



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 st Year
Bachelor of Health Science (Naturopathy)	128	Elective 3 rd Year
Bachelor of Health Science (Myotherapy)	96	Core 1 st 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 1 x 3 hour practical
(On Campus)

Full Time

Part Time

Pre-requisites: Nil

Co-requisites: BIOH111

Special Resource Requirements:

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

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 palpation of body structures using techniques common to 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	Session Content Delivered	Due	Weighting
Attendance (80% required)	N/A	N/A	Sessions 1-13	Pass/Fail
Clinical Relevance Assignment (400 words, each)	1, 3	1-9	Weeks 4, 9 & 11	30% (3 x 10%)
Mid-semester Practical Exam (30 minutes)	2, 4	1-5	Week 7	30%
Final Practical Exam (30 minutes)	1-4	6, 8-13	Practical Examination Period	40%

All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS

Prescribed Readings:

1. Biel, A. (2014). *Trail guide to the body: A hands on guide to locating muscles, bones and more.* (5th ed.). Books of Discovery.

Recommended Readings:

1. Biel, A. (2014). *Trail guide to the body: A hands on guide to locating muscles, bones and more.* Student workbook (5th ed.). Books of Discovery.
2. Muscolino, J. E. (2017). *Kinesiology: The skeletal system and muscle function* (3rd ed.). Mosby
3. Tortora, G. J., Derrickson, B., Burkett, B., Peoples, G., Dye, D., Cooke, J., & Mellifont, R. (2019). *Principles of anatomy and physiology* (2nd Asia-Pacific ed.). Wiley



Subject Content

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



12.	Muscular anatomy of the lower limb: pelvic girdle and thigh ● Palpation of muscles of the pelvic girdle and thigh to demonstrate location and actions
13.	Muscular anatomy of the lower limb: leg and foot Review
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 Examination Week 1 There is no final exam for this subject
17.	Final Examination Week 2 There is no final exam for this subject