GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
Athletic Training Education Program

ATEP 300 A03—Functional Anatomy
(3 cr) Summer 2021 – A term
ONLINE

Faculty
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PREREQUISITES/COREQUISITES

BIOL 124 - Human Anatomy and Physiology (4cr)

BIOL 125 - Human Anatomy and Physiology (4cr)

COURSE DESCRIPTION:
Increase students' knowledge and exposure to the structural and functional components of human anatomy including musculoskeletal origins, insertions, actions and innervations.

COURSE OVERVIEW
N/A

COURSE DELIVERY METHOD
This course will be delivered online (76% or more) using [select either a synchronous or an asynchronous] format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on July 5 at 12pm.

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:

https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers

To get a list of supported operation systems on different devices see:

https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems

- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students will need a headset microphone for use with the Blackboard Collaborate web conferencing tool.
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.

Expectations

- Course Week: Because asynchronous courses do not have a "fixed" meeting day, our week will start on Monday, and finish on Sunday.
- Log-in Frequency:

Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 4 times per week.

- Participation:

Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.

- Technical Competence:

Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.

- Technical Issues:

Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.

- Workload:

Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.

- Instructor Support:

Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.

- Netiquette:

The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words*. Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

- Accommodations:

Online learners who require effective accommodations to insure accessibility must be registered with

George Mason University Disability Services.

LEARNER OUTCOMES

At the completion of this course students should be able to:

1. Identify terminology related to biomechanics.
2. Describe linear, angular, and other forms of motion used in sports.
3. Describe types of mechanical loads that act on the human body
4. Describe the effects of mechanical loads on bones.
5. Describe human skeletal articulations in relation to their movement capabilities.
6. Describe the relationship of the musculotendinous unit to muscle function.
7. Identify muscle function in producing upper and lower extremity movements.
8. Identify muscle function in producing movements of the spine.
9. Describe kinematic and kinetic variables of human movement.
10. Describe the stability of a body in relation to mechanical factors.
11. Identify anatomical landmarks, surface markings, and various soft tissue structures by palpating a live model.

PROFESSIONAL STANDARDS

The course meets Commission on Accreditation of Athletic Training Education (CAATE) competencies and proficiencies in one or more of the following content areas: evidence-based practice, prevention and health promotion, clinical examination and diagnosis, acute care of injury and illness, therapeutic interventions, psychosocial strategies and referral, healthcare administration, professional development and responsibility.

REQUIRED TEXTS

1) Floyd, R.T. (2015). Manual of Structural Kinesiology, 20th edition. McGraw Hill.
2) Biel, A. (2014). Trail Guide to the Body, 5th Edition. Books of Discovery.
3) Biel, A. (2014). Trail Guide to the Body Student Workbook, 5th Edition. Books of Discovery.
4) Biel, A. (2010). Trail Guide to the Body Flashcards, 4th Edition. Books of Discovery. OR AnatomyMapp app from www.booksofDiscovery.com

COURSE PERFORMANCE EVALUATION

Students will be evaluated on content standards (knowledge gained) and performance (demonstration of the content). Content standards will be assessed via written assignments, quizzes, and exams. Performance will be assessed through completion of class participation activities and competency testing.

- **Assignments and Examinations**
  - **Quizzes**

    As indicated on the Course Calendar, a quiz will be given at the beginning of class for the required reading. This will be a brief multiple choice and true-false assessment of the student's knowledge from the reading. If you are late to class, you cannot make up the quiz at the end of class. If a quiz is missed due to an excused absence, it can be made up upon the student's return to class.

- **Written Examinations**
  Three written examinations will be administered. The format of the examinations will be multiple choice, true/false, labeling, short answer, matching, and/or fill in the blank type questions. Each of the examinations will test material covered during the prior class meetings and previous reading assignments. Exams will also cover material in the textbook and activities completed during class sessions. **You are required to bring a Scantron to each examination.**

- **Palpation Examinations**
  Three assessments of palpation psychomotor skills will be administered throughout the semester. The skills practiced in class will be assessed in a live practical examination format. This is a real-time examination that will require the student to locate various anatomical structures on a live model. Students will be randomly scheduled for testing.

- **Student Work Book Assignments**
  Student workbook assignments are listed on the syllabus and will be submitted on the date listed in the course schedule (below). You MUST follow the directions and complete all student work book requirements: if it says to color, label, etc you must complete for credit. **NO late assignments will be accepted!**

- **OTHER REQUIREMENTS**

  - **E-mail Correspondence**
    Only messages that originate from a George Mason University address will be accepted. The following is an appropriate professional format:
    Dear Mr. McCrory, (Beginning salutation)

    I am looking forward to your class. (Text body)

    Regards, (Ending Salutation)

    Stuart McCrory (Your name)

- **COURSE PERFORMANCE EVALUATION WEIGHTING**

Evaluation Type	Number	% each	Total % / Evaluation
In-class Activities	3	1.67	5
Student Work Book Assignments	11	1	11
Quizzes	10	2.4	24
Written exams	3	10	30
Palpation exams (includes final)	3	10	30
		TOTAL %	100

- **GRADING POLICIES**

The student's final letter grade will be earned based on the following scale:

A: 93 – 100%	C+: 77 – 79.9%
A-: 90 – 92.9%	C: 73 – 76.9%
B+: 87 – 89.9%	C-: 70 – 72.9%
B: 83 – 86.9%	D: 60 – 69.9%
B-: 80 – 82.9%	F: < 59.9%

PROFESSIONAL DISPOSITIONS

Students are expected to exhibit professional behaviors and dispositions at all times.
See https://cehd.gmu.edu/students/polices-procedures/

TENTATIVE COURSE SCHEDULE

WEEK	TENTATIVE TOPIC	READING ASSIGNMENT	QUIZ	ASSIGNMENT
Week 1 May 17 – May 23	Introductions		**Quizzes #1 & #2 DUE May 30 at 11:59pm**	**ICA #1 – Syllabus Contract** **DUE May 19 at 11:59pm**
	Lecture 1 Kinesiology Terms, Body Regions, Planes/Axes of Motion			
	Lecture 2 Skeletal system, Bone type/features/markings	**F:** Chapter 1, pg 1-14 **TG:**pg 20-22, 32-34		**SWB#1:** 6, 7, 8, 14, 15 **SWB#2**: 9, 10, 11, 12, 13 **DUE MAY 30 at 11:59pm**
	Lecture 3 Diarthrodial Joints	**F**: Chapter 1, pg 14-27 **TG**:pg 23-31		
	Lecture 4 Kinesthesis & Proprioception	**F**: Chapter 2, pg 53-63 **TG**:pg 23-31		
Week 2 May 24 – May 30	**Lecture 5** Skeletal Muscle Nomenclature, fiber types, terminology, contractions, and actions	**F**: Chapter 2, pg 35-47 **TG**:pg 35-37	**Quizzes #3, #4, & #5 DUE MAY 30 at 11:59pm**	**ICA #2** **SWB#3**: 4, 16, 17, 18, 23 **SWB#4:** 1-2, 5, 25-26, 28-30, 32 **DUE MAY 30 at 11:59pm**
	***Written Examination #1* DUE MAY 26 at 11:59pm**			
	Lecture 6 Palpation Intro Lecture Shoulder Girdle Bony Landmarks	**F:**pg Chapter 4, 91-108 **TG:** 1-18, 46-59, 61-62, 65-66, 68-70, 82-88, 102		
	Lecture 6 (cont) Shoulder Girdle Muscles			
	Lecture 7 Shoulder Joint Bony Landmarks	**F:**pg Chapter 5, 115-122 **TG:**pg 46, 48-50, 61-65, 100, 102-103		
	Lecture 7 (cont) Shoulder Joint Muscles	**F:** Chapter 5 123-141 **TG:**pg 46-51, 59-60, 67-81, 89-94, 99, 104-106, 274		

Week 3 May 31 – June 6	**Lecture 8 & 9** Elbow, Wrist, and Hand Bony Landmarks	**F:** Chapter 6**,** 149-156/177-186 **TG:**pg 108, 110-112	**Quizzes #6 & #7 DUE JUNE 6 at 11:59pm**	**ICA #3** **SWB#5:** 27, 31, 32-48 **SWB#6:** 52-58 **SWB#7:** 59-75, 78 **DUE JUNE 6 at 11:59pm**
	Exam Review **Lecture 8 & 9 (cont)** Finish Elbow, Wrist and Hand Muscles and Palpation	**F:** Chapter 6, pg 157-170/ Chapter 7, pg 187-210 **TG:**pg 108-126/pg 127-155		
	Written Exam #2 DUE JUNE 4 at 11:59pm			
	Palpation Exam #1 completed by JUNE 6			
	Lecture 10 Pelvis and Hip Joint Bony Landmarks	**F:** Chapter 8, pg 219-228 **TG:**pg 276-295		
	Lecture 10 Pelvis and Hip Joint Muscles	F: Chapter 8, pg 229-258 TG:pg 296-335		
Week 4 June 7 – June 13	**Lecture 11** Thigh and Knee Bony Landmarks & Muscles	**F:** Chapter 9, pg 265-271/ **TG:pg** 344-365 **F:** Chapter 9**,** pg 271-281/ **TG:**pg 366-389	**Quizzes #8, #9, & #10 DUE JUNE 13 at 11:59pm**	**SWB#8:** 143-154,156-159 ***SWB#9:*** 160-177 ***SWB#10:*** 179-208 ***SWB#11:*** 85-112 **DUE JUNE 13 at 11:59 pm**
	Lecture 12 Lower Leg, Ankle, and Foot Bony Landmarks	**F:** Chapter 10, pg 287-300		
	Lecture 12 (cont) Lower Leg, Ankle and Foot Muscles	**F:** Chapter 10, pg 301-318		
	Lecture 13 Trunk & Spinal Column Bony Landmarks	**F:** Chapter 11, pg 329-338 **TG:** *pg 168-187*		
	Lecture 13 (cont) *Trunk & Spinal Column Muscles*	**F:** Chapter 11, pg 339-359 **TG:**pg 188-212		
	Written Exam 3 DUE JUNE 13 at 11:59pm			
Week 5 June 14 – June 19	**Palpation Exam 2 COMPLETED BY JUNE 16**			
	Comprehensive Palpation Exam COMPLETED BY JUNE 19			
	F: Floyd. Manual of Structural Kinesiology **TG:** Trail Guide to the Body **ICA:** In-Class Assignment **SWB:** Trail Guide to the Body Student Workbook *(due at the beginning of class)*			

Note: Faculty reserves the right to alter the schedule as necessary.

CORE VALUES COMMITMENT
The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: http://cehd.gmu.edu/values/.

GMU Policies and Resources for Students
Policies

- Students must adhere to the guidelines of the Mason Honor Code (see https://catalog.gmu.edu/policies/honor-code-system/).
- Students must follow the university policy for Responsible Use of Computing (see http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see http://ods.gmu.edu/).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or https://cehd.gmu.edu/aero/tk20. Questions or concerns regarding use of Blackboard should be directed to https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/.

- For information on student support resources on campus, see https://ctfe.gmu.edu/teaching/student-support-resources-on-campus

Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:
As a faculty member, I am designated as a "Responsible Employee," and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason's Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason's confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason's Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

For additional information on the College of Education and Human Development, please visit our website https://cehd.gmu.edu/students/ .

Student Acknowledgement of Syllabus

I, _____, by signing below, attest to the following:
(Print First and Last Name)

*I have read the course syllabus for ATEP 300 in its entirety, and I understand the policies contained therein. This syllabus serves as a binding contract for ATEP 300 between me and the instructor.
*I have a clear understanding of the due dates for assignments and examinations, and I accept responsibility for the material.
*I am aware that failure to submit assignments by the dates assigned will result in no points awarded as late work will not be accepted.
*I understand the instructor reserves the right to alter the provided schedules as necessary and I am responsible for the assignments and examination dates for the most current version of the syllabus schedule.
*I accept responsibility for reading announcements that are sent to me via e-mail through Blackboard; it is my responsibility to access my Blackboard e-mail for messages, or forward Blackboard e-mail as per the directions provided in the syllabus.

_____ _____
(Signature) **(Date)**

(Student Copy: This copy should remain attached to your syllabus)

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*I understand the instructor reserves the right to alter the provided schedules as necessary and I am responsible for the assignments and examination dates for the most current version of the syllabus schedule.
*I accept responsibility for reading announcements that are sent to me via e-mail through Blackboard; it is my responsibility to access my Blackboard e-mail for messages, or forward Blackboard e-mail as per the directions provided in the syllabus.

_____ _____
(Signature) **(Date)**

(Instructor Copy: Submit to the instructor at the end of the first class meeting)