

COMPREHENSIVE BRIEF

Course 'Online Dissection'



BACKGROUND – COURSE RATIONALE

When it comes to developing a thorough and intimate understanding of the way the human body is organized, there is nothing more effective than dissection. However, obtaining access to an anatomy laboratory is not always an easy feat; and when it is feasible, other material, financial, and organizational constraints often stand in the way of what is otherwise a unique and extraordinary experience.

In times of exceptional circumstances, such as the current COVID-19 pandemic, we are compelled to rethink the way we access scientific knowledge and practice. Given the current environment, the Centre 5 has partnered with the Laboratories of Anatomical Enlightenment to create a live, online dissection course.

The course is comprised of a series of webinars with dissection modules hosted by Todd GARCIA, live from his laboratory in Boulder, CO, USA, and introductory remarks given by Pierre TESSIER from the Centre 5 in Paris, France.

PARTICIPANTS

Medical, para-medical, or well-being professionals and students, such as (including but not limited to): Pilates/yoga instructors, sport teachers, dancers, coaches, masseurs, podiatrists, manual therapists, nurses, doctors, etc.

COURSE OBJECTIVES

- Develop a proper representation of the overall structure of the human body, from the most superficial layers down to the lowest substrates
- Compare and contrast theoretical knowledge of human anatomy with the practical reality of the human body
- Discover the fascial structures of the human body
- Learn how different anatomical structures interact within the body
- Recognize, differentiate, and locate the various anatomical structures
- Utilize the acquired understanding of human anatomy to adapt and evolve one's professional practice

FORMAT

The course is comprised of 6 2-hour long dissection modules held over three consecutive days. Each day, the modules are preceded by a 1-hour long introductory session.

The introductory sessions and subsequent dissection modules are all held as Zoom webinars.

The introductions are held in French and are presented by Pierre Tessier.
The dissection modules are held in English and hosted by Todd Garcia.
English to French translation is available.

Course participants can choose to attend one, some, or all modules as they see fit.

Total course duration: 3 introductory sessions and 6 dissection modules – 15 hours

LEARNING MATERIAL

The introductory sessions include Keynote presentations and 3D images of anatomical specificities made using specialized anatomy software. A topic-specific reading list is also included.

The dissection modules are carried out on un-treated cadavers. The absence of embalming chemicals means that tissue remains intact, the fasciae are clearly visible, and the various anatomical structures are in the most natural and precise position possible.

REQUIRED MATERIAL

Participants must have a high-speed internet connection that can handle high-quality audio and video feeds. They must also install the latest version of Zoom (<https://zoom.us/download>) and have downloaded the latest updates.

Participants should find a calm area to work from so they can concentrate effectively on the course.

MODULE DATES AND TIMES

	Friday	Saturday	Sunday
Paris Time (CEST)	06/19/2020	06/20/2020	06/21/2020
3pm – 4pm	Introduction 1	Introduction 2	Introduction 3
4pm – 5pm	Break	Break	Break
5pm – 7pm	Module 1	Module 3	Module 5
7pm – 8pm	Break	Break	Break
8pm – 10pm	Module 2	Module 4	Module 6

FEES

Individual module (module fees include the introductory session for the corresponding day): €55 (20% VAT included)

Full course (3 x 1-hour introductory sessions and 6 x 2-hour dissection modules): €280 (20% VAT included) instead of €330 TTC, that is a 15% discount.

PRESENTERS

Todd GARCIA

Todd Garcia is owner and director of Laboratories of Anatomical Enlightenment Inc.

Todd specializes in human dissection and has been teaching anatomy for 15 years. He has worked together with anatomy/physiology textbook publisher Benjamin Pearson, and Author, Thomas Myers in the creation of anatomy/physiology textbooks and DVD's.

As director and teacher at Laboratories of Anatomical Enlightenment Inc. Todd continues to teach human anatomy classes to students of more than 20 different schools ranging from entry level massage therapist to graduate students.

For 7 years Todd taught human anatomy continuing education classes at the Anatomical Institute of Vienna, Vienna, Austria.

Todd's dissection experience is in the range of 10,000 hours. His region of specialty is the cranium.

Pierre TESSIER

Having originally completed a Masters in biochemical engineering and postgraduate studies at HEC business school, Pierre chose to follow his passion as a keen sports enthusiast and take up a career working with the human body. In 2011, he completed his state diploma in sports education (best-in-class) at the Châtenay Malabry CREPS institute. Amateur dancer, he turned his long-standing interest in Pilates into a full-time specialization and completed the Romana's Pilates certificate in 2013 after passing his final exams in New York. The following year, Pierre chose to further his knowledge and understanding of the human body and enrolled in a further training course on the GDS Method of muscular chains. In 2016, he joined the teaching staff of the GDS Method network, running workshops in France and abroad. 2018 saw Pierre enroll in the University of Edinburgh's Postgraduate Diploma of human anatomy; following which, he has since followed numerous dissection classes alongside Todd Garcia with the goal of perfecting and furthering his teaching knowledge and technique.

TERMS & CONDITIONS

Students select which modules they wish to attend upon enrolment. They then receive a link to complete the online payment. Before finalizing payment, the student must read and accept the Participation Agreement pertaining to the material covered and distributed during the course. Enrolment is confirmed once the Participation Agreement has been signed and payment has been received.

A reminder that this course is intended for intellectually mature people and it involves images of human cadavers.

Each day before the class begins, each participant will receive a log-in protocol for that day's classes. Introductory webinars are recorded and will be made available on replay for 7 days. Dissection modules will not be made available on replay.

Recording, downloading, reproducing, or producing screen shots of any kind of both the introductory sessions and dissection modules is strictly forbidden. It is also strictly forbidden to share the log-in protocol or to watch the session with multiple people (unless said people have also paid for the module(s) and signed the obligatory Participation Agreement).

FULL PROGRAM *

Friday June 19, 2020

3pm – 4pm (CEST): Introductory webinar 1

- Short history of dissection
- Basics of fasciae and their importance for posture and movement
- Overview of structures to be dissected during modules 1 and 2

5pm – 7pm (CEST): Dissection module 1

- Welcome introduction
- Laboratory etiquette
- General overview of the 6-session series
- Dissection of epidermis, dermis, hypodermis
- Movement demonstration of upper and lower extremities
- Dissection of cutaneous nerves, superficial blood vessels
- Dissection of superficial surface of fascia profunda from supine view

8pm – 10pm (CEST): Dissection module 2

- Fascial dissection of anterior neck
- Dissection of sternocleidomastoid, upper trapezius, scalenes, hyoids, deltoids, pectoralis major and minor, biceps
- Dissection of brachial plexus, flexors and extensors of wrist and hand, median and ulnar nerves
- Movement demonstrations of neck to shoulder, shoulder to forearm and forearm to wrist and hand

Saturday June 20, 2020

3pm – 4pm (CEST): Introductory webinar 2

- Tensegrity and human biomechanics
- Overview of structures to be dissected during modules 3 and 4

5pm – 7pm (CEST): Dissection module 3

- Dissection of middle and lower trapezius, latissimus dorsi
- Movement demonstrations of scapula to thorax
- Dissection of rhomboids, levator scapulae, erector spinae group, rotator cuff
- Dissection of external, internal abdominal obliques, transversus abdominus, transversus thoracis, and their fascia

8pm – 10pm (CEST): Dissection module 4

- Superficial dissection of gluteus maximus
- Movement demonstration of hip relating to fascia lata
- Dissection of fascia lata, crural fascia, muscles of the lower extremity and their fascial envelopes
- Dissection of lateral rotators of hip, and sciatic nerve
- Movement demonstrations of hip to knee, knee to ankle and ankle to foot
- Open hip and knee joints, labrum of hip and anterior cruciate ligament, meniscus of knee in situ

* Program is susceptible to change due to unforeseeable circumstances that may arise during dissection.

Sunday June 21, 2020

3pm – 4pm (CEST): Introductory webinar 3

- The diaphragm's relationship with its surroundings
- The digestive sphere during breathing
- Overview of structures to be dissected during modules 5 and 6

5pm – 7pm (CEST): Dissection module 5

- Dissection into the peritoneal cavity
- Overview of digestive system and attachments to body wall, evisceration of peritoneal organs
- Dissection of psoas, iliacus, quadratus lumborum
- Dissection of respiratory and pelvic diaphragms

8pm – 10pm (CEST): Dissection module 6

- Removal of the ribs from supine
- Overview of mediastinal tissue and space, lungs, pericardial sac and phrenic nerves in situ
- Evisceration of heart and lungs, open chambers of the heart
- Removal of skull cap, overview of dura mater, arachnoid mater, removal of brain, cerebellum
- Overview of cranial nerves
- Event closing and gratitude