



## COURSE OUTLINE: OPA107 - APPL. HUMAN MOVEMENT

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Approved: Bob Chapman, Dean, Health

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| <b>Course Code: Title</b>  | OPA107: APPLIED HUMAN MOVEMENT  |
| <b>Program Number: Name</b>  | 3022: OCCUP/PHYSIO/ASSIST   |
| <b>Department:</b>   | OTA/PTA ASSISTANT   |
| <b>Academic Year:</b>  | 2023-2024   |
| <b>Course Description:</b>   | This course will consolidate and expand the students knowledge base of human anatomy and human movement. Using a regional anatomy approach, students will focus on joint structure and function as well as normal and abnormal human movement throughout the lifespan. The student will explore movement patterns, posture and gait, as well as underlying principles of soft tissue mobility. The course prepares the student for the clinical application of practice considerations of motor learning and skill acquisition. |
| <b>Total Credits:</b>  | 3   |
| <b>Hours/Week:</b>   | 3   |
| <b>Total Hours:</b>  | 45  |
| <b>Prerequisites:</b>  | OPA101, OPA103, OPA104  |
| <b>Corequisites:</b>   | There are no co-requisites for this course.   |
| <b>This course is a pre-requisite for:</b>   | OPA203, OPA204, OPA216  |
| <b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>                                | <b>3022 - OCCUP/PHYSIO/ASSIST</b>   |
| <b>Please refer to program web page for a complete listing of program outcomes where applicable.</b> | VLO 1 Communicate appropriately and effectively, through verbal, nonverbal, written and electronic means, with clients, their families, and significant others, occupational therapists, physiotherapists, other health care providers, and others within the role of the therapist assistant.  |
|  | VLO 2 Participate in the effective functioning of interprofessional health care teams within the role of the therapist assistant.   |
|  | VLO 3 Establish, develop, maintain, and bring closure to client-centred, therapeutic relationships within the role of the therapist assistant.  |
|  | VLO 5 Practice competently in a legal, ethical, and professional manner within the role of the therapist assistant.   |
|  | VLO 7 Develop and implement strategies to maintain, improve, and promote professional competence within the role of the therapist assistant.  |
|  | VLO 10 Enable the client's occupational performance by contributing to the development, implementation, and modification of intervention/treatment plans, under the supervision of and in collaboration with the occupational therapist.  |
|  | VLO 11 Enable the client's optimal physical function by contributing to the development, implementation, and modification of intervention/treatment plans, under the supervision of and in collaboration with the physiotherapist.  |



**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 6 Locate, select, organize, and document information using appropriate technology and information systems.
- EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.
- 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: 60%, C

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

**Books and Required Resources:**

Textbooks from OPA110 will be used. by Textbooks from Semester 1 will be used.

**Course Outcomes and Learning Objectives:**

| <b>Course Outcome 1</b>  | <b>Learning Objectives for Course Outcome 1</b>   |
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| 1. Demonstrate and apply knowledge of motor learning and practice conditions.  | 1.1 Identify and describe the stages of motor learning, and characteristics of the learner in each stage of learning.<br>1.2 Identify and describe appropriate instructional strategies for effective exercise and task-specific instruction.<br>1.3 Identify and describe different types of feedback and its role in motor learning.<br>1.4 Identify and describe different practice conditions (part practice, whole practice, blocked vs. random practice). |
| <b>Course Outcome 2</b>  | <b>Learning Objectives for Course Outcome 2</b>   |
| 2. Demonstrate and apply knowledge of anatomy as it relates to functional movement.  | 2.1 Identify skeletal muscles and classify by action.<br>2.2 Identify functional actions of muscles.<br>2.3 Name and identify ligaments of the body and explain the function of each.<br>2.4 Integrate knowledge of anatomy through the analysis of normal functional movements of the upper and lower extremity.   |
| <b>Course Outcome 3</b>  | <b>Learning Objectives for Course Outcome 3</b>   |
| 3. Demonstrate and apply knowledge related to muscle and soft tissue mobility.   | 3.1 Integrate knowledge of anatomy with the principles of soft tissue stretching.<br>3.2 Explain key concepts of soft tissue stretching.<br>3.3 Explain the implications of age as it relates to soft tissue stretching.  |
| <b>Course Outcome 4</b>  | <b>Learning Objectives for Course Outcome 4</b>   |
| 4. Demonstrate knowledge of normal versus abnormal postures and the effect of these on movement related to body alignment and positioning. | 4.1 Describe and demonstrate the ability to assist and educate others regarding normal body alignment and positioning.<br>4.2 Identify common abnormal postures and age related postures, and the consequence of these in terms of tightness, weakness and elongation of soft tissues.  |



|  | <b>Course Outcome 5</b>  | <b>Learning Objectives for Course Outcome 5</b>  |
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|  | 5. Demonstrate knowledge of normal and abnormal gait patterns with and without of assistive devices. | 5.1 Identify and describe normal and abnormal gait patterns.<br>5.2 Review parameters of gait (step length, stride length, width of base of support).<br>5.3 Describe normal age-related changes of gait.<br>5.4 Identify gait patterns of common disabling conditions (CVA, Parkinsons, antalgic gait of the lower extremity).<br>5.5 Identify factors affecting gait (abnormal tone, cognition, sensory and perceptual deficits).<br>5.6 Describe and demonstrate basic gait patterns using assistive devices. |

**Evaluation Process and Grading System:**

| <b>Evaluation Type</b>       | <b>Evaluation Weight</b> |
|------------------------------|--------------------------|
| 1. In Class Assignments/Labs | 30%                      |
| 2. Tests                     | 40%                      |
| 3. Final Assessment          | 30%                      |

**Date:**

December 12, 2023

**Addendum:**

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

