



ESSC12010 *Functional Anatomy*

Term 2 - 2022

Profile information current as at 23/04/2024 09:08 pm

All details in this unit profile for ESSC12010 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

General Information

Overview

The development of foundation knowledge and competencies in functional anatomy complements anatomy and physiology units and provides the cornerstone to manual assessment of musculoskeletal conditions. This unit will provide you with the knowledge necessary to identify and describe the structural and functional requirements of the musculoskeletal system in relation to human motion for a variety of activities. The unit will develop your understanding of the anatomy of the limbs and the functional principles underpinning movement and posture, including an understanding of the performance aspects of muscle, joints, and the mechanics of movement. You will develop skills in manual location and assessment of musculoskeletal structures as they apply to rehabilitation, exercise conditioning, and general movement.

Details

Career Level: *Undergraduate*

Unit Level: *Level 2*

Credit Points: 6

Student Contribution Band: 10

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

Co-requisite: BMSC11001 Human Body Systems 1 OR Co-requisite: BMSC11010 Human Anatomy and Physiology

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

Offerings For Term 2 - 2022

- Cairns
- Mackay City
- Mixed Mode
- Rockhampton

Attendance Requirements

All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Residential Schools

This unit has a Compulsory Residential School for distance mode students and the details are:

Click here to see your [Residential School Timetable](#).

Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

Class and Assessment Overview

Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

Class Timetable

[Regional Campuses](#)

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

[Metropolitan Campuses](#)

Adelaide, Brisbane, Melbourne, Perth, Sydney

Assessment Overview

1. **Online Quiz(zes)**

Weighting: 20%

2. **Presentation**

Weighting: 30%

3. **Practical Assessment**

Weighting: 20%

4. **Written Assessment**

Weighting: 30%

Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

CQUniversity Policies

All University policies are available on the [CQUniversity Policy site](#).

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

Previous Student Feedback

Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

Feedback from SUTE student feedback

Feedback

Assessments needed to be more spread out to enable timely assessment feedback that could be acted on by students in upcoming assessments.

Recommendation

It is recommended that assessment dates be spread out across the term, to ensure effective student engagement and decrease overloading towards the end of term.

Feedback from SUTE student feedback

Feedback

Moodle site was difficult to navigate.

Recommendation

It is recommended to work with TASAC and investigate methods for easier Moodle navigation for students.

Feedback from Self-reflection

Feedback

Unit is very content heavy and needs to be more interactive, problem-solving and hands-on to meet student needs.

Recommendation

It is recommended that the unit be reviewed for delivery in 2022 to ensure it is engaging, interactive and more practically based.

Feedback from Self-reflection

Feedback

Space and access to equipment (massage tables/plinths) for conducting practical assessments was limited across the three campuses.

Recommendation

It is recommended that there is appropriate access to plinths or massage tables at each campus to accommodate the student group.

Unit Learning Outcomes

On successful completion of this unit, you will be able to:

1. Define anatomical terms and identify structures using anatomical models, images, and surface anatomy.
2. Using principles of kinesiology, identify and explain the relationships between anatomical structures, movement, and function.
3. Analyse exercises to identify muscles that are involved in producing and controlling movement.
4. Perform movement and postural assessments, and prescribe corrective exercises to address asymmetries or improve exercise performance.

The Learning Outcomes and Assessment tasks are aligned with Graduate Outcomes as outlined by Exercise and Sport Science Australia (ESSA).

This course is designed to encompass both theoretical and practical aspects of functional anatomy. The course lectures will cover the theoretical knowledge related to the subject matter. The practical laboratory/workshop sessions will then build on the theoretical knowledge gained during the lectures and allow students to gain experience in identifying, locating and assessing muscular actions across a range of movement activities. Assessments for this course will be based on the development of a muscle portfolio and a practical video demonstration of a muscular assessment of movement. Students will also sit an examination of the theoretical knowledge gained about the musculo-skeletal system. The assessment pieces will allow students to gain a comprehensive knowledge necessary to identify the structural and functional requirements of the musculo-skeletal system

Alignment of Learning Outcomes, Assessment and Graduate Attributes



Alignment of Assessment Tasks to Learning Outcomes

| Assessment Tasks | Learning Outcomes | | | |
|--------------------------------|-------------------|---|---|---|
| | 1 | 2 | 3 | 4 |
| 1 - Online Quiz(zes) - 20% | • | • | | |
| 2 - Presentation - 30% | | | • | • |
| 3 - Practical Assessment - 20% | • | | | • |
| 4 - Written Assessment - 30% | | • | • | |

Alignment of Graduate Attributes to Learning Outcomes

| Graduate Attributes | Learning Outcomes | | | |
|---|-------------------|---|---|---|
| | 1 | 2 | 3 | 4 |
| 1 - Communication | • | • | • | • |
| 2 - Problem Solving | | • | • | • |
| 3 - Critical Thinking | • | • | • | • |
| 4 - Information Literacy | | • | • | • |
| 5 - Team Work | | | | |
| 6 - Information Technology Competence | • | | • | • |
| 7 - Cross Cultural Competence | | | | |
| 8 - Ethical practice | • | • | | • |
| 9 - Social Innovation | | | | |
| 10 - Aboriginal and Torres Strait Islander Cultures | | | | |

Textbooks and Resources

Textbooks

ESSC12010

Prescribed

Manual of Structural Kinesiology

Edition: 21st (2020)

Authors: Floyd & Thompson

McGraw Hill

USA

ISBN: 9781260575637

Binding: Paperback

Additional Textbook Information

The 21st edition is the latest but older editions may be easier to source and still contain much of the key information required. Both paper and eBook versions of the books can be purchased at the CQUni Bookshop here:

<http://bookshop.cqu.edu.au> (search on the Unit code)

[View textbooks at the CQUniversity Bookshop](#)

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- Adobe Acrobat Pro
- Microphone and camera for use with Zoom
- Video Recording Device (Camcorder, Digital Camera, Smartphone, etc.)
- Microsoft Office 2010 (including Word and Excel)
- ZOOM Videoconferencing software. A ZOOM account is available with your student credentials.

Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 7th Edition \(APA 7th edition\)](#)

For further information, see the Assessment Tasks.

Teaching Contacts

Mandy Plumb Unit Coordinator

a.plumb@cqu.edu.au

Schedule

Week 1 - 11 Jul 2022

| Module/Topic | Chapter | Events and Submissions/Topic |
|------------------------------------|--|------------------------------|
| Introduction to Functional Anatomy | Chapter 1 - Foundations of Structural Kinesiology | |
| | Chapter 2 - Neuromuscular Fundamentals | |
| | Chapter 3 - Basic Biomechanical Factors and Concepts | |

Week 2 - 18 Jul 2022

| Module/Topic | Chapter | Events and Submissions/Topic |
|--------------------------------------|---|------------------------------|
| Upper Extremity Part I: The shoulder | Chapter 4 - Shoulder Girdle Chapter 5 - Shoulder Joint | |

Week 3 - 25 Jul 2022

| Module/Topic | Chapter | Events and Submissions/Topic |
|---|--|------------------------------|
| Upper Extremity Part II Muscular Analysis of Upper Extremity | Chapter 6 - Elbow and Radioulnar Joint Chapter 7 - Wrist and Hand Chapter 8 - Muscular analysis of Upper Extremity | |

Week 4 - 01 Aug 2022

| Module/Topic | Chapter | Events and Submissions/Topic |
|-------------------------------|---|------------------------------|
| Lower Extremity Part I and II | Chapter 9 - Hip Joint and Pelvic Girdle Chapter 10 - Knee Chapter 11 - Ankle and Foot | |

Week 5 - 08 Aug 2022

| Module/Topic | Chapter | Events and Submissions/Topic |
|---|---|--|
| Trunk and Spine Muscular Analysis of Lower Extremity | Chapter 12 - Trunk and Spine Chapter 12 - Muscular Analysis of Lower Extremity | On-line quiz - opens Week 5 Monday (8th August 2022) 09:00am AEST |

Vacation Week - 15 Aug 2022

| Module/Topic | Chapter | Events and Submissions/Topic |
|--------------|---------|---|
| | | On-line quiz - closes Vacation Week Monday (15th August 2022) 09:00am AEST |

Week 6 - 22 Aug 2022

| Module/Topic | Chapter | Events and Submissions/Topic |
|---|---|------------------------------|
| Functional Movement Screens Open and Closed Kinetic Chain Corrective Exercise | Various journal articles to review which will be available in Moodle via the reading list | |

Week 7 - 29 Aug 2022

| Module/Topic | Chapter | Events and Submissions/Topic |
|---------------------|---|---|
| Case Studies Part I | Various online resources will be available via Moodle | Written Assessment for Rockhampton Res School students- due Week 7 Monday (29th August 2022) 09:00am AEST Written Assessment for Cairns Res School students- due Week 7 Friday (2nd September 2022) 09:00am AEST |

Week 8 - 05 Sep 2022

| Module/Topic | Chapter | Events and Submissions/Topic |
|----------------------|---|--|
| Case Studies Part II | Various online resources will be available via Moodle | Written Assessment for Mackay Res School students- due Week 8 Wednesday (7th September 2022) 09:00am AEST |

Week 9 - 12 Sep 2022

| Module/Topic | Chapter | Events and Submissions/Topic |
|--------------|---------|------------------------------|
| | | |

Case Studies Part III

Various online resources will be available via Moodle

Presentation for Rockhampton Res School students- due Week 9 Monday (12th September 2022) 09:00am AEST

Presentation for Cairns Res School students- due Week 9 Friday (16th September 2022) 09:00am AEST

Preseation for Cairns on-campus students- due Week 9 Thursday (15th September 2022) 09:00am AEST

Week 10 - 19 Sep 2022

Module/Topic

Chapter

Events and Submissions/Topic

Case Studies Part IV

Various online resources will be available via Moodle

Presentation for Mackay Res School students- due Week 10 Wednesday (21st September 2022) 09:00am AEST

Week 11 - 26 Sep 2022

Module/Topic

Chapter

Events and Submissions/Topic

Revision Session for online practical assessment

Written Assessment for Cairns on-campus students- due after each on-campus session with last one due in Week 11 Thursday (29th September 2022) 4:00pm AEST

Week 12 - 03 Oct 2022

Module/Topic

Chapter

Events and Submissions/Topic

Revision Session for online practical assessment

Review/Exam Week - 10 Oct 2022

Module/Topic

Chapter

Events and Submissions/Topic

On-line Practical Assessment - On Monday (10th October 2022) 09:00am - 5:00pm AEST OR Tuesday (11th October 2022) 09:00am - 5:00pm AEST

Exam Week - 17 Oct 2022

Module/Topic

Chapter

Events and Submissions/Topic

Term Specific Information

Attendance and active participation in practical activities (on-campus activity) are required for successful completion of this unit. You will be required to attend ONE of the following options, depending on your enrolment type. Please refer to the published CQUniversity Timetable for confirmation of dates, times and location:

On-campus enrolments - One on-campus session will take place throughout the term during the weeks specified below. Activities will commence during the weeks listed below, **Thursday's at 2:00pm, and run for two hours per session.**

Cairns on-campus students (CNS) - Weeks 2, 4, 5, 9, & 11. Activities will take place at the Exercise and Sports Science Laboratories, located at Cairns Basketball (289 Aumuller Street, Manunda, QLD, 4870)

Rockhampton (ROK), Mackay (MKY) and Mixed-mode enrolments (MIX) - A two-day intensive on-campus activity will be held in Cairns, Rockhampton and Mackay. Attendance at both days of the laboratory activities is mandatory. The following options are available and you must attend ONE of these options:

Cairns offering - A two day on-campus activity session will be held in week 7, Thursday 1st and Friday 2nd September 2022 (08:15am - 5:00pm), at the Exercise and Sports Science Laboratories, located at Cairns Basketball (289 Aumuller Street, Manunda, QLD, 4870). Attendance at both days of the on-campus activity is compulsory. All students will be required to meet inside the Exercise and Sports Science Laboratories at 08:15am sharp on Thursday 1st September 2022.

Rockhampton offering - A two day on-campus activity session will be held in week 7, Sunday 28th and Monday 29th August 2022 (08:15am - 5:00pm), at the Rockhampton North Campus. Attendance at both days of the on-campus activity is compulsory. All students will be required to meet inside Building 81 on the basketball court (Rockhampton North Campus) at 08:15am sharp on Sunday 28th August 2022.

Mackay offering - A two day on-campus activity session will be held in week 8, Tuesday 6th and Wednesday 7th September 2022 (08:15am - 5:00pm), at the Mackay City Campus. Attendance at both days of the on-campus activity is compulsory. All students will be required to meet inside the Biomechanics laboratory (Building 4/G.21) at 08:15am sharp on Tuesday 6th September 2022.

Mixed mode offering - can opt to attend their nearest residential school and you can do this via the choice survey on Moodle. It is likely numbers will be capped at Cairns and Mackay, so please do choice survey ASAP. If you are unsure of which session you are required to attend, please contact the unit coordinator.

Assessment Tasks

1 Online Quiz

Assessment Type

Online Quiz(zes)

Task Description

You will be required to complete one (1) online quiz during the term. An online quiz will be available from week 5 (Monday 8th August 2022) 09:00am AEST until Vacation Week (Monday 15th August 2022) at 5:00pm AEST, and will assess content (lectures, reading, labs and online material) covered in weeks 1 - 5 (inclusive).

The quiz will include 20 MCQ questions (worth 1 mark each) that are randomly selected from a wider bank of questions and the 5 remaining questions (worth 6 marks per question) will have multiple parts that include fill in blanks and short answers. Questions will be equally distributed across the 5 weeks.

You must log on and access the ESSC12010 Moodle site when the online quiz is open and complete the quiz before the closing time and date as outlined in the Assessment due date section below. You can only attempt the online quiz once and the quiz must be completed in a single session. The online quiz should be completed on a computer, as attempting the quiz on a smartphone can result in your session being ended in the event of a phone-call or notification. You cannot save your answers and return to the online quiz at a later time. In the absence of an approved extension, there will be no late submissions allowed for the online quiz.

Number of Quizzes

1

Frequency of Quizzes

Other

Assessment Due Date

The online quiz will open Week 5 (Monday 8th August 2022) 9:00am AEST, and close vacation week Monday (15th

August 2022) at 5:00pm AEST.

Return Date to Students

Marks for the online quiz with specific question feedback will be available on Friday 19th August via the ESSC12010 Moodle site.

Weighting

20%

Assessment Criteria

The quiz contributes to 20% of your overall grade. The quiz consists of 20 MCQ questions (worth 1 mark each), and 5 questions (worth six marks each) that have multiple parts, and the number of marks will be highlighted if more than one mark is allocated for that particular part of the question.

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Submission Instructions

Attempting and submitting the on-line quiz is performed via the ESSC12010 Moodle site.

Learning Outcomes Assessed

- Define anatomical terms and identify structures using anatomical models, images, and surface anatomy
- Using principles of kinesiology, identify and explain the relationships between anatomical structures, movement, and function

Graduate Attributes

- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence

2 Presentation

Assessment Type

Presentation

Task Description

Identifying sub-optimal movement patterns and their contributing factors is an important part of reducing injury risk and improving performance in sports and exercise. To accurately identify sub-optimal movements, a sound understanding of normal movement and the roles of various muscles and joints is required. Appropriate exercises are then often required to help an individual return to optimal movement and improve performance. This assessment requires you to create and record a 10-minute audio-visual presentation.

During the residential school or your on-campus sessions (Cairns only) you will carry out a Functional Movement Screen on one of your peers. You will review them performing each of the tasks and ascertain a score for each. From the FMS you will pick one of the assessments eg. the overhead squat, which is designed to assess core strength, balance, dynamic flexibility and overall neuromuscular control. You will then do an in-depth analysis of this assessment, looking at all the joint complexes, such as the knees, shoulder, torso, or feet. Depending on what you find you will need to:

1. Identify any suboptimal movements or postural defects.
2. A description of one (1) possible muscle weakness that might contribute to the sub-optimal movement you identified, and explanation of the role of that muscle in the optimal movement.
3. Inclusions and rationale for one (1) exercise that you could provide to strengthen the muscle you identified as weak.
4. A video demonstration of you instructing an individual how to perform the assessment correctly (eg. overhead squat). Include in your demonstration:
 - a. The start and end position of the movement.
 - b. Instructions on how to complete the assessment, including at least three (3) succinct verbal cues to ensure that your partner in the video can complete the exercise safely and effectively.

General presentation guidelines:

Duration: You will develop a 10-minute audio-visual presentation. Any information presented beyond 11 minutes will not be marked.

Presentation slides: You must include accompanying PowerPoint slides. These should complement the spoken aspect of your presentation.

Font: Times New Roman or Arial.

Language: English (Australian).

Referencing: Follow American Psychological Association (APA) style. Reference list must be included on your PowerPoint file.

Video: You must include a video demonstration in your presentation as per point 5 above. You should embed this in your PowerPoint file.

Presentation recording: You must record your entire presentation, including slides, video, audio, and a self view camera. This is best recorded in **Zoom conferencing software**. A link to download this software for free is provided on the ESSC12010 Moodle site.

Moodle submission (total file size must be <100MB):

1. A PDF of the final slides presented (with embedded videos removed). Please save as 1 slide per page. Ensure a list of references is included at the end of the presentation (i.e. final slide of the PowerPoint slides).
2. The recorded presentation (preference is .mp4 format). You must ensure that this video is playable. Late penalties will be applied until a playable recorded presentation is received. Should you not submit a playable recorded presentation, a mark of zero (0) will be awarded.

Assessment Due Date

The presentations are due two weeks after your respective residential school (Mackay, Rockhampton or Cairns) or on-campus sessions (Cairns only)

Return Date to Students

Marks and individual feedback will be made available via the ESSC12010 Moodle site within two weeks of submission.

Weighting

30%

Assessment Criteria

You will be assessed on your ability to analyse the assessment, identify any abnormal alignment, postural defects, identify weak/long/short/tight muscles, identify correct way to perform assessment with demonstrations and visual cues, and also identify appropriate additional exercise prescription for the abnormal elements identified. Pay close attention to the clarity of your exercise demonstration, and use of appropriate supporting evidence (references) throughout your presentation. Marks will also be allocated to presentation style (including use of PowerPoint, use of video, adherence to the time limit, and use of voice and gesture).

Late penalties will be applied to submissions in accordance with CQUniversity policy, including if submissions received are unable to be viewed.

A detailed marking rubric will be available on the ESSC12010 Moodle site. Please refer to this rubric for detailed breakdown of marking allocation

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Submission Instructions

You will be required to submit the following documents via the assessment submission link on the ESSC12010 Moodle site: 1) A PDF version of the final slides; 2) a video of the recorded presentation in .mp4, .mov, .wmv, or .avi format.

Learning Outcomes Assessed

- Analyse exercises to identify muscles that are involved in producing and controlling movement
- Perform movement and postural assessments, and prescribe corrective exercises to address asymmetries or improve exercise performance.

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence

3 Practical Assessment (online)

Assessment Type

Practical Assessment

Task Description

The structural anatomy of the body underpins the performance of all human movement; thus, an understanding of the anatomy of the muscles and joints is fundamental to exercise and sports performance. In this practical on-line assessment you will be given a case study and will be required to describe anatomical structures, demonstrate joint movements, identify postural defects and prescribe corrective exercise. This assessment will cover material (lecture, labs and online learning material) from weeks 1-11 (inclusive).

This practical assessment will be delivered online via Zoom. You will be required to log in to an allocated timeslot in Review Week on Monday (10 Oct 2022) **OR** Tuesday (11th October 2022) between 8:30 am and 5:00 pm AEST to complete this assessment. Specific times will be allocated by Week 8 of term and the practical assessment will take 20 minutes. This assessment will be completed individually with only you and the unit coordinator present in the Zoom meeting. Sessions will be recorded for moderation purposes.

The practical assessment is compulsory and you must pass this assessment in order to pass the unit. The minimum pass requirement for this assessment item is 50%. The practical online assessment will consist of a case study and you will be required to identify bones, bony landmarks, various movements, how you would measure joint range of motion (ROM), and finally identifying a postural defect and prescribing exercises to assist in correcting the defect.

Assessment Due Date

This will take place on Monday 10th October or Tuesday 11th October 2022 between 08:00am - 5:00pm AEST

Return Date to Students

Marks will be made available after certification of grades

Weighting

20%

Minimum mark or grade

Students need to obtain a pass (50%) in this exam to pass the unit.

Assessment Criteria

In this practical based assessment, students will identify landmarks and describe anatomical structures of the musculoskeletal system for the trunk, upper limbs and lower limb and demonstrate selected assessments, movements and exercises.

You will be given a specific case studies, an example might require a student to identify a specific assessment they might undertake, such as a passive range of motion of say the elbow. They will then be required to identify the bony landmarks that would be used in the ROM. Follow-up questions might ask what a typical ROM might be, and if the ROM was limited, what might this indicate, and what exercises might you prescribe to strengthen or reduce tightness in muscles, as well as identify the muscles involved in the movement.

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Submission Instructions

The online practical assessment will take place on Monday 10th October or Tuesday 11th October 2022 between 08:00am - 5:00pm AEST and students will be allocated a 20 min slot.

Learning Outcomes Assessed

- Define anatomical terms and identify structures using anatomical models, images, and surface anatomy
- Perform movement and postural assessments, and prescribe corrective exercises to address asymmetries or improve exercise performance.

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence
- Ethical practice

4 Written Assessment

Assessment Type

Written Assessment

Task Description

During the laboratory activities, you will be required to complete a number of activities focused on identifying anatomical landmarks from anatomical models, images/diagrams and surface anatomy, describing the structure and movement of body parts, and performing movement, and postural analysis. The laboratory activities sheets and competency sheet will enable you to demonstrate knowledge and skills related to each laboratory activity. The laboratory activity sheets will also include short answer responses relating to theoretical and practical content delivered in this unit. This is an individual assessment and even though you may be working in small groups, please ensure your answers are your own. A template will be provided for you to complete the lab activity tasks and each section will be allocated marks. At the end of your residential school (Mackay, Rockhampton or Cairns) or on-campus session (Cairns only) you will be required to submit these lab activity sheets for marking.

Assessment Due Date

These laboratory activity sheets are to be submitted in hard copy to your Unit Coordinator at the end of your respective residential school or on-campus sessions (Cairns only).

Return Date to Students

The laboratory activity sheet overall grade will be released via moodle ten working days after submission.

Weighting

30%

Assessment Criteria

The laboratory activity sheets will evaluate your ability to identify anatomical structures, describe human movement, and apply knowledge to interpret findings. Marks will be allocated to tasks completed in each laboratory session. The laboratory activity sheets will consist of questions pertaining to the following areas of functional anatomy that will be covered during the residential school (Mackay, Rockhampton or Cairns) or the on-campus sessions (Cairns only):

- Identifying anatomical structures and describing movement
- Structure and movement of the torso/axial skeleton
- Structure and movement of the upper limbs
- Structure and movement of the lower limbs
- Posture and postural assessment
- Movement analysis

The activity sheets must be submitted in hard copy to the unit coordinator at the conclusion of the residential school (Mackay, Rockhampton and Cairns) or the on-campus sessions (Cairns only).

Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Submission Instructions

The laboratory activity sheets must be submitted in hard copy to your Unit Coordinator at the end of the residential school (Mackay, Rockhampton or Cairns) or on-campus sessions (Cairns only)

Learning Outcomes Assessed

- Using principles of kinesiology, identify and explain the relationships between anatomical structures, movement, and function
- Analyse exercises to identify muscles that are involved in producing and controlling movement

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence
- Ethical practice

Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the [Student Academic Integrity Policy and Procedure](#). This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

What is a breach of academic integrity?

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

Why is academic integrity important?

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

Where can I get assistance?

For academic advice and guidance, the [Academic Learning Centre \(ALC\)](#) can support you in becoming confident in completing assessments with integrity and of high standard.

What can you do to act with integrity?



Be Honest

If your assessment task is done by someone else, it would be dishonest of you to claim it as your own



Seek Help

If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)



Produce Original Work

Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem