

Imaging the Body

Fall and Winter/2005-06

Faculty

Paul Przybylowicz
 Lisa Sweet
 James Stippich (core connector)

Office hours by appointment, email or speak with us.

przybylo@evergreen.edu Lab II rm 3271 867- 6476
 sweetl@evergreen.edu Seminar II rm 4106 867-6763
 stippicj@evergreen.edu Academic Advising 867-6916

Weekly Schedule

Monday	Tuesday	Wednesday	Thursday
<p>9 – 10 a.m. Lecture Lab II 2207</p> <p>10:30 - 3 p.m. Microscope Labs: Lab I 3046 or Group Check-ins: Paul: Lab II 3270 Lisa: TBA</p>	<p>9:00 a.m. – 12 p.m. Writing Workshops Seminar II with Lisa in E2107 with Paul in E2109</p>	<p>9 – 12 a.m. Lecture Seminar II E4115</p> <p>Seminars Seminar II E4115 or Seminar II C2105 (lounge)</p>	<p>9–11:00 or 11:30 – 1:30 Life Drawing Drawing Studio/Art Annex</p> <p>12:30 – 2:30 or 3:00 – 5 p.m. Experiential Anatomy Lab/Yoga CRC 116</p>

Book List [see *Week-by-Week* schedule below for assigned readings and seminar topics]

Trail Guide to the Body: How to Locate Muscles, Bones & More! by Andrew R. Biel, Robin Dorn (Illustrator)
 Spiral-bound: Publisher: Andrew R Biel; ISBN: 0965853411; 2nd rev edition (January 1, 2001)

Human Anatomy, by Martini, Timmons, Tallitsch; Pearson/Benjamin Cummings.
 2006. ISBN 0-8053-7210-5. packaged with *Anatomy 360* CD-ROM & *Clinical Issues in Anatomy*

Privilege, Power, and Difference (2nd edition!) by Allan G. Johnson;
 WCB/McGraw-Hill; ISBN: 0767422546

Woman: An Intimate Geography by Nathalie Angier;
 Houghton Mifflin Co; ISBN: 0395691303; (April 1, 1999) Paperback

The Adonis Complex by Harrison Pope, Katharine Phillips, Roberto Olivardia;
 Free Press. ISBN 068486911X

Drawing Materials for both quarters for life drawing:

- 18 x 24 inch tablet of newsprint
- 2 large 'bull clips' or binder clips (write your initials on these with permanent marker)
- compressed charcoal (a full box – Alpacolor brand *char-kole* is best. Do not buy cellophane wrapped sticks)
- vine charcoal (soft or medium, several sticks)
- soft cloth (chamois or flannel)
- hard eraser (pink or white)

Drawing materials for labs and outside assignments:

- graphite pencils (2H or 2B)
- a few colored pencils
- grey kneaded eraser
- smallish sketchbook dedicated to lab and drawing assignments (about 9 x 9 inches, unlined good drawing quality paper)

Other supplies

- calculator
- materials for anatomy model projects (details given with assignments)
- notebook/journal for nutrition/lifestyle project

Yoga gear:

- personal yoga mat is preferable, though mats and props will be available through Equipment Check Out at the Rec Center.
- Come with an empty or nearly empty stomach
- Attire: shorts or footless tights (no baggy leg coverings!) and a t-shirt or leotard. We will be exploring human anatomy by working through exercises in the *Trail Guide to the Body* which emphasizes a hands-on approach. Women should also wear an athletic top (like a jog bra) that will allow most of your torso to be exposed while remaining modest (review the assignment for each day to determine what parts of the body we will be examining).

Credit

The basis for awarding credit will be regular attendance and full participation in all program activities, and completion of all assignments and projects by the given deadlines. Any more than two absences during the quarter could affect credit and should be discussed with faculty. Each student is expected to be fully prepared and on time for each class, including thorough reading of seminar assignments and thoughtful responses during critique.

Incompletes will be considered only in cases such as serious personal or family illness when students have alerted the faculty to the problem with as much advance notice as possible.

The faculty will award 16-credit hours of credit each quarter to each student who successfully completes all of the academic work in this program.

Final Academic Portfolio Requirements – due week 10 unless otherwise noted

- **Self evaluation**
- **Faculty evaluation (submit with portfolio OR in faculty mail box OR to program secretary, Julie Douglass in Seminar II A2118a)**
- **Notes from seminars, lectures, and lab notes/drawings**
- **All versions of essays (KEEP your first submitted paper, revisions and your final paper with faculty comments, staple these together and submit in your final academic portfolio)**
- **All workshops, lab exercises, study questions and other assignments**
- **Portfolio of life drawing assignments (due in week 9)**

Mandatory Evaluation Conferences will be held on December 12, 13 and 14.

Experiential Anatomy: Bones and Muscles List

The following is a list of the bones and muscles that we will explore and palpate on ourselves and various partners throughout fall quarter. We expect that you will be able to locate these structures on yourself or on a partner by the end of the quarter. Please refer to the *Week-by-Week* schedule below for the weekly assignments.

Body Region	Bones & boney structures	Muscles	Structures/ Vocabulary
Spine & Torso	clavicle iliac crest ribs spinous process sternum transverse process vertebrae: cervical, thoracic, & lumbar	diaphragm erector spinae group spinalis, longissima, iliocostalis intercostals obliques: external, internal rectus abdominus quadratus lumborum	jugular notch kyphosis lordosis
Pelvis & thigh	acetabulum coccyx femur greater trochanter ilium ischium ishial tuberosity pubis sacrum	adductor group gluteus maximus, medius, minimus hamstrings: biceps femorus, semimembranosus, semitendinosus hip rotators: piriformis, quadratus femoris iliopsoas iliotibial tract quadriceps femoris group: rectus femoris, vastus lateralis, vastus medialis sartorius	femoral artery
Leg & knee	patella fibula tibia	gastrocnemius peroneus longus peroneus brevis plantaris soleus tibialis anterior tibialis posterior	anterior cruciate ligament bursae of the knee medial collateral ligament menisci of the knee
Shoulder & arm	clavicle scapula spine of scapula humerus olecranon process radius ulna	deltoid trapezius rhomboids latissimus dorsi pectoralis major rotator cuff muscles infraspinatus, supraspinatus subscapularis, teres minor biceps brachii triceps brachii brachialis brachioradialis extensor group flexor group	brachial artery bursae of the shoulder radial and ulnar arteries

Week-by-Week Schedule

Legend to reading assignments: **HA** = *Human Anatomy* by Martini, et al, **CIA** = *Clinical Issues in Anatomy*, by Martini, et al, **TGB** = *Trail Guide to the Body* by A. Biel

Week One

Readings/ Assignments	Monday 9/26	Tuesday 9/27	Wednesday 9/28	Thursday 9/29
Intro to Anatomy- HA : Ch.1 Cellular Anatomy- HA : Ch 2 TGB : Navigating the Body- p 1-47, do all the palpation exercises as homework prior to Thu Assigned: Lifestyle Awareness exercise	First Class Meeting 9 a.m. introduction to program 10:30 – 3 p.m. Lab Lecture and lab work	9:00 a.m. – 12 p.m. Meet in Sem II E 4115 Lecture/discussion <ul style="list-style-type: none"> dossiers share images/discussion comfort and safety discussion 	9 – 10:30 a.m. Lecture Break class into various groups Film & workshop: <i>Super Size Me</i> 10:30 – 12:00 Seminar <i>Privilege, Power and Difference</i>	Life Drawing Introduction to drawing from observation Experiential Anatomy Lab/Yoga Spine & Thorax- read p 173-181, 194-196 In class: w/ partner Trail #1 p 182, #2 p183-184, Erector Spinae group p 202-205

Week Two

Readings/ Assignments	Monday 10/3	Tuesday 10/4	Wednesday 10/5	Thursday 10/6
Connective Tissues- HA : Ch 3, p50, 62-77, 80 Surface Anatomy- HA : Ch 12 Vertebral Column & Thoracic Cage- HA : p156-168, 269-275 CIA - p15-20, 42-43 TGB : read p 198-201, 213-221. Reading on Diet from Utne reader (see class website) Assigned: Lifestyle/Nutrition project Spine Model	9 – 10:30 a.m. Lecture 10:30 – 3 p.m. SS group check-ins	9 – 12 p.m. Writing Workshops	9 – 10:30 a.m. Lecture 10:30 – 12:00 Seminar <i>Power, Privilege and Difference</i>	Life Drawing torso, spine, rib cage Experiential Anatomy Lab/Yoga TGB : on self Trail #5 & #6 p 190-191 only, w/ partner #4 p 188 only, do exercises for muscles on p 214, 218, 220-221.

Week Three

Readings/ Assignments	Monday 10/10	Tuesday 10/11	Wednesday 10/12	Thursday 10/13
Articulations- HA : p205-213 Pectoral Girdle- HA : p186-193, 283-286 Shoulder Joint- HA : p217-219 Intervertebral Articulations- HA : p214-216 CIA : Ch 11 TGB : read p 56-58, 69-83 Due: Diet summary and menu	9 – 10:30 a.m. Lecture 10:30 – 3 p.m. Lab	9 – 12 p.m. Writing Workshops	9 – 10:30 a.m. Film: <i>Pumping Iron II</i> 10:30 – 12:00 Seminar <i>Pumping Iron II</i>	Life Drawing torso: scapula, clavicle Experiential Anatomy Lab/Yoga TGB : w/ partner- Trail #1 p 60-62, #3 p 65-66, do exercises for muscles on p 75-78, 80, 97-99

Week Four

Readings/ Assignments	Monday 10/17	Tuesday 10/18	Wednesday 10/19	Thursday 10/20
Pelvic Girdle- HA : p186-193, 298-304 The Hip Joint- HA : p223-225 TGB : read p 274-281 Due : Spine model	9 – 10:30 a.m. Lecture 10:30 – 3 p.m. SS group check-ins	9 – 12 p.m. Writing Workshops	9 – 10:30 a.m. Spine model critique 10:30 – 12:00 Seminar <i>Woman</i> Chapters 1 – 9	Life Drawing torso and pelvis Experiential Anatomy Lab/Yoga TGB : on self Trail #1 p 283 w/ partner: Trail #3 p 288-289, do exercises for muscles on p 311- 312, 324, 326-329

Week Five

Readings/ Assignments	Monday 10/24	Tuesday 10/25	Wednesday 10/26	Thursday 10/27
Thighs- HA : p193-195, 298-304 The Knee Joint- HA : p225-227 CIA : Ch 8 TGB : read p 294-320 <i>Five Sexes</i> article (see class website)	9 – 10:30 a.m. Lecture 10:30 – 3 p.m. Lab	9 – 12 p.m. Writing Workshops	9 – 10:30 a.m. Lecture <i>David Suzuki film</i> 10:30 – 12:00 Seminar <i>Woman</i> Ch. 10 – 19	Life Drawing Legs: thighs and calves Experiential Anatomy Lab/Yoga TGB : w/ partner: Trail #4 p 290, do exercises for muscles on p 302- 308, IT tract on p 319, p 320

Week Six

Readings/ Assignments	Monday 10/31	Tuesday 11/1	Wednesday 11/2	Thursday 11/3
Lower Leg- HA : p196- 198, 305-309 Ankle Joint- HA : p228-229 TGB : read p 340-342, 360-373 Assign : Joint model	9 – 10:30 a.m. Lecture 10:30 – 3 p.m. SS group check-ins	9 – 12 p.m. Writing Workshops	9 – 10:30 a.m. Midterm Exam 10:30 – 12:00 Seminar <i>This American Life:</i> <i>Testosterone</i> (access link on program website or recording on reserve in SAIL)	Faculty Retreat Life Drawing Legs: thighs and calves Experiential Anatomy Lab/Yoga TGB : w/ partner: Trail #1 p 344-345, Trail #1 p 351, do exercises for muscles on p 365-367, p 369-370

Week Seven

Readings/ Assignments	Monday 11/7	Tuesday 11/8	Wednesday 11/9	Thursday 11/10
Upper Arm- HA : p177-179, 287-288 Elbow Joint- HA : p219-220 CIA : Ch 9 TGB : read p 97-106 Due : Lifestyle/Nutrition paper	9 – 10:30 a.m. Lecture 10:30 – 3 p.m. Lab	9 – 12 p.m. Writing Workshops	9 – 10:30 a.m. Lecture 10:30 – 12:00 Seminar <i>The Adonis Complex</i>	Life Drawing Arms (upper) Experiential Anatomy Lab/Yoga Anusara Yoga workshop w/ Charly Pivert

Week Eight

Readings/ Assignments	Monday 11/14	Tuesday 11/15	Wednesday 11/16	Thursday 11/17
Lower Arm- HA : p180-182, 289-294 Skeletal Variations- HA : p200-201 TGB : read p 117- 121, 135-143, 148- 149	9 – 10:30 a.m. Lecture 10:30 – 3 p.m. SS group check- ins	9 – 12 p.m. Writing Workshops	9 – 10:30 a.m. Films: <i>Tough Guys</i> and <i>Killing Me Softly</i> 10:30 – 12:00 Seminar <i>Tough Guys</i> and <i>Killing Me Softly</i>	Life Drawing Arms (lower) Experiential Anatomy Lab/Yoga TGB : w/ partner: Trail #3 p 67, do exercises for muscles on p 103-106

November 21 – 25 Thanksgiving Break

Week Nine

Readings/ Assignments	Monday 11/28	Tuesday 11/29	Wednesday 11/30	Thursday 12/1
No Anatomy Readings/Review for Final Exam Due : Wed- Joint Model Thur- Drawing portfolio	9 – 10:30 a.m. Lecture 10:30 – 3 p.m. Lab	9 – 12 p.m. Writing Workshops	9 – noon. Joint model critique	Life Drawing Long Drawings Experiential Anatomy Lab/Yoga TGB : w/ partner: Trail #1 p 122 only, #2 p124, #3 p 125 only, do exercises for muscles on p 140-141, extensor group only p 145, flexor group only p 151

Week Ten

Readings/ Assignments	Monday 12/5	Tuesday 12/6	Wednesday 12/7	Thursday 12/8
	10 a.m. – 3 p.m. Final Exam	9 – 12 p.m. Writing Workshops	9 – 11 a.m. Final Exam returned and reviewed	Life Drawing Experiential Anatomy Lab/Yoga