

COURSE SYLLABUS



COURSE TITLE: AET 341 Anatomy of the Upper Extremity

CLASS SECTION: X01

TERM: Winter 2023

COURSE CREDITS: 3 credits

DELIVERY METHOD(S): In-person

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](#).

For COVID-19 information please visit <https://camosun.ca/about/covid-19-updates>

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

NAME: Melissa Roumanis

EMAIL: roumanism@camosun.bc.ca

OFFICE: PISE 212A

HOURS: Wednesday 10:30-12:00, 2:30-3:30 and Thursday 1:30-2:30 (or by appointment)

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:

- a) Identify and palpate the origin, insertion, blood supply, nerve innervations, action, and describe the function of the muscles of the upper extremity.
- b) Identify and explain the attachments, and the function of all inert tissues that comprise each peripheral joint in the upper extremity and surrounding tissue.
- c) 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.
- d) Demonstrate the ability to palpate and approximate selected landmarks in surface anatomy of the upper extremity.

- e) Demonstrate an understanding of upper extremity differences across populations.
- f) 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 (ALL) Tuesday 1:00 – 2:30pm CHW 350

Lecture (ALL) Thursday 10:30 – 11:50am CHW 350

Lab Group A Monday 8:30-11:30am LACC 104

Lab Group B Tuesday 8:30- 11:30am LACC 104

TENTATIVE AET 341 SCHEDULE

	LECTURE	Readings (Moore)	LAB
Week 1	Course Introduction Bones of the Pectoral Girdle	Pg. 141-146	Lab 1: Course Introduction/Anatomy Review & Bones of the Pectoral Girdle
Week 2	Joints of the Pectoral Girdle	Pg. 264-270	Lab 2: Joints of the Pectoral Girdle Quiz #1
Week 3	Muscles of the Pectoral Girdle	Pg. 167-178	Lab 3: Muscles of the Pectoral Girdle (Part 1) Quiz #2
Week 4	Muscles of the Arm	Pg. 183-188, 201-206, 209-210	Lab 4: Muscles of the Pectoral Girdle Quiz #3
Week 5	Bones of the Forearm	Pg. 147	Lab 5: Muscles of the Arm
Week 6	READING WEEK (Feb 21-24)		
Week 7	MIDTERM WEEK (Feb 27-March 3)		
Week 8	Joints of the Forearm	Pg. 271-276	Lab 6: Bones of the Forearm
Week 9	Muscles of the Forearm	Pg. 214-229	Lab 7: Joints of the Forearm Quiz #4
Week 10	Bones of the Wrist & Hand	Pg. 148	Lab 8: Muscles of the Forearm Quiz #5
Week 11	Joints of the Wrist & Hand	Pg. 277-282	Lab 9: Bones of the Wrist & Hand Quiz #6
Week 12	Muscles of the Hand	Pg. 241-249	Lab 10: Joints of the Wrist & Hand Quiz #7
Week 13	The Brachial Plexus	Pg. 189-192	Lab 11: Muscles of the Hand Quiz #8
Week 14	Nerves, Arteries & Veins	Pg. 163-166, 206-209, 229-234, 249-256	Lab 12: Brachial Plexus, Arteries, Veins Neuro Assignment Due

Written Final as Scheduled in Exam period April 17th - 28th, 2023

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](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Neurological Assignment (Due: April 11 th 1:00PM)	5%
Exam Reflections (2 x 2.5%) (Midterm Due: March 2 nd at 10:30AM and Final Due: April 20 th at 10:30am)	5%
Midterm Written (TBD)	20%
Midterm Practical (TBD)	20%
Final Practical (TBD)	20%
Final Written (TBD)	20%
	TOTAL
	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](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 (LO: a-b)

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 (LO: a, b, e, f)

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.

Exam Reflections (LO: f)

Written reflection on performance of the written and practical examinations in order to determine goals and plans for achievement. See D2L for further information.

Plexus Assignment (LO: a)

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

Practical Examinations (LO c-d, f)

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

COURSE GUIDELINES & EXPECTATIONS

Due Dates: There will be a zero-tolerance in effect for missing due dates. All due dates are clearly listed in the schedule above. Students who might miss a deadline for legitimate reasons are to contact the instructor immediately and in advance of the due date.

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

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.

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

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.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/e-2.2.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-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: 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.