

Minnesota State College Southeast

THPY 1410: Kinesiology

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 2

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course teaches students to identify the locations and movements of the 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 and describe the movement of each muscle and be familiar with their nerve enervation. (3 credits: 2 lecture/1 lab)

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Know insertion, origin, and actions of muscles
2. Be able to describe muscular motions in joints
3. Be able to palpate body landmarks as related to muscular movements
4. Know all major muscles and bones of the body

D. LEARNING OUTCOMES (General)

1. Define kinesiology
2. Define muscle insertion & origin
3. Differentiate joint types
4. Imagine body's pulley & lever system
5. Perform range of motion in joints
6. Classify muscular movement
7. Describe muscular abduction
8. Describe muscular adduction
9. Describe muscular eversion
10. Describe muscular inversion
11. Describe muscular extension
12. Describe muscular flexion
13. Describe muscular rotation
14. Explain nerve enervation
15. Palpate upper extremity and head bony landmarks
16. Identify skull bones
17. Label skull sutures
18. List scapula depressors/elevators
19. Name scapula depressors elevators origins & insertions
20. List scapula protractors/retractors
21. Name scapula protractors/retractors origins & insertions
22. List scapula rotators
23. Name scapula rotators origins & insertions
24. List humerus ab/adductors
25. Name humerus ab/adductors origins & insertions
26. List humerus extensors & flexors
27. Name humerus flexors extensors origins & insertions
28. List humerus rotators
29. Name humerus rotators origins & insertions
30. List elbow flexors & extensors
31. Name elbow extensors flexors origin & insertion
32. List wrist extensors/flexors
33. Name wrist extensor & flexors origins & insertions
34. Palpate lower extremity and pelvis bony landmarks
35. List hip ab/adductors
36. Name hip ab/adductors origins & insertions
37. List hip extensors & flexors
38. Name hip extensors flexors origins & insertions
39. List hip rotators
40. Name hip rotators origins & insertions
41. List knee extensors & flexors
42. Name knee flex/extensors origins & insertions
43. List knee rotators
44. Name knee rotators origins & insertions

45. List foot invertors & evertors
46. Name foot in/evertors origins & insertions
47. List foot flexors & extensors
48. Name foot flexors & extensors

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted