

COURSE SYLLABUS



COURSE TITLE: AET 440

CLASS SECTION: X01

TERM: FALL 2022

COURSE CREDITS: 3

DELIVERY METHOD(S):

Lecture: Wed 8:30 – 9:20 am (PISE 329A), Fri 9:30 am – 10:20 am (LACC 124)

Lab X01– Thursday 8:30 – 10:20 am (LACC 104)

For COVID-19 information please visit <https://legacy.camosun.ca/covid19/index.html>.

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

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: Noreen Ortila MRSc, CAT(C), ATC, RMT

EMAIL: ortillan@camosun.bc.ca

OFFICE: 306L PISE

HOURS: Thursday 9:30 am – 10:30 am by appointment only

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 anatomical and mechanical aspects of the vertebral column. Focus is on palpation and the ability to investigate possible pathologies of the vertebral column through assessment and testing of the structure and function of the articular, muscular and supporting tissues.

Open to Athletic & Exercise Therapy students only

Prerequisites:

- COM in AET 302
- C in AET 341
- C in AET 381

Co-requisites

- AET 401
- AET 482

COURSE LEARNING OUTCOMES / OBJECTIVES

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

- Identify, palpate and approximate the structure and describe the function of the bones and bony prominences of the vertebral column.
- Identify, palpate, approximate and explain the significance of the ligaments and inert tissues of the vertebral column.
- Identify, palpate, approximate and describe the function of muscle groups in the neck and back.
- Explain the surfaces and movement of the joints of the vertebral column.
- Demonstrate the ability to palpate, assess and test the muscle groups and ligaments in the back and the neck to determine if pathology exists.
- Demonstrate an understanding of vertebral column differences across populations.
- Interpret test results accurately and explain these results concisely in a functional assessment form

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

REQUIRED MATERIALS:

- Moore, K.L., Dalley, A.F., Agur, A.M.R. (2018). *Clinically Oriented Anatomy (8th edition)*. Baltimore, MD: Lippincott Williams & Wilkins, 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.
- 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*

Referenced Texts:

- 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)* Philadelphia, PA: Lippincott Williams & Wilkins
- 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.
- Netter, Frank. (2006). *Atlas of Human Anatomy (4th Edition)* Philadelphia, PA: Saunders Elsevier.
- Tortora, G., & Derrickson, B. (2014). *Principles of Anatomy & Physiology (14th edition)*. John Wiley & Sons.
- *Orthopedic Assessment, Magee, 6e, 2013.*
- Kisner, C., Colby, L.A, & Borstad, J. (2018). *Therapeutic Exercise: Foundations and Techniques*

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.

Topic	Lecture	Readings (Moore)
1	The Skull, TMJ	p.840-854, 937
2	Bones of the spine – cervical spine	p. 70 – 78, 1000-1001
3	Joints of the cervical spine	p. 97 -101
4	Bones of the spine – thoracic spine	p. 80, 296 - 299
5	Joints of the thoracic spine	p.304-306
6	Bones of the lumbar spine	p.84
8	Joints of the lumbar spine	p. 97-101
	Midterm week	
10	Cranial nerves and nerves of the spine	p. 1071-1094
11	Muscles of the skull	p.863 - 867
12	Muscles of the cervical spine	p. 117 – 122, 126
13	Muscles of the abdomen and thoracic spine	p. 117 – 122, 311, 416-421
14	Muscles of the lumbar spine	p. 117-122

WEEK or DATE RANGE	Lab
Sept 5- 9	Lab 1: Introduction to the head and spine, palpation of the face and skull
Sept 12 - 16	Lab 2: Bones of the cervical spine
Sept 19 - 23	Lab 3: Joints of the cervical spine QUIZ 1
Sept 26 – 30 TRUTH & RECONCILIATION DAY FRIDAY SEPT 30 – COLLEGE CLOSED	Lab 4: Bones of the thoracic spine QUIZ 2
Oct 3 - 7	Lab 5: Joints of the thoracic spine QUIZ 3
Oct 10 – 14 THANKSGIVING MONDAY OCT 10 – COLLEGE CLOSED	Lab 6: Bones of the lumbar spine QUIZ 4
Oct 17 - 21	Lab 7: Joints of the lumbar spine QUIZ 5
Oct 24 - 28	MIDTERM WEEK – NO LEC/LABS
Oct 31 – Nov 4	Lab 8: Cranial nerve testing
Nov 7 – 11 REMEMBRANCE DAY FRIDAY NOV 11 – COLLEGE CLOSED	Lab 9: Muscles of the skull & face QUIZ 6
Nov 14 - 18	Lab 10: Muscles of the cervical spine QUIZ 7
Nov 21 - 25	Lab 11: Muscles of the thoracic spine and abdomen QUIZ 8
Nov 28 – Dec 2	Lab 12: Muscles of the lumbar spine QUIZ 9
Dec 5 - 9	Lab 13: Integration QUIZ 10

EVALUATION OF LEARNING

EVALUATION TYPE	WEIGHTING
Quizzes (10)	35%
Midterm practical	15%
Final written	30%
Final practical	20%
	100%

ASSESSMENT OF LEARNING AND TEACHING ACTIVITIES

Learning outcome	Quizzes	Practical exam	Written exam	Teaching and learning activities
Identify, palpate and approximate the structure and describe the function of the bones and bony prominences of the vertebral column.	X	X	X	Practice on peers Demonstration Videos Student workbook IPad apps Lecture Textbook readings
Identify, palpate, approximate and explain the significance of the ligaments and inert tissues of the vertebral column	X	X	X	Practice on peers Lecture Videos IPad apps Student workbook Textbook readings
Demonstrate the ability to palpate, assess and test the muscle groups and ligaments in the back and the neck to determine if pathology exists.		X		Practice on peers Peer feedback activity/reflection Demonstration Videos Textbook readings
Identify, palpate, approximate and describe the function of muscle groups in the neck and back.		X		Lecture Demonstration Students working in pairs outlining surface landmarks Textbook readings Videos
Demonstrate an understanding of spine differences across populations	X	X	X	Lecture Muscle testing practice on peers Demonstration Peer feedback activity/reflection Text book readings

Explain the surfaces and movement of the joints of the vertebral column.		X	X	Lecture Classroom discussion Videos Use of models in lab Demonstration of movements in lab
Interpret test results accurately and explain these results concisely in a functional assessment form			X	Lecture Classroom discussion Classroom activity Case studies

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>

COURSE GUIDELINES & EXPECTATIONS

Students participate in role-playing activities to practice skills with each other. Please be aware that learning what the human body feels like in a healthy condition is important when it comes to recognizing unhealthy or injured states. While learning to do assessments, students will need to palpate other students on a regular basis.

Students will maintain optimum levels of safe behavior (personal hygiene, decontamination of personal protective equipment, use of proper body mechanics, etc.) with minimizing the potential for disease transmission.

Students must come appropriately dressed to allow for hands on application / demonstration of assessment techniques.

Low cut shirts, pants / shorts that expose underwear, and flip flop sandals are NOT acceptable dress for labs.

Students that do not come prepared to actively participate (appropriate dress, textbooks, etc.) may be asked to leave.

SCHOOL OR DEPARTMENTAL INFORMATION

Centre for Sport & Exercise Education (CSEE) Attendance Policy:

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 is strongly encouraged.

For any of the below, it is required that students contact the instructor.

An excused absence includes:

- Medical certificate.
- Bonafide intercollegiate trip with supporting documentation.
- Permission of instructor prior to absence.
- Compassionate reasons.

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.

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](#) (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.