

The Dimon Institute
Musculoskeletal Anatomy Lab
COURSE SYLLABUS

Instructor: Dr. Theodore Dimon, Ed.D

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Class schedule: Tues. & Thurs., 12:00-1:00PM ET

Class dates: September 14, 2020 through December 16, 2020

Course Description

This is an interactive course designed to supplement the Basic Musculoskeletal Anatomy curriculum. Students will apply their theoretical knowledge of musculoskeletal anatomy to a self-study of practical action. Students will be guided through simple practical explorations of musculoskeletal structure and function to reinforce the more theoretical content of the Basic Musculoskeletal Anatomy course. The purpose of this course is to help students assimilate the knowledge of functional musculoskeletal anatomy through embodied, experiential practice.

Student Learning Outcomes

The Musculoskeletal Anatomy Lab is designed to support the Student Learning Outcomes of the Basic Musculoskeletal Anatomy Course.

Upon completion of this course, students will be able to:

1. Apply their knowledge of anatomical planes, positions, and types of movement to describe human action
2. Identify the names of skeletal structures and bony landmarks
3. Identify the names of muscles within major anatomical systems (extensors, flexors, the spine, the shoulder girdle, the upper limb, the pelvic girdle, and the lower limb)
4. Discuss the location of muscles within the skeletal framework (their points of origin and insertion) and their functional role in upright posture and movement
5. Discuss the relationship between musculoskeletal structure and function
6. Identify the spiral muscles and describe their functional role in the human upright design
7. Apply their knowledge of anatomical structure and function to self-study and Alexander Technique teaching practice

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Learning & Teaching Activities

1. Live Online Class

Dr. Theodore Dimon will guide students through practical procedures to explore the structural and functional properties of the human musculoskeletal design and its psychophysical potentialities.

Each class is 60 minutes in duration: 50 minutes of guided practical exploration & 10 minutes for discussion and Q&A.

Course Schedule:

Week 1 Intensive Dates	Anatomy Course Topic	Lab Topic
Monday, 9/14	Introduction to Anatomy	Anatomical Landmarks (built into anatomy lecture)
Tuesday, 9/15	Anatomical Structures & Terminology	Types of muscle contraction: flexion/extension (built into anatomy lecture)
Wednesday, 9/16	The Skull & Jaw	The bones of the skull (built into anatomy lecture)
Thursday, 9/17	Muscles of the Face & Jaw	Exploring the actions of the facial muscles and movements of the jaw (built into anatomy lecture)

Week 2 Dates	Anatomy Course Topic	Lab Topic
Tuesday, 9/22	The Extrinsic Muscles of the Larynx	Exploring the movements of the larynx in swallowing and vocalizing
Thursday, 9/24	The Tongue & Palate	Exploring the movements of the tongue and soft palate

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Week 3 Dates	Anatomy Course Topic	Lab Topic
Tuesday, 9/29	Muscles of the Throat	What does the larynx do?
Thursday, 10/1	The Larynx	The intrinsic muscles of the larynx

Week 4 Dates	Anatomy Course Topic	Lab Topic
Tuesday, 10/6	The Spine, the Vertebrae, & the Ligaments of the Spine	Where is the atlanto-occipital joint? Movements of the head on the atlas
Thursday, 10/8	The Spine & Vertebrae, Continued...	Joints of the vertebrae and movements of the spine

DIMON INSTITUTE BREAK 10/9-10/18

NO CLASS

Week 5 Dates	Anatomy Course Topic	Lab Topic
Tuesday, 10/20	Muscles of the Back: Deep Layers & Sub-Occipital Muscles	Lengthening the spine and the deep muscles of the back
Thursday, 10/22	Muscles of the Back: Superficial Layers	Action of the trapezius and latissimus: widening the back

Week 6 Dates	Anatomy Course Topic	Lab Topic
Tuesday, 10/27	The Thorax & Muscles of Respiration	Movements of the ribs and diaphragm in breathing
Thursday, 10/29	Abdominal Region	Taking breath and the action of the diaphragm

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Week 7 Dates	Anatomy Course Topic	Lab Topic
Tuesday, 11/3	The Shoulder Girdle	Joints of the shoulder girdle
Thursday, 11/5	Muscles of the Shoulder Girdle	What does it mean to narrow and widen the shoulder girdle?

Week 8 Dates	Anatomy Course Topic	Lab Topic
Tuesday, 11/10	Muscles of the Arm & Shoulder	Muscles of the arm and rotator cuff
Thursday, 11/12	The Upper Limb	Movements of the forearm and the hand at the wrist

Week 9 Dates	Anatomy Course Topic	Lab Topic
Tuesday, 11/17	Muscles of the Forearm	Muscles moving the hand and fingers
Thursday, 11/19	Intrinsic Muscles of the Hand	Movements of the hand and thumb

DIMON INSTITUTE BREAK 11/20-11/29
NO CLASS

Week 10 Dates	Anatomy Course Topic	Lab Topic
Tuesday, 12/1	The Pelvis	Ischial Tuberosities (“sit bones”) and the caudal end of the spine
Thursday, 12/3	Muscles of the Pelvis & Hip	Exploring the action of the lateral rotators of the hip

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Week 11 Dates	Anatomy Course Topic	Lab Topic
Tuesday, 12/8	Muscles of the Thigh	What is knee direction?
Thursday, 12/10	The Knee, Lower Leg, & Ankle	How the ankle joints work and how we position the foot

Week 12 Dates	Anatomy Course Topic	Lab Topic
Tuesday, 12/15	Muscles of the Ankle & Foot	The actions and tendons of the muscles of the lower leg
Thursday, 12/17	Intrinsic Muscles of the Foot	Monkey position and the ankle