

**The Dimon Institute**  
**Basic Musculoskeletal Anatomy**  
**COURSE SYLLABUS**

**Instructor: Dr. Theodore Dimon, Ed.D**

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**Class schedule: Mon. and Wed, 12:00-1:00PM ET**

**Class dates: September 14, 2020 through December 16, 2020**

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**Course Description**

Basic musculoskeletal anatomy is presented as a way of introducing students to traditional anatomy—the location of bones, muscles, joints, and related structures. Familiarity with basic anatomy helps the student develop professional confidence; provides the student with a vocabulary that makes it possible to communicate with other professionals; and most importantly, provides the groundwork for acquiring further knowledge and skills.

Musculoskeletal anatomy includes: bones; origins and attachments of muscles and related actions; joints, major ligaments, and actions at joints; discussion of major functional structures such as the pelvis, shoulder girdle, ankle, and hand; terminology and etymology of anatomical terms; major landmarks and human topography; and structures relating to breathing and vocalization.

Anatomy will also be presented from a functional perspective—that is, how we are designed to move and function. Understanding our anatomical design provides unique insight into the body and how it works. The lectures are specifically designed to present functional anatomy from the practical perspective of learning to increase one's awareness and control, as well as to acquire the knowledge necessary to teaching professionally. The course covers basic comparative anatomy of the human upright design, major anatomical systems such as the extensors, the flexors, the spine, the shoulder girdle and upper limb, the pelvic girdle and lower limb, the spiral musculature, and breathing and voice.

**Student Learning Outcomes**

Upon completion of this course, students will be able to:

1. Apply their knowledge of anatomical planes, positions, and types of movement to describe human action
2. Identify the names of skeletal structures and bony landmarks

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3. Identify the names of muscles within major anatomical systems (extensors, flexors, the spine, the shoulder girdle, the upper limb, the pelvic girdle, and the lower limb)
4. Discuss the location of muscles within the skeletal framework (their points of origin and insertion) and their functional role in upright posture and movement
5. Discuss the relationship between musculoskeletal structure and function
6. Identify the spiral muscles and describe their functional role in the human upright design
7. Apply their knowledge of anatomical structure and function to self-study and Alexander Technique teaching practice

**Learning & Teaching Activities**

**1. Online Lectures**

Dr. Theodore Dimon will present content through a series of 26 live online lectures, 60 minutes in duration. The last fifteen minutes of each lecture will be dedicated to Q & A. Lectures will be recorded and made available to all students for review. Consistent attendance at the live lectures is highly recommended and required for the receipt of an official certificate of completion.

**2. Student Discussion Groups (Optional)**

Enrolled students will be randomly assigned to a remote discussion group facilitated by one of Dr. Dimon's teaching assistants. Discussion groups will meet on Zoom from 11:30-11:50 on Mondays and Wednesdays before each lecture. Participating students will co-create an interactive space for inquiry and discussion in response to course readings, former lectures, quizzes, and even elements of practice.

**3. Topical Course Readings**

Course topics will include basic musculoskeletal anatomy, functional anatomy, description of muscle systems, and general readings on particular functions. The reading will include the following works:

1. *Anatomy of the Moving Body* by Ted Dimon
2. *The Body in Motion* by Ted Dimon
3. *Anatomy of the Voice* by Ted Dimon
4. *The Thinking Body* by Mabel Todd
5. *The Deep Six parts 1 and 2* by Thomas Myers

**4. Quizzes (Optional)**

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Quizzes are offered as an opportunity for students to assess learning at the conclusion of each topic. The quizzes are optional and will not be submitted to the instructor for grading or correction. Students are encouraged to test their knowledge off-book and then refer to course readings to check their answers. Unresolved questions about quiz items can be addressed at the student discussion groups or during the lecture Q&A.

**Course Readings**

In compliance with Copyright Law, students must purchase the following books:

1. [Anatomy of the Moving Body by Ted Dimon](#)
2. [The Body in Motion by Ted Dimon](#)
3. [Anatomy of the Voice by Ted Dimon](#)
4. [The Thinking Body by Mabel Todd](#)

For your convenience, we have included direct links to Amazon Marketplace where you can purchase new or used copies of these works.

If you would prefer not to order through Amazon Marketplace, Ted Dimon's books can also be purchased directly through [Penguin Random House](#); and Mabel Todd's *The Thinking Body* is also available for purchase through [Abe Books](#).

We will only be reading 2 short articles by Thomas Myers, so the Institute will provide students with PDF copies of these readings.

**Course Schedule:**

<b>Week 1 Intensive Dates</b>	<b>Topic</b>	<b>Reading</b>
<b>Monday, 9/14</b>	<b>Introduction to Anatomy</b>	1. Anatomy of the Moving Body, pp. 1-18
<b>Tuesday, 9/15</b>	<b>Anatomical Structures &amp; Terminology</b>	

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<b>Wednesday, 9/16</b>	<b>The Skull &amp; Jaw</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 19-33</li> <li>2. The Body in Motion, pp. 7-14</li> </ol>
<b>Thursday, 9/17</b>	<b>Muscles of the Face &amp; Jaw</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 34-40</li> <li>2. Anatomy of the Voice, pp. 73-85</li> </ol>

<b>Week 2 Dates</b>	<b>Topic</b>	<b>Reading</b>
<b>Monday, 9/21</b>	<b>The Extrinsic Muscles of the Larynx</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 41-45</li> <li>2. The Body in Motion, pp. 47-58</li> </ol>
<b>Wednesday, 9/23</b>	<b>The Tongue &amp; Palate</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 47-54</li> <li>2. Anatomy of the Voice, pp. 63-71</li> </ol>

<b>Week 3 Dates</b>	<b>Topic</b>	<b>Reading</b>
<b>Monday, 9/28</b>	<b>Muscles of the Throat</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 55-58</li> <li>2. Anatomy of the Voice, pp. 59-62</li> </ol>
<b>Wednesday, 9/30</b>	<b>The Larynx</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 59-65</li> <li>2. Anatomy of the Voice, pp. 25-45</li> </ol>

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<b>Week 4 Dates</b>	<b>Topic</b>	<b>Reading</b>
<b>Monday, 10/5</b>	<b>The Spine, the Vertebrae, &amp; the Ligaments of the Spine</b>	1. Anatomy of the Moving Body, pp. 71-85 2. The Body in Motion, pp. 23-30 3. The Thinking Body, pp. 78-105
<b>Wednesday, 10/7</b>	<b>The Spine &amp; Vertebrae, Continued...</b>	

**DIMON INSTITUTE BREAK 10/9-10/18**

NO CLASS

<b>Week 5 Dates</b>	<b>Topic</b>	<b>Reading</b>
<b>Monday, 10/19</b>	<b>Muscles of the Back: Deep Layers &amp; Sub-Occipital Muscles</b>	1. Anatomy of the Moving Body, pp. 86-96
<b>Wednesday, 10/21</b>	<b>Muscles of the Back: Superficial Layers</b>	1. Anatomy of the Moving Body, pp. 97-105

<b>Week 6</b>	<b>Topic</b>	<b>Reading</b>
<b>Monday, 10/26</b>	<b>The Thorax &amp; Muscles of Respiration</b>	1. Anatomy of the Moving Body, pp. 110-121 2. The Body in Motion, pp. 65-72 3. The Thinking Body, pp. 104-112
<b>Wednesday, 10/28</b>	<b>Abdominal Region</b>	1. Anatomy of the Moving Body, pp. 122-133

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<b>Week 7 Dates</b>	<b>Topic</b>	<b>Reading</b>
<b>Monday, 11/2</b>	<b>The Shoulder Girdle</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 138-147</li> <li>2. The Body in Motion, pp. 31-38</li> <li>3. The Thinking Body, pp. 143-157</li> </ol>
<b>Wednesday, 11/4</b>	<b>Muscles of the Shoulder Girdle</b>	

<b>Week 8 Dates</b>	<b>Topic</b>	<b>Reading</b>
<b>Monday, 11/9</b>	<b>Muscles of the Arm &amp; Shoulder</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 148-155</li> </ol>
<b>Wednesday, 11/11</b>	<b>The Upper Limb</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 156-168</li> <li>2. The Body in Motion, pp. 39-42</li> </ol>

<b>Week 9 Dates</b>	<b>Topic</b>	<b>Reading</b>
<b>Monday, 11/16</b>	<b>Muscles of the Forearm</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 168-174</li> </ol>
<b>Wednesday, 11/18</b>	<b>Intrinsic Muscles of the Hand</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 175-180</li> <li>2. The Body in Motion, pp. 43-48</li> </ol>

<b>DIMON INSTITUTE BREAK 11/20-11/29</b>
NO CLASS

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<b>Week 10 Dates</b>	<b>Topic</b>	<b>Reading</b>
<b>Monday, 11/30</b>	<b>The Pelvis</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 181-192</li> <li>2. The Body in Motion, pp. 49-56</li> <li>3. The Thinking Body, pp. 113-134</li> </ol>
<b>Wednesday, 12/2</b>	<b>Muscles of the Pelvis &amp; Hip</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 193-201</li> <li>2. The Anatomist's Corner: "The Deep Six, Parts 1 &amp; 2" &amp; "The Fan Muscles of the Hip"</li> </ol>

<b>Week 11 Dates</b>	<b>Topic</b>	<b>Reading</b>
<b>Monday, 12/7</b>	<b>Muscles of the Thigh</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 202-211</li> </ol>
<b>Wednesday, 12/9</b>	<b>The Knee, Lower Leg, &amp; Ankle</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 212-221</li> <li>2. The Body in Motion, pp. 57-59</li> </ol>

<b>Week 12 Dates</b>	<b>Topic</b>	<b>Reading</b>
<b>Monday, 12/14</b>	<b>Muscles of the Ankle &amp; Foot</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 223-235</li> <li>2. The Body in Motion, pp. 60-64</li> <li>3. The Thinking Body, pp. 134-143</li> </ol>
<b>Wednesday, 12/16</b>	<b>Intrinsic Muscles of the Foot</b>	<ol style="list-style-type: none"> <li>1. Anatomy of the Moving Body, pp. 236-245</li> </ol>