



COURSE OUTLINE: OPA120 - HUMAN MOVEMENT I

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Approved: Rebecca Keown - Dean

Course Code: Title	OPA120: HUMAN MOVEMENT I
Program Number: Name	3022: OCCUP/PHYSIO/ASSIST
Department:	OTA/PTA ASSISTANT
Academic Year:	2025-2026
Course Description:	This course will provide the student with a foundation in the principles of normal functional human movement. Essential terminology and concepts related to normal human movement, the articular system, components of movement, biomechanics, and motor skills will be introduced. In addition, the student will develop an understanding of normal growth and motor development throughout the stages of human development.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
Substitutes:	FIT125, OPA104
This course is a pre-requisite for:	OPA109, OPA110, OPA122, OPA123, OPA124, OPA131
Vocational Learning Outcomes (VLO's) addressed in this course:	<p>3022 - OCCUP/PHYSIO/ASSIST</p> <p>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.</p> <p>VLO 4 Promote a safe environment that prevents or minimizes potential physical or mental harm to the client, therapist assistant and others.</p> <p>VLO 8 Perform the roles and responsibilities of the therapist assistant effectively through the application of relevant knowledge of health sciences, psychosocial sciences, health conditions, resource management, and clinical procedures.</p> <p>VLO 9 Contribute to the occupational therapist's or physiotherapist's assessment of the client and the development, implementation and modification of intervention/treatment plans.</p>
Essential Employability Skills (EES) addressed in this course:	<p>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.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p>



- EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.
- EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.
- 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: 60%, C

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

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Demonstrate an understanding of terminology and concepts related to normal movement of the human body.	1.1 Define and correctly use key anatomical terms related to human movement (e.g., flexion, extension, abduction, etc.). 1.2 Identify the major planes and axes of movement. 1.3 Demonstrate an understanding of the articular and muscular system resulting movements. 1.4 Identify and describe joints and associated movements. 1.5 Differentiate between normal and abnormal body movements. 1.6 Describe body movements using correct terminology.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Demonstrate knowledge and application biomechanical principles that relate to normal movement.	2.1 Define and apply key biomechanical concepts to body movement (e.g. force, torque, moment arm, center of gravity, etc.). 2.2 Define types of motion and how they relate to body movement. 2.3 Identify simple machines and how they relate to human movement. 2.4 Define Newton`s Laws and analyze how they impact movement of the human body.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Demonstrate knowledge of the components of movement.	3.1 Differentiate between types of movement (e.g., voluntary vs. reflexive, gross vs. fine motor). 3.2 Identify and describe components of movement (motor, sensation, cognition, perception, psychosocial, and environmental). 3.3 Describe characteristics of each component and analyze how movement is impacted.
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Demonstrate and apply knowledge of the development of motor skills.	4.1 Differentiate between gross, fine, and complex motor skills. 4.2 Differentiate between discrete, continuous and serial tasks. 4.3 Differentiate between internally and externally paced tasks. 4.4 Differentiate between open and closed tasks. 4.5 Observe and assess motor skill performance using



	standardized tools or rubrics. 4.6 Apply principles of motor control to design learning activities or movement interventions.
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Demonstrate an understanding of normal motor development throughout the lifespan.	5.1 Describe key motor milestones across infancy, childhood, adolescence, adulthood, and aging. 5.2 Explain the influence of growth and maturation on motor development. 5.3 Identify age-appropriate motor behaviors and skills across the lifespan. 5.4 Discuss how cognitive, emotional, and physical development interact to influence motor performance. 5.5 Compare and contrast motor capabilities at different life stages and their implications for daily function.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	20%
Exams	40%
Labs	20%
Online Quizzes	20%

Date: August 13, 2025

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