

COURSE SYLLABUS



COURSE TITLE: Musculoskeletal Anatomy 1

CLASS SECTION: MASS 131

TERM: Fall 2024

COURSE CREDITS: 3 Credits

DELIVERY METHOD(S): In Class

Camosun College respectfully acknowledges that our campuses are situated on the territories of the Ləkʷəŋən (Songhees and Kosapsum) and WSÁNEĆ peoples. We honour their knowledge and welcome to all students who seek education here.

INSTRUCTOR DETAILS

NAME: Emah Christiansen

EMAIL: christiansene@camosun.ca

OFFICE: PISE 203

HOURS: 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

Students will study the structural components of the musculoskeletal system, including all of its bones, muscles and their attachments, functions, and innervations. Students will be introduced to the muscles of the upper extremity, lower extremity, and the spine, with an emphasis on palpation and anatomical vocabulary.

PREREQUISITE(S): None

CO-REQUISITE(S): None

EQUIVALENCIES: None

COURSE LEARNING OUTCOMES / OBJECTIVES

Upon successful completion of this course students will be able to:

- Identify and palpate bony landmarks, origins and insertions, actions, and functions of muscles of the upper extremity, lower extremity, and the spine.
- Demonstrate the ability to palpate and approximate all muscle attachments of specific structures of the upper extremity, lower extremity, and the spine.
- Discuss the action(s) of the muscles and the relationship of these action(s) to specific joints in the upper extremity, lower extremity, and the spine.
- Recognize structural differences in lower extremity, upper extremity, and spinal anatomy across ages and populations.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

- (a) Netter, F. Atlas of Human Anatomy. 7th Ed. or newest
- (b) Muscolino, J. Muscular System Manual. 4th Ed. or newest

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 1:30pm – 3:30pm PA 102

X01 A LAB Friday 2:30pm – 5:20pm LACC 104

X01 B LAB Friday 8:30am – 11:20pm LACC 104

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
Week 1	Introduction/terminology & course expectations Bones of upper extremity	
Week 2	Bones of upper extremity Muscles of upper extremity	
Week 3	Muscles of upper extremity	
Week 4	Muscles of upper extremity	
Week 5	Bones of lower extremity	Bell Ringer #1
Week 6	Bones of lower extremity Muscles of lower extremity	
Week 7	Muscles of lower extremity	
Week 8	Midterm Week	Written Exam Bell Ringer #2 Practical #1
Week 9	Bones of the spine	
Week 10	Bones of the spine Muscles of the spine	
Week 11	Muscles of the spine	
Week 12	Muscles of the spine	
Week 13	Bones of the skull	Bell Ringer #3
Week 14	Muscles of head and face	
Week 15	Final Exam week	Written Exam Practical #2 Bell Ringer #4

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](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
Bell ringer exams (4) (5%, 7.5%, 7.5%, 10%)	30%
Practical hands-on exams (2) (10%, 25%)	35%
Midterm written	10%
Final written	20%
Exam reflections (2)	5%
	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](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

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. In the course of learning to palpate anatomy, students will need to be working hands-on with other students on a regular basis.

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

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

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

SCHOOL OR DEPARTMENTAL INFORMATION

The Diploma in Massage Therapy is an intensive, cohort-based program. Students will learn to apply principles of physical, health, and social sciences as they relate to massage therapy in the classroom, simulated environments, and through clinical placements in the community

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 camosun.ca/services.

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

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 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

Camosun College is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging appropriate academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a documented disability and think you may need accommodations, you are strongly encouraged to contact the Centre for Accessible Learning (CAL) and register as early as possible. Please visit the CAL website for more information about the process of registering with CAL, including important deadlines:

<https://camosun.ca/cal>

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>.

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.

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 (see [Medical/Compassionate Withdrawals policy](#)). Please visit <https://camosun.ca/services/forms#medical> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence

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 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 Policy: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and camosun.ca/services/sexual-violence-support-and-education.

To contact the Office of Student Support: 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.