COURSE OUTLINE: FIT107 - FUNCTIONAL ANATOMY

Prepared: Lisa Folz
Approved: Bob Chapman, Chair, Health

Course Code: Title	FIT107: FUNCTIONAL ANATOMY
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Semesters/Terms:	20F
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 student 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.
Substitutes:	FIT106, OPA103
This course is a pre-requisite for:	FIT155, FIT156
Vocational Learning Outcomes (VLO's) addressed in this course: **Please refer to program web page for a complete listing of program outcomes where applicable.**	**3040 - FITNESS AND HEALTH** VLO 2 Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients. VLO 6 Train individuals and instruct groups in exercise and physical activities.
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.

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 2020-2021 academic year.

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

Course Outcomes and Learning Objectives:

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. Properly identify and execute 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 and demonstrate 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 and identify the role of muscles for different strengthening and stretching exercises

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	30%
Tests	70%

Date:

September 2, 2020

Addendum:

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

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