CONCORDIA UNIVERSITY
Department of Exercise Science

HUMAN ANATOMY I: MUSCULOSKELETAL ANATOMY

EXCI 253/2 **COURSE OUTLINE** **FALL 2013**

This is an important document and should be saved for future reference.
It may be needed for credit transfer, certification or employment at a later date.

INSTRUCTOR: Dr. David L. Paris, PhD, CAT(C), ATC.
Office: Science Pavilion SP-165.31. Office tel.: (514) 848-2424 ext. 3323
E-mail: *parisd@alcor.concordia.ca*

Lecture Hall: **TBA**
Section 01: Tuesday, Thursday, 10:15 - 11:30
Section 02: Tuesday, Thursday, 11:45 - 13:00

LABS: Science Pavilion

Monday	LAB **01**/01:	13:15-15:15	LAB **02**/09:	13:15-15:15
Tuesday	LAB **01**/02:	13:15-15:15	LAB **02**/10:	13:15-15:15
Wednesday	LAB **01**/03:	13:15-15:15	LAB **02**/11:	13:15-15:15
Thursday	LAB **01**/04:	13:15-15:15	LAB **02**/12:	13:15-15:15
Monday	LAB **01**/05:	15:45-17:45	LAB **02**/13:	15:45-17:45
Tuesday	LAB **01**/06:	15:45-17:45	LAB **02**/14:	15:45-17:45
Wednesday	LAB **01**/07	15:45-17:45	LAB **02**/15:	15:45-17:45
Thursday	LAB **01**/08:	15:45-17:45	LAB **02**/16:	15:45-17:45
Tuesday	LAB **01**/51:	18:00-20:00	LAB **02**/54:	18:00-20:00

LAB INSTRUCTORS: Christina Grace, BSc, CAT(C), and TBA

COURSE OUTLINE: Following an introduction to anatomical terminology, definitions and tissues, the course concentrates on the appendicular skeleton. The skeletal and muscular systems of the upper and lower extremities are studied in depth. The circulatory and peripheral nervous systems of these areas are also presented to better understand the complete regional relationship for subsequent study in EXCI courses. Lectures and Laboratories

TEXTS:
(REQUIRED):
1. Tortora,Gerard J., and Neilsen, Mark T. Principles of Human Anatomy, 12th Edition, John Wiley & Sons Publishers, Toronto, 2012 - Soft cover (binder) version
2. Netter, Frank H. Atlas of Human Anatomy, Icon Learning Systems, New Jersey, Fifth Edition, 2010
3. Paris, D. Course Notes for EXCI 253, Loyola Bookstore/Copy Centre
4. Paris, D. Lab Manual for EXCI 253, Loyola Bookstore/Copy Centre

TEXT:
(RECOMMENDED):
Biel, Andrew. Trail Guide to the Body, Fourth Edition, Books of Discovery, NY, 2010
(Recommended for other Departmental AT courses)

EQUIPMENT: Lab Coat (approx. $26.00) and Metal Probe (approx. $3.00)

***(REQUIRED*)**: Lab Coat is mandatory for all labs. No entry permitted without it – (except for Lab #1.)

EVALUATION:	Lecture Section:	Mid-Term I	(Sept 24 - tentative)	10%
		Mid-Term II	(Oct 31 - tentative)	20%
		Final	(Exam Period)	20%
	Lab Section:	Quizzes (2) @ 5%	(Oct 8, Nov 12)	10%
		Tag Tests (2):	Week of Oct 21	20%
			Week of Nov 25	20%
				100%

****NOTE:*** There will be no supplemental exam privileges for students with failing grades. Students missing any test due to illness must present a medical certificate upon their return to class. Arrangements to do a makeup test will be made at that time. Any student who, for a valid reason, cannot attend a test, must make other arrangements with the instructor ***before*** the test date.

LECTURE TIMETABLE

* Reading assignments (pages) are in brackets ( ). Exam questions based on readings from the text and class notes.
** Lab content will follow the same order as the lectures, however corresponding labs and lectures will not run concurrently due to amount of lecture material.

WEEK 1

Sept. 3	Organization of class/lab – introduction, organization of the body
Sept. 5	Directional terms, terminology (1-25)

WEEK 2

Sept. 10	Tissues (62-64,66-89,275-277)
Sept. 12	General osteology, bony markings, and arthrology, (86,150-169,264-279,334-335)

WEEK 3

Sept. 17	Bones of shoulder girdle and upper extremity (227-241)
Sept. 19	Joints and ligaments of shoulder girdle and upper extremity (284-288, Netter 440-446)

WEEK 4

Sept. 24	**Mid-Term I**
Sept 26	General myology, muscle types, functions, movements (90-91,304-322,332-338)

WEEK 5

Oct 1	Muscles of shoulder and upper extremity (380-410)
Oct. 3	Muscles (cont'd), peripheral neurology (general) (92,575-582,584-588)

WEEK 6

Oct. 8	Spinal nerves, brachial plexus (594-600,602-611,616-620) **(Lab Quiz I - in class)**
Oct. 10	Peripheral circulation (general) (488-498)

WEEK 7

Oct. 15	Arteries and veins of the upper extremity (504-508,522-527)
Oct. 17	Axilla (947-948, course pack)

WEEK 8

Oct. 22	Introduction to the axial skeleton, vertebrae (174-178,181,204,207-219)
Oct. 24	Intervertebral discs

WEEK 9

Oct. 29	Open...."catch-up!"
Oct 31	**Mid-Term II**

WEEK 10

Nov. 5	Bones, joints, and ligaments of the pelvis (242-249)
Nov. 7	Bones, joints and ligaments of the lower extremity (250-258,289-299)

WEEK 11

Nov. 12	Muscles of the pelvis and lower extremity (411-435) **(Lab Quiz II - in class)**
Nov. 14	Muscles of the lower extremity (cont'd),

WEEK 12

Nov. 19	Nerves of the lower extremity (612-616)
Nov. 21	Circulation of the lower extremity (516-519,529-536)

WEEK 13

Nov. 26	Muscles and innervation of the abdominal wall (368-371)
Nov. 28	Open... "catch-up

LAB TIMETABLE

WEEK 1 **Lab #**

Week of

Sept 2	0	**No Labs**
WEEK 2		
Week of Sept 9	1	Lab orientation, bones and joints of shoulder girdle and upper extremity
WEEK 3		
Week of Sept 16	2	General myology, muscles and innervations of the shoulder girdle and the upper extremity, anatomical landmarks
WEEK 4		
Week of Sept 23	3	Muscles of upper extremity (cont'd)
WEEK 5		
Week of Sept 30	4	Nerves and circulation of the shoulder girdle and upper extremity
WEEK 6		
Week of Oct 7	5	Vertebral column and abdominal musculature **(Lab Quiz I - in class)**
WEEK 7		
Week of Oct 14	6	Surface Anatomy I, Review / Open Labs
WEEK 8		
Week of Oct 21	7	**Tag Test I**
WEEK 9		
Week of Oct 28	8	Bones, joints, and ligaments of the pelvis and lower extremity
WEEK 10		
Week of Nov 4	9	Muscles and innervations of the pelvis and lower extremity
WEEK 11		
Week of Nov 11	10	Nerves and circulation of pelvis and lower extremity **(Lab Quiz II in class)**
WEEK 12		
Week of Nov 18	11	Surface Anatomy II, Review / Open Labs
WEEK 13		
Week of Nov 25	12	**Tag Test II**
WEEK 14		
Week of Dec 2	13	**No Labs**