SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



CICE COURSE OUTLINE

COURSE TITLE: FUNCTIONAL ANATOMY

CODE NO.: FIT107 SEMESTER: Fall

MODIFIED CODE: FIT0107

PROGRAM: FITNESS AND HEALTH PROMOTION

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MODIFIED BY: Maria Kahtava, Learning Specialist CICE Program

DATE: Sept 2013 **PREVIOUS OUTLINE DATED:** Sept 2012

APPROVED: "Angelique Lemay" Sept 2013

Dean, School of Community Services DATE and Interdisciplinary Studies

TOTAL CREDITS: 4

PREREQUISITE(S): NONE

HOURS/WEEK: 4

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I. COURSE DESCRIPTION:

This course examines the relationship between structure and function of the musculoskeletal system. With assistance from a learning specialist, the CICE student will acquire a general understanding of the basic composition and function of the musculoskeletal system. The CICE student will be responsible to gain knowledge in reference to a pre-determined number of skeletal system components involving the primary muscle groups. The CICE student will participate in practical experiences which will serve to reinforce knowledge of the functions of the skeletal components that he/she is required to learn.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the CICE student, with the assistance of a Learning Specialist will demonstrate a basic ability to:

- 1. Name and locate the basic muscle groups of the human body.
- 2. Identify the bony attachment sites and actions of the basic muscle groups of the human body.
- 3. Properly identify and execute exercises to strengthen and stretch the basic muscles and the basic muscle groups.
- 4. Have a basic understanding of which muscles are the primary movers, secondary movers and antagonistic movers for a variety of strengthening exercises.

III. TOPICS:

- 1. Muscles and bones that move the upper limb
- 2. Muscles and bones that move the lower limb
- 3. Muscles and bones that move the trunk
- 4. Muscles and bones that move the head and neck

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

ESSENTIAL OF HUMAN ANATOMY & PHYSIOLOGY by Elaine Marieb 9th Ed

V. EVALUATION PROCESS/GRADING SYSTEM:

Theory 55% Practical Assessment #1 10% Practical Assessment #2 35% The following semester grades will be assigned to students in post-secondary courses:

Grade	<u>Definition</u>	Grade Point Equivalent
A+ A	90 - 100% 80 - 89%	4.00
В	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR W	Grade not reported to Registrar's office. Student has withdrawn from the course without academic penalty.	

NOTE: Mid Term grades are provided in theory classes and clinical/field placement experiences. Students are notified that the midterm grade is an interim grade and is subject to change.

VI. SPECIAL NOTES:

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.

CICE Modifications:

Preparation and Participation

- A Learning Specialist will attend class with the student(s) to assist with inclusion in the class and to take notes.
- 2. Students will receive support in and outside of the classroom (i.e. tutoring, assistance with homework and assignments, preparation for exams, tests and quizzes.)
- 3. Study notes will be geared to test content and style which will match with modified learning outcomes.
- 4. Although the Learning Specialist may not attend all classes with the student(s), support will always be available. When the Learning Specialist does attend classes he/she will remain as inconspicuous as possible.

A. Tests may be modified in the following ways:

- 1. Tests, which require essay answers, may be modified to short answers.
- 2. Short answer questions may be changed to multiple choice or the question may be simplified so the answer will reflect a basic understanding.
- 3. Tests, which use fill in the blank format, may be modified to include a few choices for each question, or a list of choices for all questions. This will allow the student to match or use visual clues.
- 4. Tests in the T/F or multiple choice format may be modified by rewording or clarifying statements into layman's or simplified terms. Multiple choice questions may have a reduced number of choices.

B. Tests will be written in CICE office with assistance from a Learning Specialist.

The Learning Specialist may:

- 1. Read the test question to the student.
- 2. Paraphrase the test question without revealing any key words or definitions.
- 3. Transcribe the student's verbal answer.
- 4. Test length may be reduced and time allowed to complete test may be increased.

C. Assignments may be modified in the following ways:

- 1. Assignments may be modified by reducing the amount of information required while maintaining general concepts.
- 2. Some assignments may be eliminated depending on the number of assignments required in the particular course.

The Learning Specialist may:

- 1. Use a question/answer format instead of essay/research format
- 2. Propose a reduction in the number of references required for an assignment
- 3. Assist with groups to ensure that student comprehends his/her role within the group
- 4. Require an extension on due dates due to the fact that some students may require additional time to process information
- 5. Formally summarize articles and assigned readings to isolate main points for the student
- 6. Use questioning techniques and paraphrasing to assist in student comprehension of an assignment

D. Evaluation:

Is reflective of modified learning outcomes.