

SPX201 Functional Anatomy

School: School of Health - Sport and Exercise Science

2026 | Trimester 1

UniSC Sunshine Coast
UniSC Moreton Bay

**BLENDED
LEARNING**

Most of your course is on campus but you may be able to do some components of this course online.

Please go to unisc.edu.au for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

Functional Anatomy uses the basic structural knowledge provided in Human Anatomy to develop an understanding of the functional significance of the structures of the musculoskeletal system, within a movement setting (covering mechanical properties and functional characteristics). In addition to normal musculoskeletal anatomy and function across the lifespan, mechanisms of and adaptations to, common injuries, disease and rehabilitation are discussed.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Learning materials – Pre-prepared learning materials across a range of formats	1hr	Week 1	12 times
Tutorial/Workshop 1 – Discussion of learning materials	2hrs	Week 1	12 times
Laboratory 1 – Application of learning materials through practical tasks and activities	2hrs	Week 1	12 times

1.3. Course Topics

Mechanical properties of the musculo-skeletal system

Functional anatomy of the upper extremity (shoulder, elbow, and wrist)

Functional anatomy of the spine, trunk, pelvis, and hip

Functional Anatomy of the lower extremity (knee, ankle, and foot)

Introduction to typical walking gait, its development, and changes across the lifespan

2. What level is this course?

200 Level (Developing)

Building on and expanding the scope of introductory knowledge and skills, developing breadth or depth and applying knowledge and skills in a new context. May require pre-requisites where discipline specific introductory knowledge or skills is necessary. Normally, undertaken in the second or third full-time year of an undergraduate programs.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES	GRADUATE QUALITIES
On successful completion of this course, you should be able to...	Completing these tasks successfully will contribute to you becoming...
1 Describe human movement using the appropriate anatomical and biomechanical terms and concepts to allow effective communication with colleagues and fellow practitioners.	Knowledgeable
2 Explain how the basic mechanical properties of the structures of the musculoskeletal system relate to their different functional roles during human movement.	Empowered
3 Apply anatomical knowledge to explain the roles of, and relationships between, structures of the musculoskeletal system during human movement.	Knowledgeable
4 Interpret research relating to the functional anatomy of the musculoskeletal system during human movement and the impact of loading and exercise.	Creative and critical thinker
5 Summarise functional changes in the musculoskeletal system across the lifespan and in response to injury, illness, or impairment.	Empowered

5. Am I eligible to enrol in this course?

Refer to the [UniSC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

LFS122

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

5.4. Specific assumed prior knowledge and skills (where applicable)

Not applicable

5.5. Microcredential Information

Not applicable

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

The first of the study block quizzes will take place in week 4. Prior to each quiz, study questions with feedback will be provided to help you prepare for each quiz.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Quiz/zes	Individual	30%	35 minutes each	Throughout teaching period (refer to Format)	Online Test (Quiz)
All	2	Practical / Laboratory Skills	Individual	50%	Completed over the course of the trimester	Throughout teaching period (refer to Format)	Online Submission
All	3	Examination - Centrally Scheduled	Individual	20%	90 minutes	Exam Period	Online Test (Quiz)

All - Assessment Task 1: Quizzes

GOAL:	These quizzes will enable you to demonstrate your ability to identify the basic biomechanical properties of the structures of the musculoskeletal system, describe human movement, and identify the roles and explain relationships between structures of the musculoskeletal system during human movement.															
PRODUCT:	Quiz/zes															
AUTHORSHIP STATEMENT:																
FORMAT:	There will be five quizzes throughout the trimester. Each quiz will require a response to a combination of different question types. The content for each quiz will be sourced from any of the learning materials for the corresponding study block.															
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GENERIC SKILLS:	Communication, Problem solving, Organisation															

All - Assessment Task 2: Applied functional anatomy workbook

GOAL:	This task has been designed to enable you to develop your functional anatomy communication skills and apply functional anatomy knowledge to different scenarios. This workbook also enables you to demonstrate your competency of key professional skills and practices.																			
PRODUCT:	Practical / Laboratory Skills																			
AUTHORSHIP STATEMENT:																				
FORMAT:	The workbook will be able to be purchased from MAPS. The workbook contains tasks and activities that will require you to demonstrate practical skills, collect and interpret data, analyse human movement, discuss the effect of injury, illness and impairment on human movement and function, and answer questions related to material on each study block. Some tasks and activities may require you to work collaboratively with your peers. There will be on campus in person practical components to this assessment task.																			
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GENERIC SKILLS:	Communication, Collaboration, Problem solving, Organisation, Information literacy																			

All - Assessment Task 3: Examination

GOAL:	To assess your ability to apply the information that you have learnt throughout the course to real world practical scenarios																			
PRODUCT:	Examination - Centrally Scheduled																			
AUTHORSHIP STATEMENT:																				
FORMAT:	The structure may consist of a variety of different question types.																			
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GENERIC SKILLS:	Communication, Problem solving																			

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

You need regular access to the resource(s) below. Many texts are available as ebooks through the [Library](#) at no additional cost.

REQUIRED?	AUTHOR	YEAR	TITLE	EDITION	PUBLISHER
Recommended	Donald A. Neumann	2017	Kinesiology of the Musculoskeletal System	(3rd edition)	Elsevier
Recommended	Carol A. Oatis	2017	Kinesiology: the mechanics and pathomechanics of human movement	(3rd edition)	Wolters Kluwer

8.2. Specific requirements

It will be beneficial to have a USB memory stick / flash drive (at least 4GB) for this and future courses so you can compile the relevant learning materials. These can be purchased relatively cheaply (less than \$15 from most major outlets).

9. How are risks managed in this course?

Risk assessments have been performed for all studio and laboratory classes and a low level of health and safety risk exists. Some risk concerns may include equipment, instruments, and tools; as well as manual handling items within the laboratory. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

10.2. Assessment: Additional Requirements

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

- (a) The final mark is in the percentage range 47% to 49.4%; and
- (b) The course is graded using the Standard Grading scale

For Exercise Science and Exercise Physiology students, this course includes an assessment of a practical task deemed necessary to meet the Exercise and Sports Science Australia (ESSA) Professional Standards. Therefore, your attendance and participation in practical/laboratory classes is expected. Feedback will be provided to you during each of your classes and will provide you with support and guidance to become competent in the ESSA Professional Standards addressed in this course. For any work that is missed you will need to demonstrate to your course provider that you have covered the required material. This will usually take the form of a detailed summary and reflection of the directed study activities and practical skills for the missed class.

10.3. Assessment: Submission penalties

Late submissions may be penalised up to and including the following maximum percentage of the assessment task's identified value, with weekdays and weekends included in the calculation of days late:

- (a) One day: deduct 5%;
- (b) Two days: deduct 10%;
- (c) Three days: deduct 20%;
- (d) Four days: deduct 40%;
- (e) Five days: deduct 60%;
- (f) Six days: deduct 80%;
- (g) Seven days: A result of zero is awarded for the assessment task.

The following penalties will apply for a late submission for an online examination:

Less than 15 minutes: No penalty

From 15 minutes to 30 minutes: 20% penalty

More than 30 minutes: 100% penalty

10.4. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit <https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.5. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful.

The [Student Charter](#) sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

10.6. General Enquiries

For course-specific questions, contact your teaching staff or Course Coordinator.

For other enquiries or to access support, please contact Student Central:

- [UniSC Student Central](#)
- [UniSC Adelaide Student Central](#)