MASTER COURSE OUTLINE

A. MASS 1602 Kinesiology

B. COURSE DESCRIPTION:

This course focuses on skeletal muscles of the body, various types of muscle fibers and structures, their origins, insertions, and actions. Palpation skills are taught to identify bony landmarks, muscle bellies, tendons, and ligaments. Anatomical positions and elements of physiology are also discussed. Prerequisites: Acceptance in Massage Therapy Program, completion of MASS 1600, and current CPR certification.
(4 Cr – 2 lect, 2 lab)

C. **Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):
☒ ILO 1: critical thinking *(Core Theme Goal 2)*
☐ ILO 2: awareness of the larger global community *(Core Theme Goal 7 or 8)*
☐ ILO 3: ethical, engaged citizenship *(Core Theme Goal 9 or Goal 10)*
☐ ILO 4: communication and collaboration *(Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration)*

E. MAJOR CONTENT AREAS:

- Bony landmarks
- In-depth identification of muscles: fiber types, origins, insertions, and actions
- Tendon and ligament functions
- Fascial tissue
- Muscular limitations and effects
- Anatomical positions

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

GOAL	**OBJECTIVES** **Students will be able to**	**OUTCOMES** **The student will successfully**
**Critical Thinking	Recognize and articulate the value assumptions which underlie and affect decisions, interpretations, analyses, and	1. Utilize proper medical terminology to study and identify bony landmark locations, as well as

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	evaluations made by ourselves and others.	location, origins, insertions, and actions of muscles.
CS	Apply problem-solving skills for successful treatment.	1. Analyze client issues utilizing accumulated knowledge. 2. Discuss, understand, and palpate muscle tissues for treatment to improve muscle movement and performance.
CS	Demonstrate proficiency in human anatomy related to massage therapy.	1. Discuss and identify muscles and bony landmarks.
CS	Illustrate proficiency in kinesiology.	1. Demonstrate knowledge and performance proficiency in kinesiology.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION: Course Code S/Class Maximum 30; Letter Grade

Revision date: 12/21/10; 11/01/22
AASC Approval date: 01/18/11; 12/13/22

***Riverland Community College Disciplines**	**MnTC Goal Number**
Communication (CM)	**1**
Natural Sciences (NS)	**3**
Mathematics/Logical Reasoning (MA)	**4**
History and the Social & Behavioral Sciences (SS)	**5**
Humanities and Fine Arts (HU)	**6**

****Riverland Community College Core Themes**	**MnTC Goal Number**
Critical Thinking (CT)	**2**
Human Diversity (HD)	**7**
Global Perspective (GP)	**8**
Ethical and Civic Responsibility (EC)	**9**
People and the Environment (PE)	**10**

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*These five MnTC Goals have been identified as Riverland Community College Disciplines.
** These five MnTC Goals have been identified as Riverland Community College Core Themes.
NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

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