



STARK STATE COLLEGE

GENERAL SYLLABUS

Course Information

Course Name: Anatomy of Exercise
Course Number: EXS110

Required Materials

Textbook(s): Lippert, L. S. (2022). *Clinical kinesiology and anatomy* (7th ed.). F. A. Davis Company;
EXS110 Lecture 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	Introduction to course Anatomical planes and terms <i>Basic Information - Lippert: pp. 3-12</i> <i>Handout pkg: A</i>
Week 2	Skeletal system - <i>Lippert: Chap. 3</i> <i>Handout pkg: B</i> <i>Lippert: Chap 4 - Articular System and Arthrokinematics</i> <i>Handout pkg: C</i>
Week 3	Articular system <i>Lippert: Chap 4 - Articular System and Arthrokinematics</i> <i>Handout pkg: C</i>
Week 4	Skeletal muscle function <i>Lippert: Chap. 6 - Muscular System</i> <i>Handout pkg: D</i>
Week 5	Skeletal muscle function <i>Lippert: Chap. 6 - Muscular System</i>

Week	Chapter/Topic/Lab
	<p><i>Handout pkg: D</i></p> <p>LE: Pelvis & Hip landmarks; articulations; muscles</p> <p><i>Lippert: pp. 292-296; 298-309</i></p> <p><i>Handout pkg: E</i></p>
Week 6	<p>Regional - Pelvis & Hip</p> <p><i>Lippert: pp. 292-296; 298-309 – Hip Joint</i></p> <p><i>Handout pkg: E</i></p>
Week 7	<p>LE: Knee landmarks; articulations; muscles</p> <p><i>Lippert: pp. 315; 317-320; 324-329 – Knee Joint</i></p> <p><i>Handout pkg: F</i></p> <p>LE: Ankle Foot landmarks; articulations; muscles</p> <p><i>Lippert: pp. 333-340; 344-354; 356 – Ankle Joint</i></p> <p><i>Handout pkg: G</i></p>
Week 8	<p>Begin Shoulder Girdle /scapula</p> <p><i>Lippert: pp. 197-198; 199-202; 203-208 – Shoulder Girdle</i></p> <p><i>Handout pkg: H</i></p>
Week 9	<p>UE: Shoulder</p> <p><i>Lippert pp. 213-214; 216-217; 219-229 – Shoulder</i></p> <p>Handout H</p>
Week 10	<p>Regional UE- elbow/ forearm</p> <p><i>Lippert: pp. 233-234; 236-238; 239-244 - Elbow and Forearm</i></p> <p>Regional UE- wrist/hand</p> <p><i>Lippert: pp. 249-250; 251-252; 254-258; 264-269; 271-277; 281 - - Elbow and Forearm & Hand</i></p> <p><i>Handout pkg: I</i></p>
Week 11	<p>Regional Axial</p> <p><i>Lippert: pp. 135-146; 148-162 – Neck and Trunk</i></p> <p><i>Handout pkg: J</i></p>
Week 12	None
Week 13	<p>Cardiopulmonary</p> <p><i>Lippert: pp. Ch 7; - Circulatory System; Ch 11 – Pulmonary System</i></p> <p><i>Handout pkg: K</i></p>
Week 14	<p>Regional Axial</p> <p><i>Lippert: pp. 135-146; 148-162 – Neck and Trunk</i></p> <p><i>Handout pkg: J</i></p> <p>Cardiopulmonary</p> <p><i>Lippert: pp. Ch 7; - Circulatory System; Ch 11 – Pulmonary System</i></p> <p><i>Handout pkg: K</i></p>
Week 15	<p>Cardiopulmonary</p> <p><i>Lippert: pp. Ch 7; - Circulatory System; Ch 11 – Pulmonary System</i></p> <p><i>Handout pkg: K</i></p>
Week 16	Appointments with students as needed.