EXERSCI 103
Human Anatomy
(15 points)
(Semester 1, City Campus)

Who should take this course?
If you’re interested in how your skeleton and muscles work, this course is for you. It lays the foundation for future studies in anatomy, pathology, biomechanics, rehabilitation, exercise physiology, and more.

Learning Outcomes
Students will learn to:
- Use appropriate terminology to describe anatomical directions, planes, and movements, and types of bones, joints and muscles
- Identify on models, diagrams and themselves the main features of bones and the major muscles groups of the legs, arms, and trunk
- Describe the origins and insertions of all the main muscles of the limbs and trunk
- Group upper and lower limb muscles according to their actions
- Identify, and describe the role of, the ligaments of the hip, knee, ankle, shoulder and elbow
- Name the components of the peripheral nervous system and the muscles innervated by the main branches of the brachial and lumbosacral plexi

Learning and Teaching
Students are expected to attend two 1-hour lectures each week, and eight 2-hour laboratory sessions over the course of the semester. There are also tutorials available for extra help.

Teaching Staff
 Associate Professor Cathy Stinear
Department of Medicine
Faculty of Medical and Health Sciences
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Assessment*
There are 2 quizzes (worth 5% each) and a mid-term test (worth 20%)
There are 8 laboratory reports, and the marks from the best 5 will be used (worth 20%)
There is a final examination (worth 50%)

* subject to change

Student Feedback
Student satisfaction with quality of the course: 96%
Effectiveness of lecturer as a teacher: 100%
The course content was structured in a clear and logical manner: 95%