

Weeks	Topics	Readings/Resources	Assignments/Activities
Week 1	<b>Module 1</b> <ul style="list-style-type: none"> <li>• Basic Anatomical Terminology</li> </ul>	<ul style="list-style-type: none"> <li>• Read from Trail Guide to the Body <ul style="list-style-type: none"> <li>○ Chapter 1: Navigating the Body</li> </ul> </li> <li>• Review Lesson Presentation: <i>Basic Anatomical Terminology</i></li> <li>• Syllabus and Course Guide</li> <li>• LinkedIn Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Introduction <ul style="list-style-type: none"> <li>○ Post due Day 3, Replies due Day 5</li> </ul> </li> <li>• Module 1 Discussion <ul style="list-style-type: none"> <li>○ Post due Day 3 &amp; 5, Replies due Day 7</li> </ul> </li> <li>• Module 1 Reading Quiz <ul style="list-style-type: none"> <li>○ Due Day 7</li> </ul> </li> <li>• Introduction Quiz <ul style="list-style-type: none"> <li>○ Due Day 3</li> </ul> </li> </ul>
Week 2-3	<b>Module 2</b> <ul style="list-style-type: none"> <li>• Functional Anatomy of the Head &amp; Neck</li> </ul>	<ul style="list-style-type: none"> <li>• Read from Trail Guide to the Body <ul style="list-style-type: none"> <li>○ Chapter 5: Head and Neck</li> </ul> </li> <li>• Review Lesson Presentation: <i>Head &amp; Neck</i></li> <li>• Brookbush Institute Articles <ul style="list-style-type: none"> <li>○ Brookbush, B. (2014). <i>Anatomical position and anatomical directions</i>. Retrieved from <a href="https://brentbrookbush.com/articles/introduction-to-functional-anatomy/1-anatomical-position-anatomical-directions/">https://brentbrookbush.com/articles/introduction-to-functional-anatomy/1-anatomical-position-anatomical-directions/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/zCxtsR">https://goo.gl/zCxtsR</a></li> </ul> </li> <li>○ Brookbush, B. (2014). <i>Planes of motion</i>. Retrieved from <a href="https://brentbrookbush.com/articles/introduction-to-functional-anatomy/planes-of-motion/">https://brentbrookbush.com/articles/introduction-to-functional-anatomy/planes-of-motion/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/WoVQCP">https://goo.gl/WoVQCP</a></li> </ul> </li> <li>○ Brookbush, B. (2014). <i>Joint actions</i>. Retrieved from <a href="https://brentbrookbush.com/articles/introduction-to-functional-anatomy/joint-actions/">https://brentbrookbush.com/articles/introduction-to-functional-anatomy/joint-actions/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/fAE8TT">https://goo.gl/fAE8TT</a></li> </ul> </li> <li>○ Brookbush, B. (2014). <i>Definitions, naming, and types of synovial joints</i>. Retrieved from <a href="https://brentbrookbush.com/articles/introduction-to-functional-anatomy/joint-types/">https://brentbrookbush.com/articles/introduction-to-functional-anatomy/joint-types/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/5P55EY">https://goo.gl/5P55EY</a></li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Module 2a Discussion <ul style="list-style-type: none"> <li>○ Post due Day 3 &amp; 5, Replies due Day 7</li> </ul> </li> <li>• Module 2 Reading Quiz <ul style="list-style-type: none"> <li>○ Due Day 7</li> </ul> </li> <li>• Module 2b Discussion <ul style="list-style-type: none"> <li>○ Post due Day 9 &amp; 12</li> <li>○ Responses due Day 14</li> </ul> </li> <li>• Brookbush Institute Quiz <ul style="list-style-type: none"> <li>○ Due Day 14</li> </ul> </li> <li>• Reflection Journal <ul style="list-style-type: none"> <li>○ Due Day 7</li> </ul> </li> </ul>
Week 4-5	<b>Module 3</b> <ul style="list-style-type: none"> <li>• Functional Anatomy of</li> </ul>	<ul style="list-style-type: none"> <li>• Read from Trail Guide to the Body <ul style="list-style-type: none"> <li>○ Chapter 2: Shoulder &amp; Arm</li> </ul> </li> <li>• Review Lesson Presentation: <i>Shoulder &amp; Arm</i></li> </ul>	<ul style="list-style-type: none"> <li>• Module 3a Discussion</li> </ul>

	<p>the Shoulder and Arm</p>	<ul style="list-style-type: none"> <li>● Brookbush Institute Articles <ul style="list-style-type: none"> <li>○ Brookbush, B. (2014). <i>Basics of human movement systems</i>. Retrieved from <a href="https://brentbrookbush.com/articles/introduction-to-functional-anatomy/basics-of-human-movement-systems/">https://brentbrookbush.com/articles/introduction-to-functional-anatomy/basics-of-human-movement-systems/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/QVft9J">https://goo.gl/QVft9J</a></li> </ul> </li> <li>○ Brookbush, B. (2014). <i>Joints of the shoulder girdle and scapular joint actions</i>. Retrieved from <a href="https://brentbrookbush.com/articles/introduction-to-functional-anatomy/joints-of-the-shoulder-girdle-and-scapular-joint-actions/">https://brentbrookbush.com/articles/introduction-to-functional-anatomy/joints-of-the-shoulder-girdle-and-scapular-joint-actions/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/55DzdM">https://goo.gl/55DzdM</a></li> </ul> </li> <li>○ Brookbush, B. (2014). <i>Muscles of the scapula</i>. Retrieved from <a href="https://brentbrookbush.com/articles/introduction-to-functional-anatomy/muscles-of-the-scapula/">https://brentbrookbush.com/articles/introduction-to-functional-anatomy/muscles-of-the-scapula/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/AKTnO7">https://goo.gl/AKTnO7</a></li> </ul> </li> <li>○ Brookbush, B. (2014). <i>Deltoids</i>. Retrieved from <a href="https://brentbrookbush.com/articles/introduction-to-functional-anatomy/intro-to-deltoids/">https://brentbrookbush.com/articles/introduction-to-functional-anatomy/intro-to-deltoids/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/QBRNtT">https://goo.gl/QBRNtT</a></li> </ul> </li> <li>○ Brookbush, B. (2014). <i>Rotator cuff</i>. Retrieved from <a href="https://brentbrookbush.com/articles/introduction-to-functional-anatomy/rotator-cuff-muscles/">https://brentbrookbush.com/articles/introduction-to-functional-anatomy/rotator-cuff-muscles/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/NShU3J">https://goo.gl/NShU3J</a></li> </ul> </li> <li>○ Brookbush, B. (2014). <i>Pectoralis major, latissimus dorsi, and teres major</i>. Retrieved from <a href="https://brentbrookbush.com/articles/introduction-to-functional-anatomy/pectoralis-major-latissimus-dorsi-and-teres-major/">https://brentbrookbush.com/articles/introduction-to-functional-anatomy/pectoralis-major-latissimus-dorsi-and-teres-major/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/2FVbkw">https://goo.gl/2FVbkw</a></li> </ul> </li> <li>○ Brookbush, B. (2014). <i>Arm Muscles</i>. Retrieved from <a href="https://brentbrookbush.com/articles/introduction-to-functional-anatomy/arm-muscles/">https://brentbrookbush.com/articles/introduction-to-functional-anatomy/arm-muscles/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/zz58Kr">https://goo.gl/zz58Kr</a></li> </ul> </li> <li>○ Brookbush, B. (2014). <i>Functional anatomy by joint action and exercise: Upper body</i>. Retrieved from <a href="https://brentbrookbush.com/articles/introduction-to-functional-anatomy/functional-anatomy-by-joint-action-upper-body/">https://brentbrookbush.com/articles/introduction-to-functional-anatomy/functional-anatomy-by-joint-action-upper-body/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/7f8D4V">https://goo.gl/7f8D4V</a></li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>○ Post due Day 3 &amp; 5, Replies due Day 7</li> <li>● Module 3 Reading Quiz <ul style="list-style-type: none"> <li>○ Due Day 7</li> </ul> </li> <li>● Module 3b Discussion <ul style="list-style-type: none"> <li>○ Post due Day 9 &amp; 12</li> <li>○ Responses due Day 14</li> </ul> </li> <li>● Brookbush Institute Quiz <ul style="list-style-type: none"> <li>○ Due Day 14</li> </ul> </li> <li>● Reflection Journal <ul style="list-style-type: none"> <li>○ Due Day 7</li> </ul> </li> </ul>
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<p><b>Week 6-7</b></p>	<p><b>Module 4</b></p> <ul style="list-style-type: none"> <li>• Functional Anatomy of the Forearm and Hand</li> </ul>	<ul style="list-style-type: none"> <li>• Read from Trail Guide to the Body <ul style="list-style-type: none"> <li>○ Chapter 3: Forearm &amp; Hand</li> </ul> </li> <li>• Review Lesson Presentation: <i>Forearm &amp; Hand</i></li> <li>• Brookbush Institute Articles <ul style="list-style-type: none"> <li>○ Brookbush, B. (2014). <i>Upper body dysfunction</i>. Retrieved from <a href="https://brentbrookbush.com/articles/postural-dysfunction-movement-impairment/upper-body-dysfunction-ubd/">https://brentbrookbush.com/articles/postural-dysfunction-movement-impairment/upper-body-dysfunction-ubd/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/vjino8">https://goo.gl/vjino8</a></li> </ul> </li> <li>○ Brookbush, B. (2014). <i>Introduction to postural dysfunction and movement impairment</i>. Retrieved from <a href="https://brentbrookbush.com/articles/postural-dysfunction-movement-impairment/introduction-to-postural-dysfunction-and-movement-impairment/">https://brentbrookbush.com/articles/postural-dysfunction-movement-impairment/introduction-to-postural-dysfunction-and-movement-impairment/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/wPKjfM">https://goo.gl/wPKjfM</a></li> </ul> </li> <li>○ Brookbush, B. (2014). <i>Common terminology in human movement science</i>. Retrieved from <a href="https://brentbrookbush.com/articles/definitions/common-terminology-in-human-movement-science/">https://brentbrookbush.com/articles/definitions/common-terminology-in-human-movement-science/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/n4m112">https://goo.gl/n4m112</a></li> </ul> </li> <li>○ Brookbush, B. (2014). <i>Introduction to the overhead squat assessment</i>. Retrieved from <a href="https://brentbrookbush.com/articles/assessment/introduction-overhead-squat-assessment/">https://brentbrookbush.com/articles/assessment/introduction-overhead-squat-assessment/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/xtMsSq">https://goo.gl/xtMsSq</a></li> </ul> </li> <li>○ Brookbush, B. (2014). <i>Overhead squat assessment: Signs of dysfunction</i>. Retrieved from <a href="https://brentbrookbush.com/articles/postural-dysfunction-movement-impairment/solutions-table-overhead-squat-assessment/">https://brentbrookbush.com/articles/postural-dysfunction-movement-impairment/solutions-table-overhead-squat-assessment/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/LLSllJ">https://goo.gl/LLSllJ</a></li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Module 4a Discussion <ul style="list-style-type: none"> <li>○ Post due Day 3 &amp; 5, Replies due Day 7</li> </ul> </li> <li>• Module 4 Reading Quiz <ul style="list-style-type: none"> <li>○ Due Day 7</li> </ul> </li> <li>• Module 4b Discussion <ul style="list-style-type: none"> <li>○ Post due Day 9 &amp; 12</li> <li>○ Responses due Day 14</li> </ul> </li> <li>• Brookbush Institute Quiz <ul style="list-style-type: none"> <li>○ Due Day 14</li> </ul> </li> <li>• Reflection Journal <ul style="list-style-type: none"> <li>○ Due Day 7</li> </ul> </li> </ul>
<p><b>Week 8</b></p>	<p><b>Module 5</b></p> <ul style="list-style-type: none"> <li>• Final Project</li> </ul>	<ul style="list-style-type: none"> <li>• Brookbush Institute Articles <ul style="list-style-type: none"> <li>○ Brookbush, B. (2015). <i>Introduction to activation exercise</i>. Retrieved from <a href="https://brentbrookbush.com/articles/activation/introduction-to-activation-exercise/">https://brentbrookbush.com/articles/activation/introduction-to-activation-exercise/</a> <ul style="list-style-type: none"> <li>▪ <a href="https://goo.gl/Y8NHlp">https://goo.gl/Y8NHlp</a></li> </ul> </li> <li>○ Brookbush, B. (2015). <i>Introduction to flexibility techniques</i>. Retrieved from</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Module 5 Discussion <ul style="list-style-type: none"> <li>○ Due Day 5</li> </ul> </li> <li>• Module 5 Reading Quiz <ul style="list-style-type: none"> <li>○ Due Day 7</li> </ul> </li> <li>• Case Study <ul style="list-style-type: none"> <li>○ Due Day 5</li> </ul> </li> </ul>

		<a href="https://brentbrookbush.com/articles/mobility/introduction-to-flexibility-techniques/">https://brentbrookbush.com/articles/mobility/introduction-to-flexibility-techniques/</a> <ul style="list-style-type: none"><li>▪ <a href="https://goo.gl/1Zuvg">https://goo.gl/1Zuvg</a></li></ul>	
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