



MASTER COURSE OUTLINE

A. MASS 1602 Kinesiology

B. COURSE DESCRIPTION:

This course focuses on deeper skeletal muscles of the body, various types of muscle fibers and structures, their origins, insertions, and actions. Restrictions and laxity of muscles are also discussed. Palpation skills are taught to identify bony landmarks, muscle bellies, tendons, and ligaments. This course compares the various types of connective tissue and contrasts their functions. Prerequisites: Acceptance in Massage Therapy Program, completion of MASS 1600, enrollment in all fall semester courses and current CPR certification.

(4 Cr - 2 lect, 2 lab)

C. **Core Theme: Critical Thinking

D. MAJOR CONTENT AREAS:

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

E. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u> Students will be able to	<u>OUTCOMES</u> The student will successfully
<u>**Critical Thinking</u>	recognize and articulate the value assumptions which underlie and affect decisions, interpretations, analyses, and evaluations made by ourselves and others.	1. utilize proper medical terminology to study and identify bony landmark locations, as well as location, origins, insertions, and actions of muscles.
<u>CS</u>	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.
<u>CS</u>	demonstrate proficiency in human anatomy	1. discuss and identify muscles and

	related to massage therapy.	bony landmarks on human cadavers.
<u>CS</u>	illustrate proficiency in kinesiology.	1. demonstrate knowledge and performance proficiency in kinesiology.

F. 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 the instructor or the Student Success Center 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.

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

Revision date: 12/21/10

AASC Approval date: 01/18/11

*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

*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.