

Resource List

Online Courses: Anatomy and Physiology

University of Athabasca
Biology (BIOL) 235 - Human Anatomy and Physiology (6 credits)
<http://www.athabascau.ca/html/syllabi/biol/biol235.htm>

University of Guelph
Concepts in Human Physiology – BIOM – 2000DE (0.5 credits)
Summer (<http://www.open.uoguelph.ca/offering/offering.aspx?id=2847>)
Fall (<http://www.open.uoguelph.ca/offering/offering.aspx?id=2937>)
Winter (<http://www.open.uoguelph.ca/offering/offering.aspx?hold=y&id=2720>)

Dalhousie University
Basic Human Anatomy – ANAT: 1010.03 Section 02
Human Physiology – PHYL 1000X/Y.06
(<http://distanceeducation.dal.ca/courses.html>)

Anatomy and Physiology 101
http://www.universalclass.com/i/crn/30444.htm?qclid=CJzh_3N2pYCFRjexwodtm4WxQhttp://www.rapidlearningcenter.com/biology/anatomy-physiology/anatomy-physiology.html

Online quiz

University of Michigan Medical School
http://www.med.umich.edu/lrc/coursepages/m1/anatomy2010/html/courseinfo/mich_quiz_index.html

***Readings: Review of material from any one of the textbooks listed below is adequate**

(The textbooks are available at the McGill Life Science Library; they are also available on amazon for purchase as paperback versions or electronic versions. They can also be ordered at the McGill bookstore. Other editions of the textbooks may be suitable but the reference pages will most likely be different from one edition to another.)

- **Trail Guide to the Body, a hands-on guide to locating muscles, bones and more. Andrew Biel. Books of discovery.**
 - <https://www.amazon.com/Trail-Guide-Body-Andrew-Biel/dp/0982663404>
 - **Workbook:** https://www.amazon.com/Trail-Guide-Body-Workbook-Andrew/dp/0982978669/ref=pd_lpo_sbs_14_img_1?encoding=UTF8&psc=1&refRID=87K7Q36PHTKVK1A385VN&dpID=51%252Bu1%252BDkFfL&preST= SX218_BO1_204,203,200 QL40 &dpSrc=detail

- **Clinically Oriented Anatomy, 6th edition (2010) by Keith L Moore, Arthur F Dalley & Anne MR Agur, Lippincott, Williams & Wilkins**
http://mcgill.worldcat.org/title/clinically-oriented-natomy/oclc/813301028&referer=brief_results
 - **Upper limb**
 - Bones of the upper limbs p 673-680
 - The bottom line p 687-688
 - Pectoral & Scapular regions p 697-707
 - The bottom line p 713

Resource List

- The axilla p 713-719 (artery & vein)
- The brachial plexus p 721-726
- The bottom line p 730-731
- Arm p 731-739
- The bottom line p 744
- Forearm p 744-764
- The bottom line p 770-771
- Hand p 771-786
- The bottom line p 792-793
- Joints of the upper limb p 793-813
- The bottom line p 819

Back & abdomen

- Overview of back and vertebral column p 440
- Vertebrae p 440-449 & 450-452 (exclude the surface anatomy sections)
- Joints of the vertebral bodies p 464-465 (up until the uncovertebral joints)
- Joints of the vertebral arches p 466
- Erector spinae p 486
- Multifidus p 489
- Muscles of the anterolateral abdominal wall p 187-193

Lower limb

- Bones of the lower limb p 512-524
- The bottom line p 531-532
- Anterior and medial regions of thigh p 545-556
- The bottom line p 562
- Gluteal and posterior thigh regions p 562-575 (up to nerve to quadratus femoris)
- The bottom line p 583
- Popliteal fossa and leg p 584-603
- The bottom line p 608-609
- Foot p 609-620 (up to venous drainage of the foot)
- The bottom line p 626
- Joint capsule of the hip joint p 630
- Knee joint p 634-642
- Tibiofibular joint p 645-647
- Ankle joints p 647-649
- Major ligaments of the foot p 654
- The bottom line p 669

- **Gray's anatomy for students 2nd edition (2010) by Richard L Drake, A Wayne Vogl & Adam WM Mitchell, Churchill Livingstone**

http://mcgill.worldcat.org/title/grays-anatomy-for-students/oclc/871067794&referer=brief_results

Upper limb

- Shoulder p 665-678
- Posterior scapular region p 678-680, p 682 (nerves)
- Axilla p 684-697 (up to lateral thoracic artery)
- Brachial plexus p 700-709
- Arm p 710-723
- Elbow joint p 724-726
- Cubital fossa p 729-730
- Forearm p 731-751
- Hand p 751-774

Back & abdomen

Resource List

- Skeletal framework p 67-75
- Joints p 79-80
- Latissimus dorsi p 90
- Erector spinae p 95-97
- Multifidus p 97-99
- Anterolateral muscles of abdominal wall p 272-277

Lower limb

- Regional anatomy p 526-542 (up to veins)
- Deep fascia of the saphenous opening & femoral triangle p 544-547
- Gluteal region p 547-553
- Thigh p 555-569 (up to deep artery of the thigh)
- Nerves p 573-575
- Knee joint p 575-579
- Tibiofibular joint p 584
- Popliteal fossa p 584-585
- Leg p 585-599
- Foot p 600-612, 615-627

- **Clinical anatomy by regions 9th edition (2012) by Richard S Snell, Lippincott, Williams & Wilkins**

http://mcgill.worldcat.org/title/clinical-anatomy-by-regions/oclc/726074702&referer=brief_results

Upper limb

- Bones of the shoulder girdle and arm p 337-343
- Axilla p 343-356
- Nerves p 359-361
- Arterial anastomosis around the shoulder joint p 361
- Sternoclavicular joint p 362
- Acromioclavicular joint p 362-364
- Shoulder joint p 364
- The cubital fossa p 378
- Bones of the forearm and hand p 378-380
- Fascial compartment of the forearm p 382-394
- The region of the wrist p 394-397
- The palm of the hand p 397-405
- The dorsum of the hand p 405-406
- Joints of the upper limb p 406-412

Back and abdomen

- Basic anatomy of the back p 683-687 (up to joints of the vertebral column), p 689 (starting at Joints of the vertebral column below the axis)-690 (up to nerve supply of the vertebral joints)
- Muscles of the back p 693-695
- Muscles of the anterior abdominal wall p 115-120 & 124

Lower limb

- Basic anatomy p 436-448 (up to nerve to quadratus femoris)
- Deep fascia of the thigh p 455
- Contents of the anterior fascial compartment of the thigh p 455-463
- Contents of the medial fascial compartment of the thigh, p 463-465
- The back of the thigh p 465-467
- Hip joint p 467 (up to synovial membrane)
- Bones of the leg & foot p 470-475
- Popliteal fossa, popliteus muscle and popliteal artery p 476-477

Resource List

- Tibial nerve and common peroneal nerve p 479
- The front of the leg p 481-486
- The back of the leg p 487-490
- The region of the ankle p 490
- The foot p 490-500
- Joints of the lower limb p 500-508

***Make sure that you review the location of the structures provided in the anatomy structure list of structures (also make sure that you review origin, insertion, innervations & muscles actions of all the muscles included on the list).**

Resource List

Other interesting resources that you can consult:

- Basic Anatomy Terminology at Teach Me Anatomy:
 - Terms of location: <http://teachmeanatomy.info/the-basics/anatomical-terminology/terms-of-location/>
 - Terms of movement: <http://teachmeanatomy.info/the-basics/anatomical-terminology/terms-of-movement/>
- Essential Anatomy” - Author Anne M. Gilroy, Publishing company is Thieme
 - https://www.amazon.com/Anatomy-Essential-Textbook-Illustrated-Reviews/dp/1626234396/ref=sr_1_1?s=books&ie=UTF8&qid=1497991982&sr=1-1&keywords=Essential+Anatomy+Anne+M.+Gilroy
- Atlas of Anatomy Author Anne M. Gilroy
<https://mcgill.worldcat.org/title/atlas-of-anatomy/oclc/774950632?referer=br&ht=edition>
(1 paper copy of the 2nd edition available on regular loan at the McGill Schulich Science & Engineering Library)
- Atlas of human anatomy 5th edition (2010) by Frank H Netter, Saunders (available as paperback or electronic version on the web or at the McGill bookstore)
- Netter's Anatomy Flash Cards 3rd edition (2010), Saunders (available as paper or electronic flash cards on the web or at the McGill bookstore)
- Primal pictures interactive anatomy
 - Link available to students registered at McGill University at the following website:
http://mcgill.worldcat.org/title/anatomy-tv/oclc/722890793&referer=brief_results
- The Hosford Muscle Tables: Skeletal Muscles of the Human Body
 - Link available at the following website:
<https://www.ptcentral.com/muscles> -- gives access to 1 part of the tables. 3\$ to view all the tables
- DVD atlas of human anatomy (2004) by Garrett H Riggs & Robert D Acland, DVD 1 on upper extremity and DVD 2 on lower extremity (they also have other 4 other anatomy DVDs on other structures of the body if you are interested)
--Available at the McGill Life Science Library for 3-hour reserve loan
- Human Anatomy Online (please note that to find the muscles, you should select “Summary Terms” in each Laboratory section)
 - <http://ect.downstate.edu/courseware/haonline/index.htm>
 - <http://ect.downstate.edu/courseware/haonline/toc.htm>
- PLASTINATION at the Medical University of Vienna
 - <http://www.univie.ac.at/anatomie2/plastination.html>
- Muscles of the Human Body
 - http://homepage.smc.edu/wissmann_paul/musclepics/
- Superficial Muscles Tutorial
 - <http://www.gwc.maricopa.edu/class/bio201/muscle/mustut.htm>
- Muscle Atlas
 - <http://www.rad.washington.edu/academics/academic-sections/msk/muscle-atlas/>

Resource List

- HYPERMUSCLE: MUSCLES IN ACTION (good for beginners)
 - <http://www.med.umich.edu/lrc/Hypermuscle/>
- DVD Pack for Anatomy reserved at the Life Sciences Library (available to McGill Students)
- DVD atlas of human anatomy [videorecording] / Robert D. Acland 2004
- DVD 1. The upper extremity, DVD 2. The lower extremity, DVD 3. The trunk, DVD 4. The head and neck, pt. 1, DVD 5. The head and neck, pt. 2, DVD 6. The internal organs.
- French – Human Anatomy
 - <http://www.anatomie-humaine.com/>
 - <http://www.i-anatomie.com/>
- Anatomy apps
 - 3D4 medical apps: Essential anatomy apps, Body systems apps, Body regions apps. Look at the following link for more information (apps tab): <http://www.3d4medical.com/> Available on the apps store (for ipads or iphone)
 - Kines flash by Davis mobile (Kinesiology flash cards) available for iphone, ipad and android devices
- Anatomy and Physiology
 - Anatomy and Physiology I - Power Point Presentations → with explanations under each slide.
<http://ousearch.omniupdate.com/taxis/search/?pr=occc&sufs=2&query=anatomy+1>
 - Anatomy and Physiology II - Power Point Presentations → with explanations under each slide.
<http://ousearch.omniupdate.com/taxis/search/?pr=occc&sufs=2&query=anatomy>

For the following Podcast, you can download iTunes from <http://www.apple.com/itunes/>

- Introduction to human Anatomy and Physiology (podcasts) → Online Videos
<http://phobos.apple.com/WebObjects/MZStore.woa/wa/viewPodcast?id=266074836>
- Medical Physiology And Pathophysiology:
 - Essentials and clinical problems
<http://www.zuniv.net/physiology/book/content.htm>