HHD 1011: Applied Human Anatomy
Fall 2025

Instructors April Chambers, PhD
Email: ajchambers@pitt.edu
Phone: 412.624.9898
Address: 302 Schenley Place
Office Hours: TBA or by appointment

Zack Wilson, PhD
Email: zackwilson@pitt.edu
Address: 112 Trees Hall
Office Hours: TBA or by appointment

Course Objectives

This course in Applied Human Anatomy is designed with two major purposes: 1. Provide a basic appreciation of the fundamental structures of the human body and their functions, focusing on the musculoskeletal, nervous, cardiac and respiratory systems. 2. Serve as a foundation to future study within the movement and health sciences. Upon successful completion of the course, students should be able to identify the below:

1. Terms and concepts associated with anatomy and movement
2. Bones in the human body and their anatomical landmarks
3. Ligaments that attach the bones and form the joints of the human body
4. Major muscles of the human body including origins, insertions and movements
5. Major blood vessels in the human body
6. Major nerves in the human body
7. Structures associated with the human heart
8. Structures associated with the human respiratory, endocrine, digestive, and urinary systems

Course Description

To accomplish the above objectives, the course is designed in the following manner. This is a hybrid course. Students are responsible for all web-based content and in person content. Class lectures, both recorded and in person, covering the critical human anatomy systems will include Power Point lectures provided on Canvas for students to access. Supplement links, videos, and PDF documents will also be available on Canvas for students to access. Quizzes will assist students with staying on top of content and readings. These quizzes will focus on the material covered in the previous class and within the current section. Assignments will also be used to assist with learning course concepts. The class is accompanied by a credit laboratory module, which will provide students with hands on model experience and assist with reinforcing concepts.

This course requires the student to master and recall a large amount of information in one semester. Come to class! Watch the hybrid content! Power Point lectures are not

enough information for the detail required of this course. Use supplements to assist with learning. Maintain a positive attitude, it will help you tremendously. Regard the study of anatomy as an opportunity to learn the fundamentals of the entity that you live and take care of daily, your body. Make a study schedule. This will assist with staying ahead of the content and reduce last minute "cramming". This information will carry forward into your professional careers. Ask for help. If you find that you are experiencing difficulties, please ask for assistance sooner than later. Content is posted to support students in areas of biology that should have been covered in previous courses. Course content posted on Canvas.

Class Meeting Times
Lecture: Monday 11:00 AM – 12:15 PM

OR
Monday 1:00 PM – 2:15 PM

OR

Monday 2:30 – 3:45 PM

Course Materials
E-Text: Human Anatomy; 2025; Michael McKinley

Additional Text: Trail Guide to the Body by Biel; 5th Ed; Books of Discovery
Kinetic Anatomy by RS Behnke; 3rd Ed; Human Kinetics

Course Requirements and Grading

Quizzes – 5% total
Vary class-to-class but majority will be multiple choice or true/false. Based on content from previous class session or currently recorded section.

Smart Book Assignments & Assignments – 35% total
Assignments to be completed through the McGraw Hill Connect platform or on canvas. Vary class-to-class. See syllabus schedule for details. Based on current class topics. *There will be a 50% reduction for late assignments*.

Exams- 4 exams, 60% total
General grading scale, subject to curve if deemed necessary by instructor is as follows:
90-100% A- thru A+
80-89.9% B- thru B+
70-79.9% C- thru C+
60-69.9% D- thru D+
<60% F

IMPORTANT:

- All evaluations are “closed-book” unless otherwise noted by instructor.
- Use of cell phones, smart watches, tablets, and laptops is not permitted during quizzes and exams.
- Use of cell phones is prohibited during class – no exceptions.
    - Students will be asked to leave class if caught on cellular devices.
- Students are required to be present and on-time.
    - If late and a quiz or exam is missed, students will not be permitted to make-up the quiz.
    - Failure to be present for a quiz will result in a zero (0 points) given.
- Quizzes and exams can be made-up under the following conditions for absences that are considered excusable:
    - Medical Emergency or Sickness – Must have a note from medical doctor documenting medical visit (must correspond with and list dates of absence).
    - Mandatory Academic Event – Must have a note from advisor/professor documenting attendance (must correspond with and list dates of absence).
    - Personal or Family Emergency – Must communicate with the instructor prior to missing class so it can be determined if this is a reasonable reason for missing and alternative arrangements can be made immediately.
- The instructor reserves the right to alter the grade assignment algorithm in a systematic manner.

Course Policies
Communication
Email is the best form of communication. The subject line should read:
HHD 1011_11_*YOUR LAST NAME*

OR

HHD 1011_1_*YOUR LAST NAME*

OR

HHD 1011_230_*YOUR LAST NAME*

Class Attendance
Class attendance is expected and **strongly encouraged.** If a student misses a class, it is the student’s responsibility, not the professor’s, to obtain the material which was discussed in class. If you miss a class, please get the notes from a classmate. A significant portion of the class material may not be written in lecture slides. I do not always provide full notes for my lecture slides to students who miss class because they would still be missing much of the material. My notes will not provide all of the course material.

Inclement Weather
Inclement weather may lead to a cancellation of class. If the University decides to close, cancel, or delay classes, an announcement is posted immediately on various websites, including www.pitt.edu. In cases where the University does not close and the weather is questionable, the instructor will send you an email notice or post an announcement on canvas if class is cancelled. If no such email or announcement is made, then class will continue as normal. Any work due on the day of the cancelled class will be due on the next scheduled class or as otherwise directed by the instructor. Any student absent due to bad weather while class is still in session must notify the instructor prior to class. Students are responsible for getting cancellation information. In all emergency situations, however, we rely on individuals to make the best decision for themselves about their safety.

Academic Integrity
All students are expected to adhere to the standards of academic honesty. Any student engaged in cheating, plagiarism, or other acts of academic dishonesty would be subject to disciplinary action. Students in this course will be expected to comply with the University of Pittsburgh's Policy on Academic Integrity.Any student suspected of violating this obligation for any reason during the semester will be required to participate in the procedural process, initiated at the instructor level, as outlined in the University Guidelines on Academic Integrity. This may include, but is not limited to, the confiscation of the examination of any individual suspected of violating University Policy. Furthermore, no student may bring any unauthorized materials to an exam, including dictionaries and programmable calculators. To learn more about Academic Integrity, visit the Academic Integrity Guide for an overview of the topic. For hands on practice, complete the Understanding and Avoiding Plagiarism tutorial.

Disability Services
If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and Disability Resources and Services (DRS), 140 William Pitt Union, (412) 648- 7890, drsrecep@pitt.edu, (412) 228-5347 for P3 ASL users, as early as possible in the term. DRS will verify your disability and determine reasonable accommodations for this course.

Accessibility
The Canvas LMS platform was built using the most modern HTML and CSS technologies, and is committed to W3C's Web Accessibility Initiative and Section 508 guidelines. Specific details regarding individual feature compliance are documented and updated regularly.

Student Opinion of Teaching Surveys
Students in this class will be asked to complete a Student Opinion of Teaching Survey. Surveys will be sent via Pitt email and appear on your Canvas landing page during the last three weeks of class meeting days. Your responses are anonymous. Please take time to thoughtfully respond, your feedback is important to me. Read more about Student Opinion of Teaching Surveys.

Copyright Notice
These materials may be protected by copyright. United States copyright law, 17 USC section 101, et seq., in addition to University policy and procedures, prohibit unauthorized duplication or retransmission of course materials. See Library of Congress Copyright Office and the University Copyright Policy.

Statement on Classroom Recording
To ensure the free and open discussion of ideas, students may not record classroom lectures, discussion and/or activities without the advance written permission of the instructor, and any such recording properly approved in advance can be used solely for the student's own private use.

Civil Rights and Title IX
This instructor maintains an inclusive classroom. The University of Pittsburgh does not tolerate any form of discrimination, harassment, or retaliation based on disability, race, color, religion, national origin, ancestry, genetic information, marital status, familial status, sex, age, sexual orientation, veteran status or gender identity or other factors as stated in the University's Title IX policy. The University is committed to taking prompt action to end a hostile environment that interferes with the University's mission. For more information about policies, procedures, and practices, visit the Civil Rights & Title IX Compliance web page.

I ask that everyone in the class strive to help ensure that other members of this class can learn in a supportive and respectful environment. If there are instances of the aforementioned issues, please contact the Title IX Coordinator, by calling 412-648-7860, or e-mailing titleixcoordinator@pitt.edu. Reports can also be filed online. You may also choose to report this to a faculty/staff member; they are required to communicate this to the University's Office of Institutional Engagement and Wellbeing. If you wish to maintain complete confidentiality, you may also contact the University Counseling Center (412-648-7930).

Gender Inclusive Language Statement
Language is gender-inclusive and non-sexist when we use words that affirm and respect how people describe, express, and experience their gender. Just as sexist language excludes women's experiences, non-gender-inclusive language excludes the experiences of individuals whose identities may not fit the gender binary, and/or who may not identify with the sex they were assigned at birth. Identities including trans, intersex, and genderqueer reflect personal descriptions, expressions, and experiences. Gender-inclusive/non-sexist language acknowledges people of any gender (for example, first year student versus freshman, chair versus chairman, humankind versus mankind, etc.). It also affirms non-binary gender identifications, and recognizes the difference between biological sex and gender expression. Students, faculty, and staff may share their preferred pronouns and names, and these gender identities and gender expressions should be honored.

Take Care of Yourself
College/Graduate school can be an exciting and challenging time for students. Taking time to maintain your well-being and seek appropriate support can help you achieve your goals and lead a fulfilling life. It can be helpful to remember that we all benefit from assistance and guidance at times, and there are many resources available to support your well-being while you are at Pitt. You are encouraged to visit Thrive@Pitt to learn more about well-being and the many campus resources available to help you thrive.

If you or anyone you know experiences overwhelming academic stress, persistent difficult feelings and/or challenging life events, you are strongly encouraged to seek support. In addition to reaching out to friends and loved ones, consider connecting with a faculty member you trust for assistance connecting to helpful resources.

The University Counseling Center is also here for you. You can call 412-648-7930 at any time to connect with a clinician. If you or someone you know is feeling suicidal, please call the University Counseling Center at any time at 412-648-7930. You can also contact Resolve Crisis Network at 888-796-8226. If the situation is life threatening, call Pitt Police at 412-624-2121 or dial 911.

ONLINE & HYBRID LEARNING
This course will involve asynchronous and synchronous learning delivered through Canvas, Panopto, and ZOOM. We will incorporate active synchronous learning and anatomical software. Some assignments may be due in modules that align with each exam while some may be due weekly. Subject materials have been broken down into smaller portions and content will be also be delivered through McGraw Hill Connect when applicable. If the University climate changes, how course materials will be delivered may change. All updates to course materials and information will be provided through Canvas. If you are having any difficulties completing this course (technology, personal, health, etc) please do not wait to contact the professor. Communication is the key to this semester and the professor will work with you if you maintain contact.

Student Responsibilities
Attendance: While an online or hybrid course may not have a fixed weekly meeting time, consistent attendance is still expected. The following actions on your part will demonstrate attendance:

1. Logging into the Canvas course environment and participating in all activities including the introductory activities.
2. Frequently and regularly accessing course instructional materials and assignments (assignments, discussion forums and projects) posted on the Canvas course environment during the entire semester.
3. Read and respond to the course e-mails.
4. Read course announcements.

Participation: Students will actively engage and participate in the online Canvas course environment. Active participation consists of the following actions and activities:

1. Setup and access connect account and required course software by the second week of class.

2. Engage actively in the online course by reading, reviewing and watching pertinent instructional materials provided in the Canvas course environment throughout the semester.
3. Read all assignments, discussion forums and project guidelines thoroughly.
4. Submit all assignments electronically by the due dates and times as specified in the guidelines provided.

Missing Coursework: Any missed coursework will receive a grade of zero if an appropriate documented excuse is not provided. This includes all graded activities and tasks. Students MUST notify the instructor in case of a non-life threatening emergency as soon as possible. It is your professional obligation to notify the instructor of any such emergency within a reasonable time period. A doctor's written verification of illness MUST be provided to the instructor before any make-up work will be accepted and/or rescheduled. For a non-medical emergency, securing documentation to support your explanation will increase the likelihood of being allowed the opportunity for make-up work. A doctor's note or other documentation will be accepted at the discretion of the instructor. If make-up work is granted, the instructor may alter the contents of such assignments or tests to minimize potential issues of academic integrity. The time lines for submitting make-up work will be determined by the instructor on a case-by-case basis.

Instructor Obligations to Students
Just as I have expectations for your conduct and behavior in the course, you have expectations from me as your instructor. I will ensure that I maintain an active role in the course. I will log into the course daily. I will also provide timely feedback to you on submitted assignments and projects. You are also encouraged to communicate privately with the instructor using email. You should expect a response from me within 24-48 hours of receiving your e-mails.

Netiquette
An online course requires the same level of professionalism, respect, and courtesy that you would show your instructor and classmates in a face-to-face setting. To that end, please observe the following standards in the online class:

A. Discussion forums: The purpose of discussion forums in an academic setting is to advance the understanding of a given topic. Therefore, your threads and posts should:

- be substantive (more than a few words), constructive, and on-topic;
- advance the discussion in a meaningful way;
- demonstrate professional courtesy;
- use correct grammar and punctuation (no acronyms commonly used in texting).

B. Electronic communication: You should avoid casual language and abbreviations commonly used in texting, which are not appropriate for in-class communication. Care should be taken to use correct grammar and punctuation.

C. Websites: You should use care when sharing websites in your posts by ensuring that the website is appropriate for an academic setting, non-offensive in nature, and relevant to the topic at hand.

Quiz Tracker
Subject to change

Asynchronous Lecture	Date	Topics
2A *2B*	9/8	*Muscular Intro* *Nerves Intro*
3A	9/8	*Nervous System*
5A	9/22	*Spinal Column and Thorax Skeletal*
6A	9/29	*Major Vessels*
7A	10/6	*Organ Systems*
9A	10/20	*Shoulder Girdle*
10A	10/27	*Elbow and Forearm*
12A	11/10	*Pelvic Girdle*
13A	11/17	*Knee*

Schedule for HHD 1011
University of Pittsburgh
Subject to change

Lecture	Date	Topics	Book	SB Assignments	Canvas Assignment
1A	8/25	Course Housekeeping Anatomy Introduction	1, 4	Anatomy SB 1	Directional Terms
	9/1	NO CLASS (Labor Day)			
2A *2B*		*Skeletal Intro* *Muscular Intro*	4, 6, 10,	Anatomy SB 2	Muscle and Bone Naming Worksheet
3A		*Nervous System*	14, 16		
3B	9/8	Head and Brain	7.1, 11.1, 15	Anatomy SB 3	Head Worksheet
	9/15	**Exam #1**			
5A		*Spinal Column and Thorax Skeletal*	7		
5B	9/22	Spinal Column and Thorax Muscles	11	Anatomy SB 5	Trunk Worksheet
6A		*Major Vessels*	21, 23		
6B	9/29	Heart	22	Anatomy SB 6	Heart Worksheet
7A		*Organ Systems*	20, 26, 27		
7B	10/6	Respiratory System	25	Anatomy SB 7	Lungs Worksheet
	10/13	**Exam #2**			
9A		*Shoulder Girdle*	8.1, 12.1		
9B	10/20	Shoulder	8.1, 12.1	Anatomy SB 9	Shoulder and Girdle Worksheet
10A		*Elbow and Forearm*	8.2, 12.1		
10B	10/27	Wrist and Hand	8.2, 12.1	Anatomy SB 10	Elbow, Wrist and Hand Worksheet

	11/3	**Exam #3**			
12A		*Pelvic Girdle*	8.3, 12.2		
12B	11/10	Hip	8.3, 12.2	Anatomy SB 12	Pelvis and Hip Worksheet
13A		*Knee*	8.4, 12.2		
13B	11/17	Ankle and Foot	8.4, 12.2	Anatomy SB 13	Ankle and Foot Worksheet
	11/24	NO CLASS (Thanksgiving)			
	12/1	**Exam #4**			
	12/8	NO CLASS			