

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

**KIN 2222A / HS 2300A**  
**Systemic Approach to Functional Human Gross Anatomy**  
**Fall 2021**



**Weekly Course Schedule** *(subject to minor change*





## **How to Succeed in this Course (and others!)**

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 aren't 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** in which you quiz yourself, practice recalling answers and space out your studying. Here's how you do it:

- 1) Figure out what to study, and when. Plan out several smaller sessions across a week instead of one big one. For the biggest advantage, plan to begin reviewing material 2 days after you've learned it. Use your calendar to plan this out
- 2) Practice recalling information. It may be as simple as covering up text or labels in your notes and trying to remember what was there (you can even leave gaps to write in your answers), or creating flashcards to practice with.
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their course requirements will be affected by a religious observance. Additional information is given in the [Western Multicultural Calendar](#).

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