

Acknowledgement of Indigenous Peoples and Traditional Territories:

York University recognizes that many Indigenous nations have longstanding relationships with the territories upon which our campuses are located that precede the establishment of York University. We acknowledge our presence on the traditional territories of the Mississaugas of Credit First Nation, the Huron-Wendat, the Haudenosaunee Confederacy and the Métis Nation of Ontario

School of Kinesiology and Health Science, Faculty of Health, York University

WINTER 24 COURSE OUTLINE
REGIONAL HUMAN ANATOMY I (HH/KINE 3460)

General Information

Course Code: HH/KINE 3460 3.00 -- Section M

Term: Winter 2024

Course Pre-requisites: HH/KINE 2031 3.00

Course Scheduling:

Lecture: Mondays; 10:30 - 11:30 AM; Curtis Lecture Hall **J**
Wednesdays; 10:30 – 11:30 AM; Curtis Lecture Hall **M**

Laboratory: Location: Farquharson Life Sciences 160 (see course schedule re: lab times)
LAB 01 – Wednesday, 8:30 – 10:30 AM; LAB 02 – Wednesday, 1:30 – 3:30 PM
LAB 03 – Wednesday, 3:30 – 5:30 PM; LAB 04 – Monday, 2:30 – 4:30 PM

Course Director: Dr. Nicole Ventura, PhD, Assistant Professor (Teaching Stream)

Email: nventura@yorku.ca

Office Hours: Virtually via Zoom; Tuesdays, 10:00-11:30 AM (*except on examination weeks*) or by appointment if necessary

Communication Plan:

1. Discussion forums on eClass: all course content related questions to be posted here
2. E-mail Dr Ventura directly for course specific inquiries (expected response time: 1-2 days)

Course Description

A comprehensive study of the structures of the human body. This course includes an examination of the upper limb, lower limb and back.

Expanded Course Description

Regional Human Anatomy I is designed to provide comprehensive knowledge of human gross anatomy specifically focusing on the musculoskeletal system, with primary focus on the upper limb, lower limb and back. This course delves into the detailed intricacies of skeletal morphology, muscle identification and function, joint classification and movement, as well as neurovascular supply of these regions of the body. The curriculum adopts a **regional approach** sequentially covering the back, upper limb, and lower limb. Complementing theoretical learning, this course integrates a weekly laboratory component, offering students the opportunity to engage with anatomical concepts through both virtual and physical models of the human body.

Learning Objectives and Outcomes

Upon completion of this course, students will be able to ...

1. comfortably use anatomical terminology to describe structural characteristics, orientation, location, and types of movement.
2. describe the major components and morphological features of the axial and appendicular skeletons.
3. define and describe the classifications and movements of the joints of the back and limbs of the body including structures related to the function and support of these joints (e.g., ligaments).
4. identify and describe the skeletal muscles of the back and limbs placing emphasis on skeletal attachments, functions/actions, and their organizational relationship to other structures.
5. identify and describe the nerve innervations and blood supply of skeletal muscles of the back and limbs.
6. interpret and analyze common clinical implications.

Please refer to each individual lecture file for topic/content specific learner objectives.

Instructional Method

Lectures: Lectures for HH/KINE 3460 will be delivered in person at the times and locations specified above. Occasionally, lectures may be replaced with an asynchronous activity for students to complete independently (see course scheduling for further details). Lectures will be recorded and posted to eClass *after* the lectures. However, please make every effort to attend lectures in person, as the recordings will not capture everything (e.g., demos, in-class polling). *Lecture material will be posted to eClass prior to lecture. Students are responsible for all lectures, activities and other materials posted.*

Laboratories: Labs will be delivered in-person on the York University Keele Campus in FARQ 160. Students are required to attend only the lab section to which they have been assigned each week. *Lab attendance accounts for 10% of your final grade.* Laboratory outlines will be posted in eClass.

- Students are required to wear closed-toe shoes in the anatomy laboratory. Gloves will be available in the lab for student use. Lab coats and dissection tools are not required. Laboratory sessions will **not** be recorded.

- Students are expected to attend their scheduled laboratory each week (your lab time and location can be found in your class schedule). Teaching Assistants (TA) will facilitate the examination of models, skeletons, and dissected specimens.

PLEASE NOTE: Course materials including lectures, laboratories, meetings, and correspondence (including emails and eClass posts) are protected under Copyright. Any sharing or distribution of these materials can result in academic penalties.

Course Materials

Recommended Textbooks:

The resources listed below are not required but highly recommended. Students are encouraged to purchase a textbook that suits their study needs and habits; prior editions of the texts below or other regional anatomy textbooks are sufficient.

- **Gray's Anatomy for Students by Drake, Vogl and Mitchell, 3rd Edition.** Soft cover available through bookstore. eBook available through publisher (information posted in eClass).

Other recommended texts (not set aside at the bookstore):

- Gilroy, A.M. (2021). Anatomy an Essential Textbook, 3rd Edition.
- Essential Clinical Anatomy by Moore, Agur, and Dalley, 6th Edition.

Technologies We Will Use:

Four platforms will be used to allow students to interact with the course materials, the course director, as well as with one another. Therefore, a computer or smart device with a camera and microphone is required to complete the course.

1. **eClass** – electronic resource where all course-related content is accessed
2. **Primal Pictures (anatomy tv)** – an electronic resource accessible through the York University Library (free access for all York students). This resource will support in class and laboratory-related learning.
3. **iClicker** – online polling platform available for all York students. This will be used to assess students' learning and encourage classroom participation. This participation is not graded but will help give students an idea of the types of assessment questions that will be asked on exams.
4. **Zoom** – an electronic platform available to all York students that will be used for office hours as well as other online synchronous activities.

Please review the syllabus to determine how the class meets (in whole or in part), and how office hours and presentations will be conducted. Students shall note the following:

- Zoom is hosted on servers in the U.S. This includes recordings done through Zoom.
- If you have privacy concerns about your data, provide only your first name or a nickname when you join a session.
- The system is configured in a way that all participants are automatically notified when a session is being recorded. In other words, a session cannot be recorded without you knowing about it.
- Technology requirements and FAQs for eClass can be found here:
<http://www.yorku.ca/eClass/students/faq/index.html>

Expectations for student participation and conduct

It is the expectation that students conduct themselves in a professional and respectful manner. The course director recognizes the importance of maintaining teaching spaces that are respectful and inclusive for all involved, this includes both physical and virtual spaces. To this end, offensive, violent, disrespectful, or harmful language will not be tolerated. Our classrooms and laboratories are a safe space for everyone to learn, explore, discuss and work together in a positive way. If there are any concerns, please do not hesitate to contact the course director.

It is **strongly encouraged** that students actively participate in weekly lectures and in-person anatomy laboratories. This is a challenging and content heavy course. These sessions will guide you in your study of anatomy and enhance your understanding of the material. Please check eClass and your email regularly for any course updates.

Learner Assessment/Evaluation

Students will **NOT** be allowed to write exams prior to the scheduled date. All assessments are mandatory and will be given in-person during class/lab times. **All assessments will be closed-book tests, meaning students are not permitted to use notes or other assistive resources during a test.**

Midterms/Final Exams (lecture-based tests): these will assess your knowledge of material predominantly from lectures. The format will be multiple choice. Midterms will be administered during class time; the final exam will be held during the final exam period and will be scheduled by the Registrar's Office. *Deferred midterms will be held during class time (see course schedule). The deferred final exam will be held after the April exam period.*

Laboratory Tests: these will assess your knowledge of material from the labs. The format will be short answer. Students will be asked a mixture of first-order (identification-type) questions and second-order (information about; ie. Function, innervation, etc.) questions.

Laboratory Attendance: Students are expected to attend lab each week and complete assigned worksheets (not for grading). Participation in labs is 10% of a student's final grade. **NOTE:** We do NOT want students to attend lab if they are ill. Students can miss a total of 3 labs without documentation/notification required, to receive full participation marks. **Should a student miss any additional labs due to illness etc., they can submit their worksheet AND a short video by email to Dr Ventura, showing that week's structures in primal pictures to earn attendance. These are due within 2 days of the missed lab** (by Wednesday for Monday lab section; by Friday for Wednesday lab sections) to earn the lab attendance/participatory grade.

PLEASE NOTE: Assessments in this course are not cumulative, however, much of the material will build on previously learned material, therefore you will need to apply concepts from earlier in the semester to later tests.

ASSESSMENT	ASSESSMENT DETAIL & DEADLINES	% OF FINAL GRADE
Midterms	Midterm 1: Monday, Feb. 12 th (in-class); covering content from L1-L7 Midterm 2: Monday, Mar 18 th (in-class); covering content from L8-14	30% (2x 15%)
Laboratory Attendance	Completion of introduction to the lab video (1%) & participation in 6 of the 9 in-person labs (1.5% each)	10%
Laboratory Tests	Lab Test 1: Feb 12/14 (during assigned lab); content = Labs 1-4 Lab Test 2: Mar 18/20 (during assigned lab); content = Labs 5-7	30% (2x 15%)
Final Exam	Time/Place: TBD; covering content from L15-L21 and Labs 8 & 9	30%

Assessment-related Policies:

Grading: Any appeal for grade revision, (a) must be received by the instructor WITHIN 7 CALENDAR DAYS of the date of the exam viewing, (b) must be MADE IN WRITING, and (c) must EXPLICITLY STATE why the student believes the grade is in error. Grade disputes after this 7-calendar day period will NOT be considered.

Missed exams/tests: If you miss a midterm or final exam, you may write the corresponding deferred examination on the dates indicated in the course schedule provided. **No supporting documentation is required.** If you miss a deferred test, supporting documentation may be required, and the next available time to write the test will likely be the next offering of KINE 3460.

If you know IN ADVANCE that you will be missing an assessment (exam/test), please notify the Dr. Ventura at least 7 calendar days ahead of the assessment and attach relevant documentation, so that appropriate accommodations can be made (i.e., for a scheduled varsity event).

Deferred exams for Midterm 1 and Midterm 2 will be held on Mar. 13, 2024, and Apr. 1, 2024, respectively during regular class time. A Deferred Test for the Final Exam will be held after the April final exam period. Deferred tests may not necessarily be the same format or style as the original test. It is expected that deferred tests will take precedence over other commitments. There will NOT be a second opportunity to write a deferred test.

There are no deferred dates for lab tests, as these tests cannot be set up on another day. If you miss your lab test, the weight will automatically be transferred to the midterm/final exams based on material covered (i.e., Lab Test 1 will be split evenly between Midterm 1 and Midterm 2; Lab Test 2 will be split evenly between Midterm 2 and the Final Exam).

Test Viewing: Supervised test viewing will be scheduled after each test for learning purposes. No phones/other means of notetaking/capturing will be allowed in test viewings. Please be aware that the instructor will personally examine all test questions after the completion of each test to ensure that no issues exist with respect to grading or question clarity. If the instructors do identify any issues, student grades will be automatically corrected accordingly.

Test Banks: The offering for sale of, buying of, and attempting to sell or buy test banks (banks of test questions and/or answers), or any course specific test questions/answers is not permitted in the Faculty of Health. Any student found to be doing this may be considered to have breached the Senate Policy on Academic Honesty. In particular, buying and attempting to sell banks of test questions and/or answers may be considered as “Cheating in an attempt to gain an improper advantage in an academic evaluation” (article 2.1.1 from the Senate Policy) and/or “encouraging, enabling or causing others” (article 2.1.10 from the Senate Policy) to cheat.

Course Schedule

PLEASE NOTE: This schedule is subject to change. Students will be notified of any adjustments.

LECTURE SCHEDULE		LABORATORY SCHEDULE
MONDAY	WEDNESDAY	
Jan 8 -- L1: Intro to the Musculoskeletal System	Jan 10 -- L2: The Vertebral Column	No Labs (Online Videos!)
Jan 15 -- L3: Intro to the Nervous System	Jan 17 -- L4: The Muscles of the Back and Neck	Lab 1: The Vertebral Column and Spinal Cord
Jan 22 -- L5: The Pectoral Girdle	Jan 24 -- L6: The Shoulder and Proximal Upper Extremity	Lab 2: The Back and Pectoral Girdle
Jan 29 -- L7: The Axilla	Jan 31 -- L8: The Brachial Plexus	Lab 3: The Shoulder and Axilla
Feb 5 -- L9: The Arm and Elbow (Online – Asynchronous)	Feb 7 -- L10: The Forearm & Hand (I)	Lab 4: The Brachial Plexus, Arm & Elbow
Feb 12: Midterm 1 (in class)	Feb 14 – L11: The Forearm & Hand (II) (Online – Asynchronous)	Lab Test 1 (in assigned lab)
NO LECTURES OR LABS – READING WEEK		
Feb 26 – L12: The Intrinsic Hand	Feb 28 – L13: Intro to the Lower Extremity	Lab 5: The Forearm & Hand
Mar 4 – L14: Pelvis and Gluteal Region	Mar 6 – L15: The Anterior & Medial Thigh	Lab 6: The Pelvis and Gluteal Region
Mar 11 – L16: The Posterior Thigh & Knee <i>(add/drop deadline)</i>	Mar 13: Deferred Midterm 1 (in class) L17: The Lumbosacral Plexus (Online - Asynchronous)	Lab 7: The Thigh and Knee
Mar 18: Midterm 2 (in-class)	Mar 20 – L18: The Leg & Foot (I) (Online – Asynchronous)	Lab Test 2 (in assigned lab)
Mar 25 – L19: The Leg & Foot (II)	Mar 27 – L20: The Intrinsic Foot	Lab 8: The Leg & Foot
Apr 1 – L21: The Anatomy of Gait	Apr 3 – Deferred Midterm 2 (in class)	Lab 9: Intrinsic Foot
Apr 8 – LAST DAY CLASSES (Friday schedule)	Apr 10 – EXAMS BEGIN	

Methods of Course Communication

Several modes of communication with the instructors, teaching assistants and other students have been set up to maximize communication and a sense of community.

- **Discussion Forums on eClass:** All questions related to course content, or general course questions should be posted here. This benefits all students and allows the opportunity for peer-teaching. The course director and TAs will monitor discussion forums
- **Communication with Course Director:** Dr Ventura can be contacted via email for all other inquiries related to the course (ex. Course challenges, assessment accommodations, etc.). Dr Ventura will also hold weekly office hours via Zoom.
- **Communication with designated Lab TA:** To contact your TA, you can either post in the Discussion Forum on eClass, or email Dr Ventura and include your name and your lab number so she can forward your email to the appropriate TA.
- **Communication with other students:** You are highly encouraged to communicate with your fellow students through the discussion forums on eClass. You are welcome to post course-related questions, as well as study tips or helpful websites/apps.

Students are responsible for being actively involved in the course, and for checking eClass regularly and frequently to ensure you have the latest information about the course. “I did not know because I missed class” or “because I did not check eClass” are not excuses that will be accepted under any circumstances for the course.

Take Care of Yourself

We all face stressors and anxiety in our lives, both academic and otherwise. Please be kind and gentle with yourselves and others. There are a number of online free resources available to help support you. If you need help, the following list of websites (this is not an exhaustive list) may be a good place for you to start:

<https://good2talk.ca/>

<https://counselling.students.yorku.ca/>

<https://yorkinternational.yorku.ca/>

Useful links describing computing information, resources and help for students:

<u>Student Guide to eClass</u>	https://lthelp.yorku.ca/student-guide-to-eClass
<u>Computing for Students Website</u>	https://student.computing.yorku.ca/
<u>Student Guide to eLearning at York University</u>	http://elearning-guide.apps01.yorku.ca/
<u>Learning Skills Services</u>	https://www.yorku.ca/scld/learning-skills/
<u>Zoom@YorkU User Reference Guide</u>	http://staff.computing.yorku.ca/wp-content/uploads/sites/3/2012/02/Zoom@YorkU-User-Reference-Guide.pdf
<u>Zoom@YorkU Best Practices</u>	https://staff.computing.yorku.ca/wp-content/uploads/sites/3/2020/03/Zoom@YorkU-Best-Practicesv2.pdf

Additional Policies

- **Email communication:** All electronic communication with the Course Instructor and Teaching Assistants must be directly through Dr. Ventura (nventura@yorku.ca) or through eClass discussion forums. When emailing, please INCLUDE YOUR FIRST AND LAST NAME, STUDENT ID and related COURSE. Emails are a form of communication and the spelling, grammar and tone will reflect your communication skills. Emails should be written using professional language that would be acceptable in a workplace to a manager. Emails that include inappropriate form/language (i.e. “Hey”, “c u l8tr”, etc.) or without student name and ID will not be read or returned. Students may address the course director as Dr Ventura.
- **Student Code of Conduct:** Students and instructors are expected to maintain a professional relationship characterized by courtesy and mutual respect and to refrain from actions disruptive to such a relationship. Moreover, it is the responsibility of the instructor to maintain an appropriate academic environment, and the responsibility of the student to cooperate in that endeavor. Students must conduct themselves in accordance with York University’s Student Code of Conduct. This includes all aspects of the course, including online environments. A statement of the policy and procedures involving disruptive and/or harassing behaviour by students in academic situations is available at: <https://oscr.students.yorku.ca/student-conduct>.
- **Student Code of Rights and Responsibilities:** This code is intended to be educative and promote accountability among students toward their peers and other members of the York community. This code identifies those behaviours that are disruptive to the educational purposes of the University, make the campus less safe, diminish the dignity of individuals and groups, and the enjoyment of their rights. It applies specifically to students because the behaviours of non-student members of the University community are held to comparable standards of account by provincial laws, University policies, and their unions’ collective agreements. Information about how to address a concern or a complaint regarding a faculty or staff member can be found at: <http://oscr.students.yorku.ca/>.
- **Accessibility:** York University provides services for students with accessibility concerns (including physical, medical, learning, and psychiatric), who require accommodation related to teaching and evaluation methods/materials. It is the student's responsibility to register with Student Accessibility Services (SAS) within the first 2 weeks of class and to book any in-person tests with SAS at least 3 weeks prior to the test date. Failure to make these arrangements may jeopardize your opportunity to receive academic accommodations. Requiring accommodation does not relieve students from following course policies. Student Accessibility Services can be accessed here: <https://accessibility.students.yorku.ca/>.
- **Academic Integrity:** Students are expected to maintain the highest standards of academic integrity related to issues such as cheating, enabling cheating, plagiarism, authentic documentation, etc. Breaches of academic integrity will not be tolerated.

The School of Kinesiology and Health Science takes academic dishonesty very seriously and will abide by York University’s Senate Policy of Academic Honesty to adjudicate all cases. Students are expected to make efforts to discourage any and all (un)intentional breaches from their course work. Students are expected to complete their own work without assistance, in part or whole, on assignments and tests. Students are expected to act in accordance with the Senate Policy of Academic Honesty and are responsible for familiarizing themselves with these guidelines. Breaches of academic integrity will be handled under the disciplinary proceedings as outlined in: <http://calendars.registrar.yorku.ca/2015-2016/policies/honesty/index.htm>.

Important Resources

- **Library Help:** if you are having issues accessing Primal Pictures, please refer to the help and tutorial links in eClass. If you are having trouble with other library content, please go to the York Library website and click on “Chat Is Online”, <https://www.library.yorku.ca/web/>.
- **Learning Commons:** Your York home for study help and workshops, <http://learningcommons.yorku.ca/>.
- **Computing Help:** This site has answers to many frequently asked questions, <http://student.computing.yorku.ca/>. In addition, on the right-hand side you can chat directly with someone at the help desk or submit a ticket for more detailed help if necessary.
- **Student Accessibility Services:** If you need assistance with anything related to equity or accessibility, this is a great place to start: <https://accessibility.students.yorku.ca/>.

Calumet and Stong Colleges’ Student Success Programming

[Calumet](#) and [Stong](#) Colleges aim to support the success of Faculty of Health students through a variety of **free programs** throughout their university career:

- [Orientation](#) helps new students transition into university, discover campus resources, and establish social and academic networks.
- [Peer Mentoring](#) connects well-trained upper-year students with first year and transfer students to help them transition into university.
- [Course Representative Program](#) aims to build the leadership skills of its Course Reps while contributing to the academic success and resourcefulness of students in core program classes.
- [Peer-Assisted Study Session \(P.A.S.S.\)](#) involve upper-level academically successful and well-trained students who facilitate study sessions in courses that are known to be historically challenging.
- [Peer Tutoring](#) offers one-on-one academic support by trained Peer Tutors.
- Calumet and Stong Colleges also support students’ [Health & Wellness](#), [leadership and professional skills development](#), [student/community engagement and wellbeing](#), [career exploration](#), [Indigenous Circle](#), [awards and recognition](#), and [provide opportunities to students to work or volunteer](#).
- Please connect with your Course Director about any specific academic resources for this class.
- For additional resources/information about our student success programs, please consult our websites ([Calumet College](#); [Stong College](#)), email scchelp@yorku.ca, and/or follow us on Instagram ([Calumet College](#); [Stong College](#)), Facebook ([Calumet College](#); [Stong College](#)) and [LinkedIn](#)
- Are you receiving our weekly email (Calumet and Stong Colleges - Upcoming evens)? If not, please check your Inbox and Junk folders. If you do not find our weekly emails, then please add your ‘preferred email’ to your Passport York personal profile. If you need support, please contact ccscadm@yorku.ca, and request to be added to the listerv.