



COURSE OUTLINE: FIT0107 - FUNCTIONAL ANATOMY

Prepared: Lisa Folz

Approved: Martha Irwin, Chair, Community Services and Interdisciplinary Studies

Course Code: Title	FIT0107: FUNCTIONAL ANATOMY
Program Number: Name	1120: COMMUNITY INTEGRATN
Department:	C.I.C.E.
Semesters/Terms:	21F
Course Description:	This course examines the relationship between structure and function of the musculoskeletal system. The basic composition and function of the musculoskeletal system will be studied. The CICE student, with the assistance of a learning specialist, will gain knowledge of the skeletal system and well as names, attachments and actions of the primary muscle groups. Application of musculoskeletal movement will be practiced through practical experience studying various exercises.
Total Credits:	3
Hours/Week:	3
Total Hours:	45
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
This course is a pre-requisite for:	FIT0155, FIT0156
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:	Passing Grade: 50%, A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.
Books and Required Resources:	Manual of Structural Kinesiology by R. T Floyd Publisher: McGraw-Hill Edition: 20th ISBN: 9781259870439

In response to public health requirements pertaining to the COVID19 pandemic, course delivery and assessment traditionally delivered in-class, may occur remotely either in whole or in part in the 2021-2022 academic year.



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Course Outcomes and Learning Objectives:

Upon successful completion of this course, the CICE student, with the assistance of a Learning Specialist will acquire varying levels of skill development relevant to the following learning outcomes:

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

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	30%
Tests	70%

CICE Modifications:**Preparation and Participation**

1. 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. Further modifications may be required as needed as the semester progresses based on individual student(s) abilities and must be discussed with and agreed upon by the instructor.

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B. 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.

C. 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.

D. 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

E. Evaluation:

Is reflective of modified learning outcomes.

NOTE: Due to the possibility of documented medical issues, CICE students may require alternate methods of evaluation to be able to acquire and demonstrate the modified learning outcomes

Date: August 29, 2021

Addendum: Please refer to the course outline addendum on the Learning Management System for further information.

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