



COURSE OUTLINE: OPA122 - HUMAN MOVEMENT II

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Approved: Rebecca Keown - Dean

Course Code: Title	OPA122: HUMAN MOVEMENT II
Program Number: Name	3022: OCCUP/PHYSIO/ASSIST
Department:	OTA/PTA ASSISTANT
Academic Year:	2025-2026
Course Description:	This course will consolidate and expand the student's knowledge base of human movement. The student will explore movement patterns and safe body mechanics and apply anatomy and biomechanical principles to the analysis of movement. In addition, the student will develop an understanding of motor learning, practice conditions and feedback. The clinical application of movement skills will be stressed throughout the course.
Total Credits:	2
Hours/Week:	2
Total Hours:	28
Prerequisites:	OPA101, OPA119, OPA120
Corequisites:	There are no co-requisites for this course.
Substitutes:	OPA107
This course is a pre-requisite for:	OPA203, OPA204
Vocational Learning Outcomes (VLO's) addressed in this course:	3022 - OCCUP/PHYSIO/ASSIST
Please refer to program web page for a complete listing of program outcomes where applicable.	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 4 Promote a safe environment that prevents or minimizes potential physical or mental harm to the client, therapist assistant and others.
	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.
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 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:

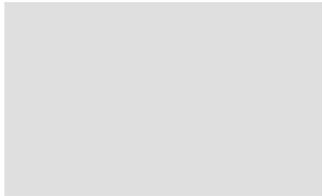
Passing Grade: 60%, C

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 and apply knowledge of anatomy as it relates to the production of movement.	1.1 Demonstrate an understanding of the articular system and resulting movement. 1.2 Demonstrate an understanding of the role of muscles in the production of movement. 1.3 Identify and demonstrate exercises for major muscles of the body. 1.4 Identify and demonstrate stretches for major muscles of the body. 1.5 Integrate knowledge of anatomy through the analysis of functional movement of the body.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Demonstrate knowledge of normal and abnormal postures.	2.1 Explain how the body maintains balance and posture. 2.2 Describe and demonstrate balance strategies and their impact on body control. 2.3 Identify and describe proper body alignment. 2.4 Describe how to maintain good posture and body alignment in various functional positions (e.g. standing, sitting, supine).
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Demonstrate knowledge and skill in the application of good body mechanics.	3.1 Explain components of good body alignment. 3.2 Demonstrate good body alignment during various tasks (lifting, carrying, pushing, pulling, etc.) 3.3 Analyze and correct body mechanics of another.
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Demonstrate knowledge of terminology and concepts related to normal and abnormal gait patterns.	4.1 Identify and define the components of the gait cycle. 4.2 Describe the role of muscles during the gait cycle. 4.3 Identify factors affecting gait. 4.4 Identify abnormal gait patterns. 4.5 Perform a basic gait analysis.
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Demonstrate and apply knowledge of motor learning	5.1 Define terms related to motor learning 5.2 Identify and describe the stages of motor learning.





and practice conditions.

5.3 Describe the characteristics of the learner in each stage of learning.
5.4 Identify and describe appropriate instructional strategies based on stage of learning.
5.5 Identify and describe different types of feedback and its role in motor learning.
5.6 Identify and describe different practice conditions.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	20%
Labs	45%
Online Quizzes	20%
Practical Assessment	15%

Date:

December 15, 2025

Addendum:

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

