



COURSE OUTLINE: FIT111 - FUNCT. ANAT FIT PROF

Prepared: Tina Montgomery

Approved: Bob Chapman, Chair, Health

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| Course Code: Title | FIT111: FUNCTIONAL ANATOMY FOR FITNESS PROF. |
| Program Number: Name | 3040: FITNESS AND HEALTH |
| Department: | FITNESS & HEALTH PROMOTION |
| Academic Year: | 2023-2024 |
| Course Description: | This course examines the relationship between the structure and function of the musculoskeletal system. Basic concepts focusing on the composition and function of the musculoskeletal system will be examined. Primary focus will be on the skeletal system, naming bones, and bony landmarks, attachments, and actions of the primary muscle groups. Students will gain an understanding of how joint shapes allow or limit anatomical actions and how muscles pull on bones to produce those actions. Students will apply this knowledge to musculoskeletal movements, and exercises and how they are performed in a practical aspect. |
| Total Credits: | 3 |
| Hours/Week: | 3 |
| Total Hours: | 42 |
| Prerequisites: | There are no pre-requisites for this course. |
| Corequisites: | There are no co-requisites for this course. |
| Substitutes: | FIT107 |
| This course is a pre-requisite for: | FIT122, FIT123, FIT125, FIT127 |
| Vocational Learning Outcomes (VLO's) addressed in this course: | 3040 - FITNESS AND HEALTH |
| Please refer to program web page for a complete listing of program outcomes where applicable. | VLO 2 Develop, implement and evaluate safe training programs grounded in fundamentals of anatomy, bio-mechanics, cardiorespiratory physiology, and nutrition to support the fitness and wellness goals of clients. |
| Essential Employability Skills (EES) addressed in this course: | EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience. EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication. EES 4 Apply a systematic approach to solve problems. EES 5 Use a variety of thinking skills to anticipate and solve problems. EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals. EES 10 Manage the use of time and other resources to complete projects. |



| | EES 11 Take responsibility for ones own actions, decisions, and consequences. | | | | | | | | | | | | |
|---|---|------------------|--|--|---|------------------|--|---|---|------------------|--|---|--|
| Course Evaluation: | <p>Passing Grade: 50%,</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p> | | | | | | | | | | | | |
| Books and Required Resources: | <p>Functional Anatomy: Musculoskeletal Anatomy, Kinesiology, and Palpation for Manual Therapists by Christy J. Cael Publisher: JBL Learning Edition: 2nd ISBN: 9781284234800</p> | | | | | | | | | | | | |
| Course Outcomes and Learning Objectives: | <table border="1"> <thead> <tr> <th>Course Outcome 1</th> <th>Learning Objectives for Course Outcome 1</th> </tr> </thead> <tbody> <tr> <td>1. Demonstrate an understanding of all joints, major muscle groups and bones of the human body</td> <td>1.1 Recognize, label, and locate joints, major muscles and bones of the head, neck, torso, upper and lower arm, hip, pelvis, upper and lower leg, and foot on anatomical diagrams, on self and on another person.</td> </tr> <tr> <th>Course Outcome 2</th> <th>Learning Objectives for Course Outcome 2</th> </tr> <tr> <td>2. Demonstrate an understanding of the origin and insertion sites and actions of all the major muscle groups of the human body.</td> <td> 2.1 Name and locate the major muscles of the human body (with origin and insertion points of specified muscles) on a diagram, on self and on another person. 2.2 State the actions of all major muscle groups on a chart, in person, and to another person </td> </tr> <tr> <th>Course Outcome 3</th> <th>Learning Objectives for Course Outcome 3</th> </tr> <tr> <td>3. Demonstrate exercises to strengthen and stretch muscles and muscle groups.</td> <td> 3.1 Identify joints, major muscles and their actions during a variety of strengthening and stretching exercises on a chart, on self and on another person. 3.2 Describe proper execution of strengthening and stretching exercises for all major muscle groups using anatomical terminology on a chart, on self and/or on an another person. 3.3 Identify a list of appropriate exercises to strengthen and stretch various muscle groups 3.4 Define the role of muscles for different strengthening and stretching exercises </td> </tr> </tbody> </table> | Course Outcome 1 | Learning Objectives for Course Outcome 1 | 1. Demonstrate an understanding of all joints, major muscle groups and bones of the human body | 1.1 Recognize, label, and locate joints, major muscles and bones of the head, neck, torso, upper and lower arm, hip, pelvis, upper and lower leg, and foot on anatomical diagrams, on self and on another person. | Course Outcome 2 | Learning Objectives for Course Outcome 2 | 2. Demonstrate an understanding of the origin and insertion sites and actions of all the major muscle groups of the human body. | 2.1 Name and locate the major muscles of the human body (with origin and insertion points of specified muscles) on a diagram, on self and on another person. 2.2 State the actions of all major muscle groups on a chart, in person, and to another person | Course Outcome 3 | Learning Objectives for Course Outcome 3 | 3. Demonstrate exercises to strengthen and stretch muscles and muscle groups. | 3.1 Identify joints, major muscles and their actions during a variety of strengthening and stretching exercises on a chart, on self and on another person. 3.2 Describe proper execution of strengthening and stretching exercises for all major muscle groups using anatomical terminology on a chart, on self and/or on an another person. 3.3 Identify a list of appropriate exercises to strengthen and stretch various muscle groups 3.4 Define the role of muscles for different strengthening and stretching exercises |
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| Date: | August 4, 2023 | | | | | | | | | | | | |
| Addendum: | Please refer to the course outline addendum on the Learning Management System for further | | | | | | | | | | | | |

information.

