

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ONTARIO**



**SAULT  
COLLEGE**

**COURSE OUTLINE**

**COURSE TITLE:** FUNCTIONAL ANATOMY

**CODE NO. :** FIT107 **SEMESTER:** 1

**PROGRAM:** FITNESS AND HEALTH PROMOTION

**AUTHOR:** ALLAN KARY

**DATE:** June 2013 **PREVIOUS OUTLINE DATED:** N/A

**APPROVED:** "Marilyn King" Aug. 13

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	<b>CHAIR, HEALTH PROGRAMS</b>	<b>DATE</b>
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**TOTAL CREDITS:** 4

**PREREQUISITE(S):** NONE

**HOURS/WEEK:** 4

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*For additional information, please contact the Chair, Health Programs*  
*School of Health Wellness and Continuing Education*  
*(705) 759-2554, Ext. 2689*

**I. COURSE DESCRIPTION:**

This course examines the name, attachments and actions of the bones and primary muscle groups of the human body.

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

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

1. Name and locate all the major muscle groups of the human body.
2. Identify the bony attachment sites and actions of all the major muscle groups of the human body.
3. Properly identify and execute exercises to strengthen and stretch muscles and muscle groups.
4. Identify 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 9<sup>th</sup> 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:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	
B	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	Grade not reported to Registrar's office.	
W	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.