

## COURSE SYLLABUS



**COURSE TITLE:** AET 340: Anatomy of the Lower Extremity  
**CLASS SECTION:** X01  
**TERM:** Fall 2023  
**COURSE CREDITS:** 3  
**DELIVERY METHOD(S):** Lecture and Lab

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

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*Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.*

### INSTRUCTOR DETAILS

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**NAME:** Melissa Joy Roumanis, M. Sc Exercise Science, CAT(C)  
**EMAIL:** roumanism@camosun.ca  
**OFFICE:** PISE 203  
**HOURS:** Thursday 10:00 – 11:00 or by appointment.  
**INSTRUCTIONAL ASSISTANT:** Mike Davies (daviesm@camosun.bc.ca)

*As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.*

### CALENDAR DESCRIPTION

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Advanced structure and function of the musculoskeletal system with emphasis on the lower extremity. Focus is on anatomy vocabulary and palpation to investigate musculoskeletal system construction and the relationships between the bones, muscles, joints, ligaments, nerves and blood vessels with respect to performance, injury, disease and rehabilitation. Open to Athletic & Exercise Therapy students only.

**PREREQUISITES:** All of: COM in AET 202  
C in AET 261, AET 273 and SPEX 210  
**CO-REQUISITE:** AET 310

### COURSE LEARNING OUTCOMES / OBJECTIVES

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At the completion of this course, students will be able to:

- Identify and palpate the origin, insertion, blood supply, nerve innervations, action, and describe the function of the muscles of the lower extremity.
- Identify and explain the attachments, and the function of all inert tissues that comprise each peripheral joint in the lower extremity and surrounding tissue.
- Demonstrate the ability to palpate and approximate all the muscle attachments and all bony projections, roughenings, or depressions on each bone of the lower extremity and the surrounding tissue.
- Demonstrate the ability to palpate and approximate selected landmarks in surface anatomy of the lower extremity.
- Demonstrate an understanding of lower extremity differences across populations.
- Demonstrate an understanding of the limits of the athletic/exercise therapists knowledge and how this can influence professional image.

### REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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**Required:**

- Moore, K.L., Dalley, A.F., Agur, A.M.R. (2018). *Clinically Oriented Anatomy (8th edition)*. Baltimore, MD: Lippincott Williams & Wilkins
- Kendall, F. P., McCreary, E. K., Provance, P. G., Crosby, R. W., Andrews, P. J., & Krause, C. (2005). *Muscles, Testing and Function: With Posture and Pain (5th Edition)*. Baltimore, MD: Lippincott Williams & Wilkins
- Biel, A. (2019). *Trail Guide to the Body (6th Edition)*. Boulder, Colorado: Books of Discovery
- Biel, A. (2019). *Student Workbook – Trail Guide to the Body (6th Edition)*. Boulder, Colorado: Books of Discovery.

**Recommended:**

- Netter, Frank. (2006). Atlas of Human Anatomy (4th Edition) Philadelphia, PA: Saunders Elsevier.

**Referenced:**

- Agur, A.M. R., & Dalley, A. F. (2017). Grant's Atlas of Anatomy (14th edition) Baltimore, MD: Lippincott Williams & Wilkins
- Drake, R. L., Vogl, A. W., Mitchell, A. W. M., Tibbitts, R. M., & Richardson, P. E. (2008). Gray's Atlas of Anatomy. Philadelphia, PA: Churchill Livingstone Elsevier
- Hamill, J., Knutzen, K. M., & Derrick, T.R (2015). Biomechanical Basis of Human Movement (4th Edition)
- Lippert, L. S. (2006). Clinical Kinesiology and Anatomy (4th Edition). Philadelphia: PA: F.A. Davis Company.
- Martini, F., & Nath, J. L. (2009). Fundamentals of Anatomy & Physiology. San Francisco: Pearson/Benjamin Cummings.
- Wineski, L.E. (2019). Snell's Clinical Anatomy by Regions (10<sup>th</sup> Edition). Philadelphia, PA: Wolters Kluwer.
- Tortora, G., & Derrickson, B. (2014). Principles of Anatomy & Physiology (14th edition). John Wiley & Sons.

**COURSE SCHEDULE & TOPICS**

Lecture	Monday	10:30am – 11:50am	PISE 329B
Lab	Wednesday	8:30am – 11:20am	LACC 104
Lecture	Thursday	8:30am – 09:50am	PISE 329B

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

WEEK	LECTURE	LAB
1 (Sept 7 <sup>th</sup> )	Introduction to Anatomy	Course Introduction Lab 1: Introduction to Trail Guide & Anatomical Function
2 (Sept 11 <sup>th</sup> & 14 <sup>th</sup> )	Bones of the Pelvic Girdle	Lab 2: Bony Landmarks of the Pelvic Girdle
3 (Sept 18 <sup>th</sup> & 21 <sup>st</sup> )	Hip joint, sacroiliac joint, lumbosacral joint, pubic symphysis	Lab 3: Bony Landmarks of the Femur & Joint of the Pelvic Girdle (Quiz #1)
4 (Sept 25 <sup>th</sup> & Sept 28 <sup>th</sup> )	Muscles of the pelvis	Lab 4: Muscles of the Gluteal Region & Posterior Thigh (Quiz #2)
5 (Oct 5 <sup>th</sup> )	Muscles of the hip and thigh	Lab 5: Muscles of Anterior & Medial Thigh
6 (Oct 12 <sup>th</sup> )	Muscles of the hip and thigh	Lab 6: Bony Landmarks of the Lower Leg
7 (Oct 16 <sup>th</sup> & Oct 19 <sup>th</sup> )	Bone of the Lower Leg	Lab 7: Joints of the Lower Leg (Quiz #3)
8	<b>October 23 - 27 BAET EXAM WEEK</b>	
9 (Oct 30 <sup>th</sup> & Nov 2 <sup>nd</sup> )	Patella, tibiofemoral joint, tibiofibular joint Exam Reflection Due Nov 3 <sup>rd</sup> @ 11:59PM	Lab 8: Bony Landmarks of the Ankle & Foot
10 (Nov 6 <sup>th</sup> & 9 <sup>th</sup> )	Bones of the Foot & Ankle	Lab 9: Muscles of the Lower Leg (Quiz # 4)
11 (Nov 16 <sup>th</sup> )	Joints of the foot	Lab 10: Joints of the Ankle & Foot
12 (Nov 20 <sup>th</sup> & 23 <sup>rd</sup> )	Muscles of the lower leg	Lab 11: Muscles of the Foot (Quiz # 5)
13 (Nov 27 <sup>th</sup> & 30 <sup>th</sup> )	Muscles of the foot Lumbar plexus & sacral plexus	Lab 12: Dermatomes & Myotomes
14 (Dec 4 <sup>th</sup> & 7 <sup>th</sup> )	Lumbar plexus, sacral plexus, Arteries & veins Neuroplexus Assignment Due Dec 7 <sup>th</sup> @ 11:59PM	Lab 13: Veins, Arteries & Nerves Final Lab Review

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams). <https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

## EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Lab Quizzes (5 @ 2% each)	10%
Exam Reflections (2@2.5%) 1) Due Nov 2 <sup>nd</sup> @ 11:59PM 2) Due in Dec TBD	5%
Neuroplexus Assignment Due Dec 7 <sup>th</sup> @ 11:59PM	5%
Midterm Practical Exam	20%
Midterm Written Exam	20%
Final Practical Exam	20%
Final Written	20%
<b>TOTAL</b>	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf) policy for more information.  
<https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf>

## COURSE GUIDELINES & EXPECTATIONS

Students will be practicing palpation skills on each other. Students must refrain from any inappropriate touching and / or exposures. Students with concerns are to speak to the instructor prior to the beginning of the course or as it arises during the semester. There can be no exception to this participation. Students are expected to respect their peers at all times.

Students must come prepared with “appropriate dress” (shorts of appropriate length for region of study, T-shirt, socks and shoes). Students must change for every lab unless informed in advance. Students that do not come prepared to actively participate (appropriate dress) in labs may be asked to leave.

**Cell phones will not be permitted in class or lab. YOU MAY NOT RECORD ANY PERSON WITHOUT THEIR CONSENT (VIDEO OR AUDIO/PHOTO CAPTURE ETC.)**

### Due Dates:

Assignments are due according to posted due dates, unless pre-approved by the instructor. Late assignments will receive a 10% per day deduction thereafter. After the 5th day the assignment will receive a grade of 0%. Failure to turn in an assignment may result in an incomplete final grade being assigned for the course.

### Exam Scheduling

Students should not book vacation or travel plans during the exam weeks. Students travelling for placements will require formal documentation from their Placement Preceptor.

Please note that Camosun College now has a *Final Exam Reschedule and Repeat Policy* for extenuating circumstances as outlined in the policy. This policy only applies to Final Exams held within the final examination period.

**Written and Practical Final Exams Scheduled in Exam Period – December 11 – 19, 2023**

## STUDENT RESPONSIBILITY

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Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

## SUPPORTS AND SERVICES FOR STUDENTS

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Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit [camosun.ca/services](https://camosun.ca/services).

Support Service	Website
Academic Advising	<a href="https://camosun.ca/services/academic-supports/academic-advising">camosun.ca/services/academic-supports/academic-advising</a>
Accessible Learning	<a href="https://camosun.ca/services/academic-supports/accessible-learning">camosun.ca/services/academic-supports/accessible-learning</a>
Counselling	<a href="https://camosun.ca/services/health-and-wellness/counselling-centre">camosun.ca/services/health-and-wellness/counselling-centre</a>
Career Services	<a href="https://camosun.ca/services/co-operative-education-and-career-services">camosun.ca/services/co-operative-education-and-career-services</a>
Financial Aid and Awards	<a href="https://camosun.ca/registration-records/financial-aid-awards">camosun.ca/registration-records/financial-aid-awards</a>
Help Centres (Math/English/Science)	<a href="https://camosun.ca/services/academic-supports/help-centres">camosun.ca/services/academic-supports/help-centres</a>
Indigenous Student Support	<a href="https://camosun.ca/programs-courses/iecc/indigenous-student-services">camosun.ca/programs-courses/iecc/indigenous-student-services</a>
International Student Support	<a href="https://camosun.ca/international">camosun.ca/international</a>
Learning Skills	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>
Library	<a href="https://camosun.ca/services/library">camosun.ca/services/library</a>
Office of Student Support	<a href="https://camosun.ca/services/office-student-support">camosun.ca/services/office-student-support</a>
Ombudsperson	<a href="https://camosun.ca/services/ombudsperson">camosun.ca/services/ombudsperson</a>
Registration	<a href="https://camosun.ca/registration-records/registration">camosun.ca/registration-records/registration</a>
Technology Support	<a href="https://camosun.ca/services/its">camosun.ca/services/its</a>
Writing Centre	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>

**If you have a mental health concern**, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

## COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

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### Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities:

<https://camosun.libguides.com/academicintegrity/welcome>

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

### Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc.). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started: <https://camosun.ca/services/academic-supports/accessible-learning>

### Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

### Course Withdrawals Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

### Final Exam Reschedule and Repeat

Please visit <https://camosun.ca/sites/default/files/2022-11/e-1.17.pdf>

### Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures" (<https://camosun.ca/registration-records/policies-and-procedures-students/registration-policies-students>) and the Grading Policy at <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf>.

### Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <https://camosun.ca/sites/default/files/2021-07/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

### Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <https://camosun.ca/sites/default/files/2021-05/e->

[2.9.pdf](#) and [camosun.ca/services/sexual-violence-support-and-education](https://camosun.ca/services/sexual-violence-support-and-education). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-370-3841

#### Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

#### Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

**Changes to this Syllabus:** Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.