Tues 11/24	Pre-holiday In-class Fitness Activity – Dress Accordingly
	Thurs 11/26	Holiday – gobble, gobble
	Fri 11/27	Holiday – wobble, wobble
15	Tues 12/1	Muscle-Fascia Interface
	Thurs 12/3	Principles of Stretching
	Fri 12/4	Weekly Assessment 12 + Mobility Lab
16	Tue 12/8	OIA Final Exam
	Thurs 12/10	Reading Day – No Class or Lab
	Fri 12/11	Reading Day – No Class or Lab

Grading Scheme : Class and Lab Participation – Students must participate in at least 10 of the 11 in-class activities and 10 of the 12 labs. Some of these activities will require whole-body movements, so athletic attire is strongly advised. The following rubric will be employed to assign participation points.

Weekly Assessments – Mini “exams” will be administered in the first 15 minutes of each lab. The course instructor will let you know in class on Tuesday of that week what you can expect to see on the assessment that week. Generally speaking, the assessment will cover lecture material from that week. Students are expected to engage in independent study prior to lab to prepare for these assessments – which are intended to be brief, but somewhat challenging. Students may drop the lowest of 12 assessment scores. Unexcused lab absences will result in a zero on the weekly assessment for that day.

OIA Final – A final exam will be administered to assess your knowledge of the origins, insertions, and actions of certain muscles (list posted in CANVAS). The format of this exam will consist of incomplete tables that you will be responsible for filling in.

Lab Practical – Students will meet one-on-one with the course instructor or TA for this oral exam which will encompass both lab and lecture material. Students should allow 20-30 minutes for this exam. During this practical, students will be asked to comment on proper technique, recruited muscles (and related OIA), joint actions, modifications, faults, and anatomical bases for faults of common compound, simple, and core exercises. Communication will also be assessed: eye contact, oral clarity, confidence, and enthusiasm.

The following table outlines the point-accruing components of the course. The total points earned from each component will be summed and divided by the total points possible in the course.

Evaluation Components	% of Total Grade
Class Participation (10)	~14%
Lab Participation (10)	~14%
Weekly Assessments (11)	~38%
OIA Final (1)	
	~17%
Lab Practical (1)	~17%

Instructor(s) : Joslyn Ahlgren