



## COURSE OUTLINE: OPA107 - APPL. HUMAN MOVEMENT

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Approved: Bob Chapman, Dean, Health

<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>	2024-2025
<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>	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 significant others, occupational therapists, physiotherapists, and members of the interdisciplinary health care team and others.
	VLO 2 Participate in the effective functioning of interdisciplinary health care teams to optimize client physical and occupational functions.
	VLO 3 Establish, develop, maintain, and conclude client-centred, therapeutic relationships.
	VLO 5 Practice in a legal, ethical, and professional manner within the role of a therapist assistant.
	VLO 7 Engage in reflective practice and ongoing professional development activities to maintain and enhance competence.
	VLO 10 Maximize the client's occupational performance by accurately and safely implementing the interventions, and related tasks under the direction and supervision of the occupational therapist.
	VLO 11 Maximize the client's physical function by accurately and safely implementing the interventions, and related tasks under the direction and supervision of the physiotherapist.
<b>Essential Employability</b>	EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form



**Skills (EES) addressed in this course:**

- 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:**

Clinical Kinesiology and Anatomy (w/Glued-in Access) by Lippert  
 Publisher: F.A. Davis Company Edition: 6th  
 ISBN: 0803658230

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
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. 1.2 Identify and describe appropriate instructional strategies for effective exercise and task-specific instruction. 1.3 Identify and describe different types of feedback and its role in motor learning. 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. 2.2 Identify functional actions of muscles. 2.3 Name and identify ligaments of the body and explain the function of each. 2.4 Integrate knowledge of anatomy through the analysis of functional movement of the body.
<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. 3.2 Explain the implications of age as it relates to soft tissue stretching. 3.3 Explain key concepts of soft tissue stretching. 3.4 Demonstrate soft tissue stretching skills.
<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	4.1 Describe and demonstrate the ability to assist and educate others regarding normal body alignment and positioning. 4.2 Identify common abnormal postures and age related postures, and the consequence of these in terms of tightness,



	to body alignment and positioning.	weakness and elongation of soft tissues. 4.3 Demonstrate the ability to identify normal and abnormal body alignment during body movements (exercises, stretches, and ADLs).
	<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
	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. 5.2 Describe normal age-related changes of gait. 5.3 Identify factors affecting gait (abnormal tone, cognition, sensory and perceptual deficits). 5.4 Describe and demonstrate basic gait patterns using assistive devices.
	<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
	6. Demonstrate the ability to effectively communicate correct body mechanics while instructing and supervising movement tasks.	6.1 Select and use effective communication techniques for different populations. 6.2 Demonstrate the ability to communicate correct body mechanics for a variety of exercises, stretches, and activities of daily living.

**Evaluation Process and Grading System:**

<b>Evaluation Type</b>	<b>Evaluation Weight</b>
Assignments	20%
Labs	30%
Practicals	20%
Tests	30%

**Date:** November 26, 2024

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