Course Description:
An introduction to human anatomy with emphasis on the musculoskeletal system and biomechanical principles of movement. Concepts will be explored through a combination of scientific study, experiential anatomy, and dance movement.

Course Objectives:
Upon completion of this course, students will demonstrate:
• An ability to use anatomical language to describe movement
• A functional understanding of their own musculoskeletal anatomy and the ability to use that knowledge to inform their own movement
• Skills in approaching the study of movement both qualitatively and quantitatively
• An ability to integrate functional, evolutionary, and experiential perspectives of musculoskeletal anatomy.
• The ability to formulate a question, select appropriate research methods and pursue an investigation towards the desired goal.
• The ability to clearly articulate ideas and information in oral and written form.

Requirements:
• Attendance at all classes
• Full participation in class discussions and movement exercises
• Completion of all assignments

Assignments/Grading:
• 5 Quizzes (30%)
  Dates: 9/22, 10/13, 11/3, 11/17, 12/2
• Short Projects, Papers and Homework Assignments (30%)
• Final Assignment (30%)
• Quality of participation (10%)

Dress and other details:
We will be moving every day in class. Thus, please wear soft, flexible pants and shirts (sweatpants, knits, etc.) that allow you full freedom of movement and that make it possible to palpate your bones and muscles through your clothing. As this course will involve working closely with partners for some exercises, please respect others by maintaining good personal hygiene: shower on the day of class (before class) and wear clean clothes (that you have not worn since you washed them).
Attendance Policy:
You must be present consistently to succeed in this class as embodied experiences in class will make up a great portion of our learning. Please arrive on time and be prepared to begin at the start of class. Please bring the full attention of your body and mind to all activities and discussions. You are allowed up to two absences for illness, injury, family emergencies, religious observance, etc. but you are responsible for material missed in your absence. Each absence beyond the initial two will drop the final grade by a number of points (4) equal to the percentage of class time missed, and NO CREDIT will be given for the course if more than 7 classes are missed.

Sitting Out:
If you are injured or ill and need to sit out, you should participate as an observer by making notes and contributing to discussions in order to get credit for attending class.

Tardiness:
Please arrive on time to class. Three late arrivals will be considered equivalent to one absence.

Academic Honesty:
We expect that all of the work you hand in is your own. If you are using outside sources you must cite the sources properly and put the information into your own words. Plagiarism will not be tolerated and could be grounds for failure in course. All students are advised to review Marlboro’s guide to documentation here: http://akbar.marlboro.edu/~jsheehy/sources/. For any papers due in the class we will use the Chicago Manual of Style as a guide for citing references, see: http://www.chicagomanualofstyle.org/tools_citationguide.html.

Late Work:
Policy to be determined collaboratively.

Required Text:
Trail Guide to the Body (4th edition), Biel

Optional Text:
Trail Guide to Movement (1st edition), Biel

All additional reading assignments will be available on electronic reserve.

This syllabus may be subject to modification by the instructors at any point during the semester.
Class Schedule:

9/3 Introduction & Anatomical language
Readings: Trail Guide to the Body – Introduction & Chapter 1 up to p. 32
Due: Intro Assignment

9/8 Skeletal Anatomy & Function
Basic Biomechanics – Chapter 4
Trail Guide to the Body -- p. 32-34
Due: HW

9/10 Nerves & Muscular Anatomy and Function
Readings:  Trail Guide to Movement Chapter 7, p. 138-143, and Chapter 11
Due: HW

9/15 Muscular Anatomy (continued) & Tendons, Ligaments, and Fascia
Readings: Key Poses of Yoga – p. 10-23
Trail Guide to Movement – p. 41-50
The Scientist -- “The Science of Stretch”
Due: HW

9/17 Ways of Understanding Movement
Readings: Kinesiology: Scientific Basis of Human Movement – Chapter 1
Manual of Structural Kinesiology Chapter 3 OR Trail Guide to Movement
Chapter 12 &13
Dynamic Alignment Through Imagery – Chapter 1
Due: HW

9/22 Tools & Methods
Readings: none
Due: QUIZ 1

9/24 Bipedalism
Readings: National Geographic -- “Bipedal Body”
Dance Anatomy and Kinesiology – p. 334-336
Born to Run – p. 175 – 185
“Faster Than a Hyena? Running May Make Humans Special?”
Due: HW, Three possible questions to investigate in short paper

9/29 Upper Limb – Shoulder (part 1)
Readings: Trail Guide to the Body -- p. 48-59
Basic Biomechanics – p. 186-192
Krobot et al. “Functional categorization of the individual morphology
of the scapula”
Due: HW
10/1 Upper Limb – Shoulder (part 2)
Readings: Trail Guide to the Body – p. 61-106
              Dance Anatomy and Kinesiology – p. 453-460
Due: HW

10/6 Upper Limb – Elbow/Wrist/Hand
              AND Trail Guide to the Body – P. 107-166
Due: Short Paper

10/8 Upper Limb – Synthesis
Readings: no new reading – review for quiz
Due: Presentation of wrist and hand muscle groups

10/13 Head & Neck
Readings: none
Due: QUIZ 2

10/15 Spine/Ribs/Posture
Readings: Basic Biomechanics – p. 276-293
              Trail Guide to the Body – Chapter 5, p. 167-205
              Optional Reading: Trail Guide to Movement Chapter 14
Due: HW

10/20 NO CLASS – Hendricks’ Day

10/22 Breathing and Abdominals
Readings: Trail Guide to the Body– p.205-224
              Dynamic Alignment Through Imagery – Chapter 16
Due: Revision of Short Paper

10/27 Pelvis
Readings: Trail Guide p. 276-301
              Physiology in Childbearing - p. 332-347
Due: HW

10/29 TBA
Readings: TBA
Due: TBA

11/3 Lower Limb – Hip/Thigh
Readings: Body Stories – chapter 19
              Dance Anatomy and Kinesiology – p. 229-235 (optional)
Due: QUIZ 3
11/5 Lower Limb – Knee/Calf
   Anatomy of Movement - p. 208-226
   Dance Anatomy & Kinesiology – p.283-293 (optional)
Due: Final project proposal draft

11/10 Lower Limb – Ankle/Foot
   Dance Anatomy & Kinesiology – P. 359-370
   National Geographic: “What Tree-Climbing Pygmies Tell Us about Foot Evolution”
   “How Did Fins Evolve Into Feet?”
Due: HW

11/12 Lower Limb – Synthesis
Readings: no new reading – review for quiz
Due: FINAL PROJECT PROPOSAL

11/17 Other Body Systems – Circulation (Blood)
Readings: none
Due: QUIZ 4

11/19 Other Body Systems – Brain and Endocrine
Readings: Essentials of Human Anatomy & Physiology – Chapter 9
   Scientific American -- “The Neuroscience of Dance”
   The New York Times - "The Heavy Cost of Chronic Stress"
Due: TBA

12/2 Injuries and Healing – Guest: Megan Frazier
Readings: Dance Kinesiology – Chapter 13 (optional) and 18 (for all)
   Other readings from guest speaker TBA
Due: Take home mini-quiz on other body systems

11/26 NO CLASS – Thanksgiving

12/1 Aging and Diseases that Affect Movement – Guest: Fritha Pengelly
Readings: NYT – “Getting their groove back with the help of the magic of dance”
Due: None

12/3 Wrap Up

12/8 Final Project Presentations (day 1)

Exam Days Final Project Presentations (day 2)