

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

KIN 1060B / KIN 2222B / HS 2300B / Nur 1330B
Systemic Approach to Functional Human Gross Anatomy
Winter 2023

Welcome to Anatomy! We're 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 we encourage you to stay involved, ask questions and participate wherever you are able. Complete online lecture modules before coming to your lab section. We look forward to meeting you soon!

Course Learning Outcomes:

By the end of the course you should be able to:

- x communicate structure location, function and movement using correct anatomical terms
- x outline, using pictures and words, principles of neuronal conduction
- x explain the basic structure of the nervous system and differentiating between the Central vs Peripheral nervous systems as well as Somatic vs Autonomic nervous systems
- x understand how the autonomic nervous system regulates homeostasis in the body
- x 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
- x understand how the heart and lungs interact to form the cardiorespiratory system, differentiating between systemic and pulmonary circuits
- x describe muscle contraction, key events of the cardiac cycle and mechanics of breathing
- x explain and pre3 (p)2>>B (l)-3.2 (e2.2 (d))Tj 4Tw 1.174 0 Td [3 (re)-n Td (d [(m)-9.t7 (g)] (re)-n <</MCI

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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/ 5-0 0 11.2.3 .6 <</MCID 69 >>BDC 0 g /TT2 1s16r44 re4.9

LABS

1hr in duration, inperson (location TBA)

	M	T	W	R	F
0930	Kin2 005			Kin2 004	
1030					Kin1 013
1130					

Weekly
Schedule

Every week, you are expected to complete the following:
x 2-

- x There will be 5 in total, only your top 4 scores will be included. This means that you can miss one quiz without penalty. This will include any quiz missed for academic accommodation
 - x A quiz cannot be submitted ~~for~~ if it has been returned to the class, thus THERE ARE NO MAKEUP QUIZZES.
 - x Missed quizzes without approved documentation will be given a grade of zero; with approved documentation, weight will be redistributed to the next quiz (to a maximum of three).
- 3) Lab Checks – 2% per lab attended. 12% total
- x Attend 6 of the 11 in-person labs scheduled this semester and complete the in-class assignment
- 4) Peerwise Participation. 10% total
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Missed Exams Only under exceptional circumstances will permission be granted for writing an exam on an alternate date (legitimate medical, religious or academic reasons (e.g.

COVID-related items

There are several buffers built into this course to help ensure your success throughout the term, even if you fall ill or are unable to attend class in person. For example:

- x Your lowest quiz grade will be dropped
- x You can miss 5/11 lab sessions without penalty

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

We also encourage you to wear a mask while attending lab. These are small group sessions where we hope you can learn and practice together. We will be following Western's masking mandate, at a minimum, and hope you'll join us in working to keep our sessions as safe for everyone as possible.

Although the intent is for this course to be delivered in-person, the changing COVID-19 Tw 0.228

How to Succeed in this Course (and all of your other ones in fact!)

As a university student, you are responsible for your learning, but that doesn't mean you are on your own! There are an incredible amount of resources and support available to you throughout your studies. Still, a major hurdle students experience is **not** knowing how to time manage or study effectively—here's some resources & tips to get you started:

Studying Effectively

Tactics like highlighting and rereading feel good, but actually **are** not the most effective strategies for long-term knowledge retention. Anatomy is challenging for most because of the volume of information, and the integration required between systems and topics to understand how the body functions as a whole. This is where that long-term retention is critical. The most effective way to study is via a technique called *successive relearning* which you quiz yourself, practice recalling answers and space out your studying. Here's how you do it:

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Course/University Policies

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

In accordance with policy the centrally administered email account provided to students will be considered the individual's official university email

time, your professor may ask the class to turn off all computers, to facilitate or discussion of the material presented in a particular class. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures or may you edit, reuse, distribute, or re-

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-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 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/>.