

# SUBJECT OUTLINE



Subject Name:

## Musculoskeletal Anatomy and Palpation 1

Subject Code:

**MSTA121**

### SECTION 1 – GENERAL INFORMATION

Award/s:	Total course credit points:	Level:
Bachelor of Health Science (Acupuncture)	128	Core 1 <sup>st</sup> Year
Bachelor of Health Science (Myotherapy)	128	Core 1 <sup>st</sup> Year
Bachelor of Health Science (Naturopathy) - 2014	128	Elective 3 <sup>rd</sup> Year

Duration: 1 Semester

Subject Coordinator: Sue Sharpe (Melbourne campus)

Subject is: Core or Elective as noted

Subject Credit Points: 2

#### Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
3	2	5

#### Delivery Mode:

Face to face 3 hours practical  
Full Time  
Part Time

Pre-requisites: Nil

Co-requisites: BIOH111

Special Resource Requirements: 1 bath-sheet sized towel per student (Clinic towels must not be used)  
Attire that allows effective palpation while acting as student model

### SECTION 2 – ACADEMIC DETAILS

#### Subject Rationale

This subject enables students to develop palpation skill as an assessment tool in musculoskeletal examination and therapeutics. Students learn to palpate the surface of the body and locate and name bony landmarks, individual muscles, major joints and their ranges of motion. The student begins to develop professional skills of clinical interaction required in a manual therapy practice.

#### Learning Outcomes

1. Accurately describe anatomical regions and their movements using appropriate terminology.
2. Name, locate and demonstrate the different palpation techniques used in musculoskeletal examination of the body.
3. Describe attachments and actions of the relevant muscles of the body.
4. Demonstrate palpation skills when carrying out musculoskeletal examinations on diverse body types.

#### Assessment Tasks

Type	Learning Outcomes Assessed	Weeks Content Delivered	Week Due	Weighting
Attendance (80% required)	N/A	N/A	1-13	Pass/Fail
Mid-semester Practical	1-4	1-6	7	50%

<b>Exam</b> (1 hour)				
<b>Final Practical Exam</b> (1 hour)	1-4	1-13	Practical exam period	50%

**Prescribed readings:**

1. Biel, A. (2014). *Trail guide to the body* (5th ed.). Boulder, CO: Books of Discovery.
2. Biel, A. (2014). *Trail guide to the body: Student handbook* (5th ed.). Boulder, CO: Books of Discovery.

**Recommended readings:**

1. Argosy Publishing. (2014). Visible body. Retrieved from <http://www.visiblebody.com>
2. Argosy Publishing. (2014). Muscle premium. Retrieved from <http://muscle.visiblebody.com>
3. Muscolino, J.E. (2011). *Kinesiology: The skeletal system and muscle function* (3rd ed.). St Louis, MO: Mosby.

<b>Subject Content</b>	
<b>Week</b>	<b>Practical</b>
<b>1.</b>	Orientation: Subject Outline/subject aims/assessment/teaching resources Terminology and classification: Bones Introduction to assessment skills: Demonstration of appropriate techniques: Inspection & palpation Anatomy of the upper limb: <ul style="list-style-type: none"> <li>• Observation and palpation of pulses, joints, bony landmarks and other associated structures</li> </ul> Relevant activities for all teaching sessions are directed by the lecturers/tutors through in class discussion, demonstration, student participation and practice of prescribed skills.
<b>2.</b>	Terminology and classification: Bones Draping and disrobing Anatomy of the shoulder girdle: <ul style="list-style-type: none"> <li>• Observation and palpation of pulses, joints, bony landmarks and other associated structures</li> </ul>
<b>3.</b>	Terminology and classification: Anatomical position, directions and planes Anatomy of the axial skeleton: <ul style="list-style-type: none"> <li>• Observation and palpation of pulses, joints, bony landmarks and other associated structures</li> </ul>
<b>4.</b>	Terminology and classification: Joint types and movements Anatomy of the pelvic girdle and lower limb: <ul style="list-style-type: none"> <li>• Observation and palpation of pulses, joints, bony landmarks and other associated structures</li> </ul>
<b>5.</b>	Terminology and classification: Joint names Anatomy of the foot: <ul style="list-style-type: none"> <li>• Observation and palpation of pulses, joints, bony landmarks and other associated structures</li> </ul>
<b>6.</b>	Muscular anatomy of the upper limb: pectoral girdle <ul style="list-style-type: none"> <li>• Palpation of muscles of the pectoral girdle to demonstrate location and actions</li> <li>• Professional considerations regarding palpation over/near breast tissue</li> </ul>
<b>7.</b>	<b>Mid-Semester Practical Exam</b>
	<b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week) <b>Semester 1</b> - This aligns with the week after Easter so it may fall between weeks 6 to 8. <b>Semester 2</b> - The break week falls between Weeks 7 and 8.
<b>8.</b>	Muscular anatomy of the upper limb: elbow, wrist and hand <ul style="list-style-type: none"> <li>• Palpation of muscles of the elbow, wrist and hand to demonstrate location and actions</li> </ul>

9.	Muscular anatomy of the proximal upper limb and axial skeleton <ul style="list-style-type: none"> <li>• Palpation of muscles of the proximal upper limb and axial skeleton to demonstrate location and actions</li> </ul>
10.	Muscular anatomy of the proximal lower limb and axial skeleton <ul style="list-style-type: none"> <li>• Palpation of muscles of the proximal lower limb and axial skeleton to demonstrate location and actions</li> </ul>
11.	Muscular anatomy of the lower limb: hip and knee <ul style="list-style-type: none"> <li>• Palpation of muscles of the hip and knee to demonstrate location and actions</li> </ul>
12.	Muscular anatomy of the lower limb: knee, ankle and foot <ul style="list-style-type: none"> <li>• Palpation of muscles of the knee, ankle and foot to demonstrate location and actions</li> </ul>
13.	Review
14.	<b>Non-Teaching Week / Practical Examination Week 1. Note that make-up classes may be scheduled in this week.</b>
15.	<b>Non-Teaching Week / Practical Examination Week 2. Note that make-up classes may be scheduled in this week.</b>
16.	<b>Final Exam Week 1</b> Please refer to the Exam Timetable for your local campus for the exact day and time of exam.
17.	<b>Final Exam Week 2</b> Please refer to the Exam Timetable for your local campus for the exact day and time of exam.