



STARK STATE COLLEGE

GENERAL SYLLABUS

Course Information

Course Name: Anatomy of Exercise Lab
Course Number: EXS110L

Required Materials

Textbook(s): Lippert, L. S. (2022). *Clinical kinesiology and anatomy* (7th ed.). F. A. Davis Company
EXS110L Lab Handout packet. Stark State Faculty – purchased in Stark State Bookstore

Required Readings: See below

Additional Materials: Colored pens/pencils, note cards, lab clothes

Course Outline/Calendar

The date of coverage and order of coverage may be modified based on the faculty member and events beyond the control of faculty members that interfere with class times and teaching.

Week	Chapter/Topic/Lab
Week 1	Bones and Landmarks <i>Lab Manual: pp. 2-11</i> <i>Lippert: pp. Table 3-3 & Bone and Landmark PP</i>
Week 2	Anatomical terms/ planes Skeletal system <i>Lab Manual: pp. 13-19</i> Lippert: pp. Table 3-2
Week 3	Articular system <i>Lab Manual: pp. 20-24</i>
Week 4	Skeletal muscle function <i>Lab Manual: pp. 25-37</i>
Week 5	Skeletal muscle function <i>Lab Manual: pp. 25-37</i>
Week 6	Regional LE – <i>pelvis</i> <i>Lab Manual: pp. 38-49</i>
Week 7	Regional LE- <i>knee-calf</i>

Week	Chapter/Topic/Lab
	<i>Lab Manual: pp. 50-61</i>
Week 8	Regional LE- <i>ankle</i> <i>Lab Manual: pp. 62-76; 77</i>
Week 9	Regional UE <i>scapula/shldr</i> <i>Lab Manual: pp. 78-88</i>
Week 10	Regional UE <i>shldr-elbow-forearm</i> <i>Lab Manual: pp. 91-101</i>
Week 11	Regional UE <i>wrist- hand</i> <i>Lab Manual: pp. 102-111</i>
Week 12	Regional Axial <i>Lab Manual: pp. 112-119</i>
Week 13	Axial <i>Lab Manual pp. 112- 119</i> Cardiopulmonary <i>Lab Manual: pp. 120- 128</i>
Week 14	Appointments with students, as needed.
Week 15	Appointments with students, as needed.
Week 16	Appointments with students, as needed.