



# Musculoskeletal Anatomy

*Discovering How We Move*  
2025–2026



**INSTRUCTOR:** Julie Karyshyn

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**AGE RANGE:** 13–19 years old

**CLASS TIME:** 1:30 PM.

## COURSE DESCRIPTION

Explore the incredible design of the human body in this hands-on anatomy class focused on bones, muscles, and movement. Students will learn how the musculoskeletal system works together to support and power every motion. They'll get a closer look at structure and function through creative activities like sculpting anatomical models. Celebrate the wonder of how we're wonderfully made. "For in him we live and move and have our being." As some of your own poets have said, "We are his offspring." Acts 17:28

## COURSE OBJECTIVES

1. Understand the structure and function of the skeletal system
2. Understand the structure and function of the muscular system
3. Learn the location of different muscles and how they create different movements

## EXPECTATIONS AND ACCOMMODATIONS

To receive maximum benefit from this course, each student is expected to attend class regularly and consistently, along with completing homework assignments that are assigned each week. Each student is expected to arrive on time, ready to learn, and prepared to participate fully.

## REQUIRED MATERIALS

Students should bring their own single-subject notebook, writing utensils, and anatomy coloring book (provided first day of class). It is optional if the student would like to bring tools for shaping clay to use with the skeleton models they will work on during class.

## COURSE TIMELINE

**Fall Semester**



### **9/5 Week 1: Skeletal System Overview**

*Objective:* Introduce the full skeletal system and its purpose

*What Student should bring:* Notebook and writing utensils

*Activity:* Put together paper skeleton

### **9/12 Week 2: Joints and Muscle System Overview**

*Objective:* Introduce the different types of joints of the skeletal system and an overview of the purpose of the muscular system

*What Student should bring:* Notebook and writing utensils

*Activity:* Set up skeletal models to be used each class going forward

### **9/19 Week 3: Bones and Muscles of the Head**

*Objective:* Learning about the different parts of the skull and the primary muscles used for eating

*What Student should bring:* Notebook, writing utensils, clay tools (optional)

*Activity:* Clay on skeleton model

### **9/26 Week 4: Muscles of Facial Expression**

*Objective:* Learning about the different muscles used to make facial expressions

*What Student should bring:* Notebook, writing utensils, clay tools (optional)

*Activity:* Clay on skeleton

### **10/3 Week 5: Muscles of the Neck**

*Objective:* Learning about the primary muscles of the neck that control movement of the head

*What Student should bring:* Notebook, writing utensils, clay tools (optional)

*Activity:* Clay on skeleton

### **10/17 Week 6: Shoulder**

*Objective:* Learning about the primary muscles that keep the arm attached to the body

*What Student should bring:* Notebook, writing utensils, clay tools (optional)

*Activity:* Clay on skeleton



### **10/24 Week 7: Upper Arm**

*Objective:* Learning about the primary muscles of the upper arm and what movement they create

*What Student should bring:* Notebook, writing utensils, clay tools (optional)

*Activity:* Clay on skeleton

### **10/31 Week 8: Lower Arm**

*Objective:* Primary muscles of the lower arm and how they are connected to the hand

*What Student should bring:* Notebook, writing utensils, clay tools (optional)

*Activity:* Clay on skeleton

### **11/7 Week 9: Hand**

*Objective:* Main muscles of the hand and thumb that help us do our everyday tasks

*What Student should bring:* Notebook, writing utensils, clay tools (optional)

*Activity:* Clay on skeleton

### **11/14 Week 10: Work on final project/Test**

*Objective:* Test on parts of the skeleton and some of the primary muscles

*What Student should bring:* Notebook, writing utensils, and chosen movement for final project

*Activity:* Work on final project- identifying muscles used in a chosen movement

### **11/21 Week 11: Final Project Presentations (Half Class)**

*Objective:* Students demonstrate their understanding

*What Student should bring:* Presentation materials

*Activity:* Half of the class presents their chosen movement and muscles involved (demonstrates the movement, and lists the muscles)

### **12/5 Week 12: Final Project Present (Rest of Class)**

*Objective:* Students demonstrate their understanding

*What Student should bring:* Presentation materials

*Activity:* Rest of the class presents their final projects



## **Spring Semester**

### **1/16 Week 1: Skeletal System and Muscle System Review**

*Objective:* Review the two body systems

*What Student should bring:* notebook and writing utensils

*Activity:* Paper skeleton labeling

### **1/23 Week 2: Bones and Muscles of the Chest**

*Objective:* Learning the main bones and muscles of the chest

*What Student should bring:* Notebook, writing utensils, clay tools (optional)

*Activity:* Clay on skeleton

### **1/30 Week 3: Abdomen**

*Objective:* Covering the main muscles of the abdomen

*What Student should bring:* Notebook, writing utensils, clay tools if they would like

*Activity:* Clay on skeleton

### **2/6 Week 4: Deep Muscles of the Back**

*Objective:* Cover the deep muscles of the back

*What Student should bring:* Notebook, writing utensils, clay tools if they would like

*Activity:* Clay on skeleton

### **2/13 Week 5: Superficial Muscles of the Back**

*Objective:* Covering the larger muscles of the back

*What Student should bring:* Notebook, writing utensils, clay tools if they would like

*Activity:* Clay on skeleton

### **2/20 Week 6: Bones and Muscles of the Hip**

*Objective:* Cover the bones and muscles of the hip

*What Student should bring:* Notebook, writing utensils, clay tools if they would like

*Activity:* Clay on skeleton



### **2/27 Week 7 : Bones and Muscles of the Upper Leg**

*Objective:* Cover the bones and muscles of the upper leg

*What Student should bring:* Notebook, writing utensils, clay tools (optional)

*Activity:* Clay on skeleton

### **3/13 Week 8: Lower leg**

*Objective:* Covering the bones and muscles of the lower leg

*What Student should bring:* Notebook, writing utensils, clay tools (optional)

*Activity:* Clay on skeleton

### **3/20 Week 9 : Muscles of the Foot**

*Objective:* Cover the bones and muscles of the foot

*What Student should bring:* Notebook, writing utensils, clay tools (optional)

*Activity:* Clay on skeleton

### **3/27 Week 10: Test and Final Project Work**

*Objective:* Students demonstrate their understanding through a test and start work on final projects

*What Student should bring:* Notebook, writing utensils, presentation ideas

*Activity:* Test, picking movements to present

### **4/10 Week 11: First Half Presents**

*Objective:* Students demonstrate their understanding

*What Student should bring:* Presentation materials

*Activity:* Half the class presents their final projects

### **4/24 Week 12: Second Half Presents**

*Objective:* Students demonstrate their understanding

*What Student should bring:* Presentation materials

*Activity:* Rest of the class presents their final projects