

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:

Manual of Structural Kinesiology, Nineteenth Edition. R.T Floyd

V. EVALUATION PROCESS/GRADING SYSTEM:

Theory 60%

- 2 quizzes worth 15% each
- 1 final exam worth 20%
- 1 assignment worth 10%

Lab 40%

- 3 practical's worth 10% each
- Attendance worth 10%

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W	Student has withdrawn from the course without academic penalty.	

If a faculty member determines that a student is at risk of not being successful in their academic pursuits and has exhausted all strategies available to faculty, student contact information may be confidentially provided to Student Services in an effort to offer even more assistance with options for success. Any student wishing to restrict the sharing of such information should make their wishes known to the coordinator or faculty member.

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.

OFC Certification:

To be considered an ideal candidate for the OFC Group Fitness and Personal Fitness Trainer Certification, students must obtain a minimum overall grade of 75%.

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located in D2L and on the portal form part of this course outline.