



COURSE OUTLINE

FIT107

Prepared: Lisa Maida, Allan Kary Approved: Bob Chapman

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| Course Code: Title | FIT107: FUNCTIONAL ANATOMY |
| Program Number: Name | 3040: FITNESS AND HEALTH |
| Department: | FITNESS & HEALTH PROMOTION |
| Semester/Term: | 17F |
| 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 |
| Substitutes: | FIT106, OPA103 |
| This course is a pre-requisite for: | FIT150, FIT155, FIT156 |
| Vocational Learning Outcomes (VLO's): | <p>#2. Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.</p> <p>#6. Train individuals and instruct groups in exercise and physical activities.</p> |
| <small>Please refer to program web page for a complete listing of program outcomes where applicable.</small> | |
| Essential Employability Skills (EES): | <p>#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>#2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>#4. Apply a systematic approach to solve problems.</p> <p>#5. Use a variety of thinking skills to anticipate and solve problems.</p> <p>#9. Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>#10. Manage the use of time and other resources to complete projects.</p> <p>#11. Take responsibility for ones own actions, decisions, and consequences.</p> |



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| Course Evaluation: |
| Evaluation Process and Grading System: |
| Books and Required Resources: |
| Course Outcomes and Learning Objectives: |

Passing Grade: 50%,

| Evaluation Type | Evaluation Weight |
|------------------------------|-------------------|
| Assignment | 15% |
| In Class Activities and Labs | 25% |
| Practicals | 30% |
| Quizzes | 30% |

Manual of Structural Kinesiology 20th Edition by R. T Floyd

Course Outcome 1.

Name and locate all the major muscle groups of the human body.

Learning Objectives 1.

-Identify major muscles 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.

Identify the bony attachment sites and actions of all the major muscle groups of the human body.

Learning Objectives 2.

-Identify and name the bones of the skeleton that provide attachment sites to major muscle groups on diagrams and charts

-Name and locate the major muscles of the human body (with origin and insertion points of specified muscles) on a chart, and diagram.

-State the actions of all major muscle groups on a chart



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Course Outcome 3.

Properly identify and execute exercises to strengthen and stretch muscles and muscle groups.

Learning Objectives 3.

- Identify major muscles and their actions during a variety of strengthening and stretching exercises on a chart, on self and on another person
- Describe and demonstrate proper execution of strengthening and stretching exercises for all major muscle groups using anatomical terminology on a chart, on self and on another person

Course Outcome 4.

-Identify which muscles are the primary movers, secondary movers and antagonistic movers for a variety of strengthening and stretching exercises.

Learning Objectives 4.

- Identify which muscles are primary movers, secondary movers and antagonistic movers for a variety of strengthening and stretching exercises on a chart, on self, and on another person.

Date:

Wednesday, August 30, 2017

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