

SUBJECT OUTLINE



Subject Name:

Musculoskeletal Anatomy and Palpation 2

Subject Code:

MSTA212

SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Health Science (Myotherapy)

Total course credit points:

96

Level:

1st Year

Duration: 1 Semester

Subject Coordinator: Sue Sharpe (Melbourne campus)

Subject is: Core

Subject Credit Points: 2

Student Workload:

No. timetabled hours per week:
3

No. personal study hours per week:
2

Total hours per week:
5

Delivery Mode:

Face to face 1 x 3 hour practical

Intensive Delivery Details:

Summer School - contact hours are delivered over five weeks with 2 x 4 hour days delivered per week.

Assessment: Mid-semester exam is completed in Week 3.

Final practical and written exams are conducted in week 6 of summer school.

Full Time

Part Time

Pre-requisites: MSTA121, BIOH111

Co-requisites: BIOH122

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

In this subject students will further develop the skills and knowledge gained in MSTA121 and accompanying practical and therapeutic subjects. The aim of this subject is to apply the already learned skills to the more detailed and deeper anatomy of the body. On completion of this subject students will have a working knowledge of the musculoskeletal anatomy of the body and will know how to identify, locate and palpate bony landmarks, muscles, bones, ligaments, tendons and other relevant structures as part of a musculoskeletal assessment.

Learning Outcomes

1. Describe and apply the terminology used to orient practitioners to the body and its movements, and the actions permissible at the relevant joints of the body.
2. Name, locate and demonstrate how to palpate bony landmarks, other relevant anatomical structures and muscles, ligaments and tendons associated with the joints of the body.
3. Extend the skills necessary to carry out a musculoskeletal examination on a client.

Assessment Tasks				
Type	Learning Outcomes Assessed	Weeks Content Delivered	Week Due	Weighting
Attendance (80% attendance is required)	1-3	1-12	1-12	Pass/Fail
Wet Lab Field Trip	1,2	8	8	Pass/Fail
Mid-semester Practical Exam (30 mins)	1-3	1-6	7	40%
Wet Lab Workbook	1,2	1-10	11	20%
Final Practical Exam (30 mins)	1-3	1-12	13	40%

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. Muscolino, J.E. (2011). *Kinesiology: The skeletal system and muscle function* (2nd ed.). St Louis, MO: Mosby.
3. Neumann, D. A. (2010). *Kinesiology of the musculoskeletal system: foundations for rehabilitation* (2nd ed.). St Louis, MO: Mosby. [eBook available]

Subject Content	
Week	Practical
1.	<p>Introduction: Subject Outline/subject aims/assessment/teaching resources</p> <p>Review of joints, movement and anatomical terminology</p> <p>Upper limb: The pectoral girdle</p> <ul style="list-style-type: none"> • Associated joints <ul style="list-style-type: none"> ○ Scapulothoracic, glenohumeral, acromioclavicular and sternoclavicular • Review palpation of pulses, bony landmarks and superficial muscle • Advanced palpation of the following bony landmarks, muscles and associated structures • The pectoral girdle
2.	<p>Upper limb: The elbow, wrist and hand</p> <ul style="list-style-type: none"> • Associated joints <ul style="list-style-type: none"> ○ Humeroulnar, humeroradial, proximal and distal radioulnar, radiocarpal, midcarpal, carpometacarpal, metacarpophalangeal, interphalangeal • Review palpation of pulses, bony landmarks and superficial muscle • Advanced palpation of the following bony landmarks, muscles and associated structures
3.	<p>Upper limb: The hand</p> <ul style="list-style-type: none"> • Associated joints <ul style="list-style-type: none"> ○ Carpometacarpal, metacarpophalangeal, interphalangeal

	<ul style="list-style-type: none"> • Review palpation of pulses, bony landmarks and superficial muscle • Advanced palpation of the following bony landmarks, muscles and associated structures
4.	Axial skeleton: The head and neck <ul style="list-style-type: none"> • Associated joints <ul style="list-style-type: none"> ○ Temporomandibular, craniovertebral (atlantooccipital and atlantoaxial), intervertebral • Review palpation of pulses, bony landmarks and superficial muscle • Advanced palpation of the following bony landmarks, muscles and associated structures
5.	Axial skeleton: The head and neck <ul style="list-style-type: none"> • Associated joints <ul style="list-style-type: none"> ○ Craniovertebral, intervertebral, costovertebral, sternocostal • Review palpation of pulses, bony landmarks and superficial muscle • Advanced palpation of the following bony landmarks, muscles and associated structures • The spine
6.	Axial skeleton: The trunk <ul style="list-style-type: none"> • Associated joints <ul style="list-style-type: none"> ○ Intervertebral • Review palpation of pulses, bony landmarks and superficial muscle • Advanced palpation of the following bony landmarks, muscles and associated structures • The muscles of respiration • Forced inhalation/exhalation and quiet inhalation/exhalation
7.	Mid-Semester Practical Examination
	NON-TEACHING WEEK (note that make-up classes may be scheduled in this week) Semester 1 - This aligns with the week after Easter so it may fall between weeks 6 to 8. Semester 2 - The break week falls between Weeks 7 and 8.
8.	Wet lab field trip (Please note that the week of this session may need to change dependent on wet lab availability)
9.	Lower limb: The pelvic girdle <ul style="list-style-type: none"> • Associated joints <ul style="list-style-type: none"> ○ Sacroiliac, coccygeal • Review palpation of pulses, bony landmarks and superficial muscle • Advanced palpation of the following bony landmarks, muscles and associated structures
10.	Lower limb: The knee, ankle and foot <ul style="list-style-type: none"> • Associated joints <ul style="list-style-type: none"> ○ Tibiofemoral, patellofemoral, tibiofibular, talocrural, subtalar • Review palpation of pulses, bony landmarks and superficial muscle • Advanced palpation of the following bony landmarks, muscles and associated structures • The knee
11.	Lower limb: The foot <ul style="list-style-type: none"> • Associated joints <ul style="list-style-type: none"> ○ Talocrural, subtalar • Review palpation of pulses, bony landmarks and superficial muscle • Advanced palpation of the following bony landmarks, muscles and associated structures • The foot
12.	The influence of gravity and position Revision and mock examination

13.	Final Practical Exam held this week
14.	Non-Teaching Week / Practical Examination Week 1. Note that make-up classes may be scheduled in this week.
15.	Non-Teaching Week / Practical Examination Week 2. Note that make-up classes may be scheduled in this week.
16.	Final Exam Week 1 Please refer to the Exam Timetable for your local campus for the exact day and time of exam.
17.	Final Exam Week 2 Please refer to the Exam Timetable for your local campus for the exact day and time of exam.