

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



**SAULT
COLLEGE**

COURSE OUTLINE

COURSE TITLE: Fitness and Wellness High Skill Major Seminar
CODE NO. : SCWI 101 **SEMESTER:** Fall 2010
PROGRAM: OTA/PTA
AUTHOR: JOANNA MACDOUGALL
DATE: Oct 2010 **PREVIOUS OUTLINE DATED:** Winter 09
APPROVED: “Fran Rose” for Marilyn King Oct. 25, 2010

CHAIR OF HEALTH PROGRAMS

DATE

CREDITS: 1

PREREQUISITES: None

HOURS : 30

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For additional information, please contact the Chair, Health Programs

School of Health and Community Services

(705) 759-2554, Ext. 2689

I. COURSE DESCRIPTION:

This course is a practical seminar where the student will become familiar with major muscle groups in the body and be able to identify these on anatomy models and individuals. The student will be introduced to the principles and practice of manual muscle testing and learn to isolate specific muscles through appropriate resistive and stretching exercises.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will demonstrate the ability to:

1. Demonstrate knowledge of and locate major muscle groups of the human body
Elements of Performance
 - Recognize and name major muscles on anatomy models
 - Locate and name major muscles (surface anatomy) on individuals
2. Demonstrate knowledge related to manual muscle testing
Elements of Performance
 - Demonstrate an understanding of descriptive and numeric rating scales used in manual muscle testing
 - Demonstrate skill in manual muscle testing of major muscle groups
3. Demonstrate knowledge of appropriate strength exercises for major muscle groups
Elements of Performance
 - Demonstrate how to isolate and contract specific muscles
 - Identify and demonstrate strengthening exercises/activities for specific muscles (using free weights, tubing, body weight)
4. Demonstrate knowledge of stretching techniques
Elements of Performance
 - Demonstrate safe and effective exercises which enhance flexibility for each area of the body
 - Instruct a peer in correct stretching techniques for major muscles of the body

III. TOPICS:

1. Anatomy of major muscle groups
2. Introduction to the principles of manual muscle testing
3. Strength exercises
4. Stretching techniques

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Temertzoglou, T. And Challen, P. (2003). Exercise Science. An Introduction to Health and Physical Education. Toronto: Thompson Educational Publishing.

Vella, Mark. Anatomy for Strength and Fitness Training.

V. EVALUATION PROCESS/GRADING SYSTEM:

Theory 40%

Applied Knowledge 60%

The passing grade is determined by the articulation agreement for OPA101 and the appropriate secondary panel course.

The following semester grades will be assigned to students in post-secondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
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	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

Note: For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

VI. SPECIAL NOTES:

NOTE: This course is a reach ahead experience under the Sault College to Work Initiative (SCWI.)

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. *It is the departmental policy that once the classroom door has been closed, the learning process has begun. Late arrivers will not be guaranteed admission to the room.*

VII. COURSE OUTLINE ADDENDUM:

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