

# COURSE SYLLABUS

**COURSE TITLE:** AET 341 Anatomy of the Upper Extremity

**CLASS SECTION:** X01

**TERM:** Winter 2024

**COURSE CREDITS:** 3 credits

**DELIVERY METHOD(S):** In-person lecture and lab

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

---

## Mandatory Attendance for First Class Meeting of Each Course

This section of AET 342 X01 requires mandatory attendance for the first class meeting of the 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 for Students"

[Registration Policies for Students | Camosun College](#)

## INSTRUCTOR DETAILS

---

**NAME:** Jamie Johnson MSc., CAT(C)

**EMAIL:** johnsonja@camosun.ca

**OFFICE:** PISE 212A

**OFFICE HOURS:** Tuesdays 11:00am-1:30pm; Thursday 10-10:30am; PISE 212A or by appointment

**INSTRUCTIONAL ASSISTANT:** Mike Davies daviesm@camosun.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

---

Advanced theoretical and practical skills to assess and rehabilitate the injured individual as it pertains to the spinal column. Focus is on the musculoskeletal and neurological assessment and rehabilitation of the spinal column. This course is restricted to student in the Athletic & Exercise Therapy program.

**PREREQUISITE(S):** COM in AET 301 and C in AET 340

**CO-REQUISITE(S):** AET 302, AET 381

## COURSE LEARNING OUTCOMES / OBJECTIVES

---

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

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

#### REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

---

- 1) Moore, K.L., Dalley, A.F., Agur, A.M.R. (2018). *Clinically Oriented Anatomy (8th edition)*. Baltimore, MD: Lippincott Williams & Wilkins
- 2) 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
- 3) Biel, A. (2019). *Trail Guide to the Body (6th Edition)*. Boulder, Colorado: Books of Discovery
- 4) Biel, A. (2019). *Student Workbook – Trail Guide to the Body (6th Edition)*. Boulder, Colorado: Books of Discovery.

#### Referenced Texts:

- 1) Agur, A.M. R., & Dalley, A. F. (2017). *Grant's Atlas of Anatomy (14th edition)* Baltimore, MD: Lippincott Williams & Wilkins
- 2) 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
- 3) Hamill, J., Knutzen, K. M., & Derrick, T.R (2015). *Biomechanical Basis of Human Movement (4th Edition)* Philadelphia, PA: Lippincott Williams & Wilkins
- 4) Lippert, L. S. (2006). *Clinical Kinesiology and Anatomy (4th Edition)*. Philadelphia: PA:F.A. Davis Company.
- 5) Martini, F., & Nath, J. L. (2009). *Fundamentals of Anatomy & Physiology*. San Francisco: Pearson/Benjamin Cummings.
- 6) Netter, Frank. (2006). *Atlas of Human Anatomy (4th Edition)* Philadelphia, PA: Saunders Elsevier.
- 7) Tortora, G., & Derrickson, B. (2014). *Principles of Anatomy & Physiology (14th edition)*. John Wiley & Sons.

#### COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

---

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

**Lecture Tuesday** 9:30am-10:50am PISE 329A

**Lecture Thursday** 8:30am-9:50am PISE 329B

**Lab Wednesday** @ 8:30am-11:20am LACC 104

**Important Dates:**

January 2<sup>nd</sup> – College reopens

January 8<sup>th</sup> – Winter term begins

February 19<sup>th</sup> – Family Day (college closed)

February 20<sup>th</sup>-23<sup>rd</sup> – Reading Break (college closed)

March 29<sup>th</sup> – Good Friday (college closed)

April 1<sup>st</sup> – Easter Monday (college closed)

April 13<sup>th</sup> – Last day of instruction

April 15<sup>th</sup> – 23<sup>rd</sup> – Final exam period

	LECTURE	Readings (Moore)	LAB
Week 1	Course Introduction Bones of the Pectoral Girdle	Pg. 141-146	<b>Lab 1:</b> Course Introduction/Anatomy Review & Bones of the Pectoral Girdle
Week 2	Joints of the Pectoral Girdle	Pg. 264-270	<b>Lab 2:</b> Joints of the Pectoral Girdle
Week 3	Muscles of the Pectoral Girdle	Pg. 167-178	<b>Lab 3:</b> Muscles of the Pectoral Girdle (Part 1) <b>Quiz #1</b>
Week 4	Muscles of the Arm	Pg. 183-188, 201-206, 209-210	<b>Lab 4:</b> Muscles of the Pectoral Girdle
Week 5	Bones of the Forearm	Pg. 147	<b>Lab 5:</b> Muscles of the Arm <b>Quiz #2</b>
Week 6	Joints of the Forearm	Pg. 271-276	<b>Lab 6:</b> Bones of the Forearm <b>Quiz #3</b>
Week 7	<b>READING WEEK (Feb 19-23)</b>		
Week 8	<b>MIDTERM WEEK (Feb 26-March 1)</b>		
Week 9	Muscles of the Forearm	Pg. 214-229	<b>Lab 7:</b> Joints of the Forearm
Week 10	Bones of the Wrist & Hand	Pg. 148	<b>Lab 8:</b> Muscles of the Forearm <b>Quiz #4</b>
Week 11	Joints of the Wrist & Hand	Pg. 277-282	<b>Lab 9:</b> Bones of the Wrist & Hand

			<b>Quiz #5</b>
Week 12	Muscles of the Hand	Pg. 241-249	<b>Lab 10:</b> Joints of the Wrist & Hand
Week 13	The Brachial Plexus	Pg. 189-192	<b>Lab 11:</b> Muscles of the Hand <b>Quiz #6</b>
Week 14	Nerves, Arteries & Veins	Pg. 163-166, 206-209, 229-234, 249-256	<b>Lab 12:</b> Brachial Plexus, Arteries, Veins <b>Neuro Assignment Due</b>

**Written Final as Scheduled in Exam period April 15<sup>th</sup> – 23<sup>rd</sup>, 2024**

See course content for details regarding lab quizzes and pre-lab assignments.

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 noticed is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessiblelearning/exams.html).  
<http://camosun.ca/services/accessiblelearning/exams.html>

**EVALUATION OF LEARNING**

DESCRIPTION	WEIGHTING
Neurological Assignment Due: April 10 <sup>th</sup> , 2024	3%
Lab Quizzes <b>(2% x 6)</b> Check above schedule for dates	12%
Pre-lab assignments <b>(0.5% x 10)</b> Check schedule for workbook pages	5%
Midterm Written	20%
Midterm Practical	20%
Final Practical	20%
Final Written	20%
<b>TOTAL</b>	<b>100%</b>

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](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information.  
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

Laboratory Quizzes

Lab quizzes include anatomic I model identification, diagrams, fill in the blank, and short answer. Quizzes are based on the previous week's lab material (see attached schedule). There are a total of 8 quizzes.

---

### Midterm & Final Written Examinations

Written test questions will cover class lectures and assigned readings. Test format will include multiple choice, true/false, matching, diagrams, short answer, and long answer.

### Plexus Assignment

Written assignment outlining the neurological structures of the upper extremity. See D2L for further information.

### Practical Examinations

Practical exams consist of students identifying, palpating and testing a number of selected anatomical of selected structures on a model.

## COURSE GUIDELINES & EXPECTATIONS

---

### **Attendance**

Research shows a strong correlation with class attendance and academic success. Given the practical nature of this course, and the need to understand the theory utilized during the labs, attendance at lectures and is strongly encouraged.

Missed gradable related submissions: Students who miss written or practical exams may be allowed to write a deferred or "make up" exam. These "make up" exams will be different from the original.

Excused absences may include:

- Permission by course instructor prior to absence
- Compassionate reasons
- Sickness

A student who does not speak to the instructor regarding a possible excused absent PRIOR to the start of the assessment will receive a zero. In this instance, a "make up" exam request will be denied.

Students will be practicing palpation skills on each other. Students must refrain from any inappropriate touching. 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" (loose shorts, T-shirt, socks and shoes). Students must change for every lab unless informed in advance. Students that don't come prepared to actively participate (appropriate dress) in labs may be asked to leave. Cell phones will not be permitted in class or lab.

## SCHOOL OR DEPARTMENTAL INFORMATION

---

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C	Minimum grade required for courses within the BAET program	2
50-59	D	Minimum level of achievement for which credit is granted at Camosun College; Please note a course with a "D" grade cannot be used as a prerequisite grade or for graduation in the BAET program	1
0-49	F	Minimum level has not been achieved.	0

### Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-> For information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.
CW	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.

## STUDENT RESPONSIBILITY

---

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

---

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 <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>
Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>
Technology Support	<a href="http://camosun.ca/its">http://camosun.ca/its</a>
Writing Centre	<a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</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

### 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](http://camosun.ca/services/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:

<http://camosun.ca/services/accessible-learning/>

### Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

### Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/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 <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

### Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/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" (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/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 <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/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: <http://camosun.ca/about/policies/education-academic/e-2-student-servicesand-support/e-2.9.pdf> and [camosun.ca/sexual-violence](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-3703841

### 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 <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

**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.