

POTH 434 MUSCULOSKELETAL BIOMECHANICS

Credits: 3

Prerequisites: POTH 225 (Introduction to Biomechanics)

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Course Description: This is a lecture-based course, primarily covering the biomechanical properties of musculoskeletal tissues, the mechanical factors involved in their injury, and their potential for adaptation and recovery. Some fundamental principles of motion will also be reviewed, with the aim of integrating the biomechanics of motion with the properties of the biological tissues involved. The students will learn how these principles relate to traumatic and chronic injury, and begin to incorporate them into scientifically based clinical evaluations and treatments. Students are expected to have a firm understanding of the topics covered in the prerequisite course POTH 225 (Introduction to Biomechanics: Rehabilitation Sciences), as the much of the content of POTH 434 will expand on this previous material.

Course Structure: The course will take place over two (2) 1.5-hour sessions each week, for 13 weeks. The course will be primarily lecture-based, with any additional instructional methods and approaches to be announced.

Optional Tutorial: An optional 1.5-hour tutorial, given by the course instructor, will be held once a week, unless otherwise posted.

Student Learning Objectives: Over the duration of the course, the student will acquire knowledge related to the biomechanics of the musculoskeletal system that can be applied and translated to practice. This course will cover essential competencies and milestones related to the domains of Scholarship and Communication.

Upon completion of this course, the student will be able to:

Learning objectives	Milestones
1. Describe, compare and contrast the fundamental biomechanical properties of various musculoskeletal tissues.	2.3.2, 6.1.1
2. Compare and contrast the mechanisms through which various musculoskeletal tissues become injured, recover, and adapt to specific loading conditions.	2.3.2, 6.1.1
3. Integrate the fundamental biomechanical properties of musculoskeletal tissues and musculoskeletal clinical conditions with prior knowledge of anatomy, physiology, physics and mathematics.	2.3.2, 6.1.1, 6.1.3
4. Describe the potential effects of exercise interventions, as well as other therapeutic techniques, on the health and biomechanical properties of various musculoskeletal tissues.	2.3.2, 6.1.1
5. Apply the requirements for functional movement with the biomechanical properties of the musculoskeletal system.	2.3.2, 6.1.1
6. Apply each of these concepts into their analysis and critique of the current scientific and clinical literature.	6.1.1, 6.2.4
7. Produce clear, written work that effectively communicates an understanding of the biomechanical properties of musculoskeletal tissues of the human body.	2.2.1, 2.3.2, 6.1.1

Specific learning objectives will be outlined for each section.

Course Content:

Tissue Mechanics

- Connective Tissue Ultrastructure
- Bone
- Ligaments
- Articular Cartilage
- Joints

- Fibrocartilage
- Menisci of the Knee
- Intervertebral Disc
- Peripheral Nerves
- Tendon
- Skeletal Muscle
- Joint Stability
- Dynamic Stability
- Coordinated Movement

Course Materials:

Handouts: The instructor’s PowerPoint presentation notes, and supplementary materials, will be available through MyCourses during the semester.

Textbook: No required text.

Additional Readings: References will be suggested for each topic, which the students may use as readings to supplement the lecture material.

Copyright of course materials: Instructor generated course materials (e.g., handouts, notes, summaries, exam questions, etc.) are protected by law and may not be copied or distributed in any form or in any medium without explicit permission of the instructor. Note that infringements of copyright can be subject to follow up by the University under the Code of Student Conduct and Disciplinary Procedures.

Student Assignment and Evaluation:

Assignment/Evaluation	Value	Due Date	Milestones Assessed
Exam 1	25%	TBD	2.2.1, 2.2.2, 2.3.2, 2.3.3, 6.1.1
Exam 2	25%	TBD	
Final Exam	50%	TBD	

*Participation graded by polling will be delayed until the end of the add/drop period.

***The content and/or evaluation scheme in this course is subject to change.**

Special Requirements for Course Completion and Program Continuation:

In order to pass the course, a grade of at least C+ (60%) must be obtained as a total course mark. Please refer to the rules and regulation for information regarding final and supplemental examinations. This course falls under the regulations concerning theoretical and practical evaluation as well as individual and group evaluation. Please refer to the section on marks in the Rules and Regulations for Student Evaluation and Promotion.

Attendance: Students are expected to attend all lectures. Attendance for tutorials is optional.

Plagiarism/Academic Integrity: McGill University and the Faculty of Medicine value academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the [McGill University Code of Student Conduct and Disciplinary Procedures](#) and the [Faculty of Medicine Code of Conduct](#).

L'université McGill attache une haute importance à l'honnêteté académique. Il incombe par conséquent à tous les étudiants de comprendre ce que l'on entend par tricherie, plagiat et autres infractions académiques, ainsi que les conséquences que peuvent avoir de telles actions, selon le [Code de conduite de l'étudiant et des procédures disciplinaires](#).

Right to submit in English or French written work that is to be graded: In accord with McGill University's Charter of Students' Rights, students in this course have the right to submit in English or in French any written work that is to be graded.

"Conformément à la Charte des droits de l'étudiant de l'Université McGill, chaque étudiant a le droit de soumettre en français ou en anglais tout travail écrit devant être noté (sauf dans le cas des cours dont l'un des objets est la maîtrise d'une langue)."

Consequences of Not Completing Assignments as Requested: An individual who does not complete a required assignment and does not have a university recognized reason for deferral would receive a 0 in that portion of the evaluation.

Dress Code: Students are expected to demonstrate professional behaviour and wear appropriate attire at all times, in accordance with clinical sites specific regulations.

Technology in Class: Your respectful attentive presence is expected, therefore while you are permitted to use your laptop in class, it is understood that you will not be using your laptop or cell phone for social purposes during class time (e.g. email, msn, sms, social media). Your cell phone should be on silent during class time and phone calls should only take place during the break or after class.

Disability: If you have a disability please contact the instructor to arrange a time to discuss your situation. It would be helpful if you contact the [Office for Students with Disabilities](#) at 514-398-6009 before you do this.

Course evaluations: End-of-course evaluations are one of the ways that McGill works towards maintaining and improving the quality of courses and the student's learning experience. You will be notified by e-mail when the evaluations are available. Please note that a minimum number of responses must be received for results to be available to students.

Additional policies governing academic issues which affect students can be found in the [Academic Rights and Responsibilities](#)

In the event of extraordinary circumstances beyond the University's control, the content and/or evaluation scheme in this course is subject to change.