THPY 1410: Structural Kinesiology

A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 2
Lab Hours/Week: 2
OJT Hours/Week: *
Prerequisites: None
Corequisites: None
MnTC Goals: None

In this course, students will learn the anatomy, action, and innervation of the major skeletal muscles. Students will be taught to identify muscle origins and insertions using specific bony landmarks as points of anatomical reference. The student will learn to identify, describe, and demonstrate the action of each muscle studied. (Prerequisite: none; recommended BIOL 1200 or BIOL 2515) (3 credits: 2 lecture/1 lab)

B. COURSE EFFECTIVE DATES: 03/11/2001 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Muscular motions of the joints
2. Bone and skeletal muscle anatomy
3. Origins, insertions, and actions of muscles
4. Palpation of bony landmarks

D. LEARNING OUTCOMES (General)

1. Demonstrate use of proper terminology and directional terms to describe anatomical regions and bony landmarks
2. Identify the major bones of the body and their features as they relate to muscle origins and insertions
3. Demonstrate actions of synovial joints including adduction, abduction, extension, flexion, and rotation and explain range of motion
4. List the muscle action, origin, and insertion for the major muscles of the shoulder and arm including the muscles of the rotator cuff
5. List the muscle action, origin, and insertion for the major muscles of the spine and thorax
6. List the muscle action, origin, and insertion for the major muscles of the hip and pelvis including the adductors and lateral rotators
7. List the muscle action, origin, and insertion for select muscles of the forearm and lower leg
8. Demonstrate appropriate palpation techniques to identify musculoskeletal structures
9. Demonstrate passive lengthening and shortening of each muscle studied
10. Describe muscle innervation and list the innervation for select muscles

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus
G. SPECIAL INFORMATION

None noted