



08-2019

College of Life Sciences
Department of Exercise Sciences



Functional Anatomy and Kinesiology
ExSc 400

Instructor: Wayne Johnson PhD, PT
Office: 266 SFH
Office Hours: Post outside of my door, additional times by appointment
Office Phone: 801-422-5490
E-mail: wayne_johnson@byu.edu
TA: Various Lab sections

Required Study Manual:

- *Musculoskeletal Functional Anatomy Myrer, J.W.*

Suggested Reference Texts:

- You will need access to an anatomy atlas or to a computer based program such as...
 - Primal 3D (which may be found in the LRC in the SFH)
 - Anatomy TV (which may be found through links from the library)
- An Atlas of Human Anatomy such as...
 - *McMinn's Color Atlas of Human Anatomy.*
 - *Netter's Atlas of Human Anatomy.*
 - *Clemente, Rohen & Yokochi, Grant's, etc.*
 - *Note---* If you are going on to graduate school in medicine, dentistry, physical therapy or other medically related professions I strongly encourage you to get at least one of these atlases. I had four that I used in physical therapy school. If you are not going to graduate school in a medical area you would still benefit from one of these in this class.
- Other references that would be useful
 - *Thieme Atlas of Anatomy General and Musculoskeletal (ISBN 1-58890-387-7)*
 - *Atlas of Anatomy Taj Books (ISBN 1-902328-40-X)*
 - *Clinically Oriented Anatomy 5th ed, Keith Moore and Arthur Dalley (ISBN 0-7817-3639-0)*
 - *Human Anatomy Martini Timmons & McKinley (ISBN 0-13-010011-0)*
 - *Hollinshead's Textbook of Anatomy (ISBN 0-06-141263-5)*
 - *Gray's Anatomy*
- See also the list available at the SFH LRC Anatomy and Science Reference at the end of the syllabus

Course Description

- Advanced examination of structure and function of skeletal, articular, muscular, and peripheral nervous systems with clinical and active learning applications
- Cadaver lab included

08 2010 Functional Anatomy And Kinesiology Exsc 400

Christy Cael



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Functional Anatomy for Sport and Exercise Clare E. Milner, 2019 Functional Anatomy for Sport and Exercise is the most user friendly and accessible available reference to human musculoskeletal anatomy in its moving active context Fully updated and revised the second edition features more illustrations to enhance student learning and an expanded hot topics section to highlight key areas of research in sport and exercise An accessible format makes it easy for students to locate clear concise explanations and descriptions of anatomical structures human movement terms and key concepts Covering all major anatomical areas the book includes an A to Z guide to anatomical terms and concepts from the head to the foot clear and detailed colour illustrations cross referenced entries throughout highlighted key terms hot topics discussed in more detail full references and suggested further reading Functional Anatomy for Sport and Exercise is an essential quick reference for undergraduate students in applied anatomy functional anatomy kinesiology sport and exercise science physical education strength and conditioning biomechanics and athletic training

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Functional Anatomy: Musculoskeletal Anatomy, Kinesiology, and Palpation for Manual Therapists with Navigate Advantage Access Christy Cael, 2022-03-09 With the use of dynamic visuals and kinesthetic exercises Functional Anatomy Second Edition helps readers to explore and understand the body's structures regions layer of the body from bones to ligaments to superficial and deep muscles Muscle profiles indicate origin insertion and innervation points while step by step instructions teach effective bone and muscle palpation Readers will also learn how structures help the body move through joint motion and passive and resisted range of motion techniques Each region ends with the culmination of structure and function to illustrate how they function together to achieve motion of daily activities as well as the movement involved in sports Every new print copy includes Navigate Advantage Access that unlocks a complete interactive eBook writable PDF Workbook videos animations flashcards audio glossary Anatomy Physiology Review Module and more

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Enhanced Edition Christy Cael, 2020-08-03 With the use of dynamic visuals and kinesthetic exercises Functional Anatomy Revised and Updated Version helps readers to explore and understand the body's structures regions layer of the body from bones to ligaments to superficial and deep muscles Muscle profiles indicate origin insertion and innervation points while step by step instructions teach effective bone and muscle palpation Functional Anatomy for Sport and Exercise Clare E. Milner, 2008-07 Functional Anatomy for Sport and Exercise is a quick reference guide to human musculoskeletal anatomy in its moving active context An accessible format makes it easy for students to locate clear concise explanations and descriptions of anatomical structures human movement terms and key concepts Covering all major anatomical areas the book includes an A to Z guide to anatomical terms and concepts clear and detailed anatomical illustrations cross referenced entries throughout highlighted key terms hot topics discussed in more detail full references and a list of suggested further reading Functional Anatomy for Sport and Exercise is a must have supplement for undergraduates in applied anatomy functional anatomy kinesiology physical education strength and conditioning biomechanics and related areas Clare Milner is Assistant Professor in Biomechanics at the University of Tennessee USA **Functional Anatomy, Revised and Updated Version: Musculoskeletal Anatomy, Kinesiology, and Palpation for Manual Therapists, Enhanced Edition** Christy Cael, 2011-02-25 With the use of dynamic visuals and kinesthetic exercises Functional Anatomy Revised and Updated Version helps readers to explore and understand the body's structures regions layer of the body from bones to ligaments to superficial and deep muscles Muscle profiles indicate origin insertion and innervation points while step by step instructions teach effective bone and muscle palpation Readers will also learn how structures help the body move through joint motion and passive and resisted range of motion techniques Each region ends with the culmination of structure and function to illustrate how they function together to achieve motion of daily activities as well as the movement involved in sports

Functional Anatomy in Sports Jürgen Weineck, 1986 Functional Anatomy in Sports is a richly illustrated text that provides the reader with a wealth of useful information on histology kinesiology nomenclature muscles joints muscle force development as well as functional anatomic strength training Anatomic theory is presented in a practice oriented fashion and is designed to facilitate the understanding of performance and training The book contains 174 illustrations most of which are in two color Functional Anatomy in Sports will be essential reading for students of anatomy and health education sports physiotherapists coaches and trainers Back cover

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