



North Central State College
MASTER SYLLABUS
2020-2021

- A. Academic Division: Health Sciences
- B. Discipline: Occupational Therapy Assistant
- C. Course Number and Title: OTAP1022 OTA Kinesiology
- D. Course Coordinator: John Stewart, MBA, BA, COTA/L
Assistant Dean: Melinda Roepke, MSN, RN

Instructor Information:

- Name: [Click here to enter text.](#)
- Office Location: [Click here to enter text.](#)
- Office Hours: [Click here to enter text.](#)
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- E. Credit Hours: 3
Lecture: 2 hours
Laboratory: 3 hours
- F. Prerequisites: BIOL 2751, OTAP 1015, OTAP 1020, OTAP 1021
Co-requisites: OTAP 1030m, OTAP 1031m
- G. Syllabus Effective Date: Fall, 2020
- H. Textbook(s):

REQUIRED:

Trail Guide to the Body

- Author: Andrew Biel
- Edition: 5th
- ISBN: 9780982978658
- Copyright Year: 2014

Trail Guide to Movement

- Author: Andrew Biel
- Edition: 1st
- ISBN: 9780991466627
- Copyright Year: 2015

Kinesiology for the Occupational Therapy Assistant

- Author: Keough, Sain, Roller
- Edition: 2nd
- Copyright Year: 2018
- ISBN: 9781630912741

Quick Reference Dictionary for Occupational Therapy (Purchased in OTAP-1015)

- Author: Karen Jacobs and Laela Simon
- Edition: 6th
- Copyright Year: 2014
- ISBN: 9781617116469

I. Workbook(s) and/or Lab Manual:

Student Workbook Trail Guide to the Body

- Author: Biel
- Edition: 5th
- ISBN: 9780982978665

J. Course Description: Kinesiology incorporates the study of many areas including anatomy, physiology, physics and biomechanics. Students will learn about qualitative and quantitative methods to gather information about client’s movements. Students are introduced to range of motion and manual muscle testing and learn to apply them within activity analysis. They will work on developing a greater understanding of how to use this information to develop effective interventions to effect change within their clients. Relationship to Curriculum Design: This course addresses the Occupational Performance, Clinical Reasoning, Professional, and Ethical Behavior threads of the curriculum design.

K. College-Wide Learning Outcomes:

College-Wide Learning Outcome	Assessments - - How it is met & When it is met
Communication: Written	
Communication: Speech	
Intercultural Knowledge and Competence	
Critical Thinking	
Information Literacy	
Quantitative Literacy	

ACOTE Standards (2018), Accreditation Council for Occupational Therapy Education

<https://www.aota.org/-/media/Corporate/Files/EducationCareers/Accredit/StandardsReview/guide/2018-Standards-and-Interpretive-Guide.ashx>

L. Course Outcomes and Assessment Methods:

Upon successful completion of this course, the student shall:

Outcomes	Assessments – How it is met & When it is met
1. Compare and contrast OTPF and ICF and how each system classifies motions ACOTE Standards: B.3.1	Lecture test (week 2)
2. Apply the use of axes and the planes of joint motions in the analysis of movement. ACOTE Standards: B.1.1, B.1.4	Lecture test (week 2)
3. Utilize appropriate kinesiology related terminology to describe motion ACOTE Standards: B.1.1	Lecture tests (all), written assignment weeks 12-13
4. Identifies kinematic principles related to joint structures and components. ACOTE Standards: B.1.1	Lecture test (week 2)
5. Identifies the principles of human joint motion. ACOTE Standards: B.1.1	Lecture test (week 2)

Outcomes	Assessments – How it is met & When it is met
6. Identifies the major motor and sensory pathways for human movement. ACOTE Standards: B.1.1	Lecture test (weeks 2,4)
7. Identifies the difference between an upper motor neuron and lower motor neuron. ACOTE Standards: B.1.1	Lecture test (weeks 2,4)
8. Identifies major functions of the components of the central nervous system. ACOTE Standards: B.1.1	Lecture test (weeks 2,4)
9. Identifies the spinal cord levels for major nerve plexus. ACOTE Standards: B.1.1	Lecture test (weeks 2,4)
10. Identifies the functional characteristics of muscle tissue. ACOTE Standards: B.1.1	Lecture test (weeks 2,4)
11. Analyzes the roles of muscles during joint motion. ACOTE Standards: B.1.1	Lecture test (week 4)
12. Examines the types of muscle contractions and the role of each in movement. ACOTE Standards: B.1.1	Lecture test (week 4)
13. Identifies origin, insertion, innervations and action for major muscles of the human body. ACOTE Standards: B.1.1	Lecture tests (weeks 6,7, 8,10,12,16)
14. Identifies common problems related to structures impacting motion. ACOTE Standards: B.1.1., B.3.5	Lecture tests (weeks 6,8,10,12,16)
15. Analyzes normal postural alignment. ACOTE Standards: B.1.1., B.3.5	Lecture test (week 6)
16. Analyzes deviations from normal postural alignment. ACOTE Standards: B.1.1., B.3.5	Lecture test (week 6)
17. Identifies normal gait pattern. ACOTE Standards: B.1.1., B.3.5	Lecture test (week 8)
18. Identifies components of gait cycle. ACOTE Standards: B.1.1., B.3.5	Lecture test (week 8)
19. Tests active range of motion utilizing standardized procedures. ACOTE Standards: B.1.4., B.4.4., B.4.5	Lab (weeks-4-16)
20. Tests strength of muscles utilizing standardized manual muscle testing procedures. ACOTE Standards: B.1.1., B.1.4, B.4.4., B.4.5	Lab (weeks-4-16)

M. Topical Timeline (Subject to Change):

1. Introduction
 - a. Review of syllabus and various handouts
2. Kinesiology: A Foundation of Occupational Therapy
 - a. Human occupation-the OTPF-3
 - b. Health & disability-the ICF
3. Factors Influencing Movement
 - a. Body functions
 - b. Body structures
 - 1) Nervous system
 - 2) Muscles
 - 3) Skeleton
 - c. Movement terms

- 1) Terminology
- 2) Planes of movement
4. Movement Demands
 - a. Motor behavior
 - b. Movement characteristics
 - c. Posture
 - d. Quantifying movement
 - 1) Range of motion
 - 2) Strength
5. Function and movement of trunk and neck
 - a. Motions (and measurement)
 - b. Articulation and landmarks
 - c. Ligament and soft tissue
 - d. Muscles
 - e. Actions
 - f. Strength patterns (and measurement)
 - g. Common problems-overview
6. Function and movement of lower extremity
 - a. Motions (and measurement)
 - b. Articulation and landmarks
 - c. Ligament and soft tissue
 - d. Muscles
 - e. Actions
 - f. Strength patterns (and measurement)
 - g. Common problems-overview
7. Function and movement of shoulder and scapulae
 - a. Motions (and measurement)
 - b. Articulation and landmarks
 - c. Ligament and soft tissue
 - d. Muscles
 - e. Actions
 - f. Strength patterns (and measurement)
 - g. Common problems-overview
8. Function and movement of the elbow
 - a. Motions (and measurement)
 - b. Articulation and landmarks
 - c. Ligament and soft tissue
 - d. Muscles
 - e. Actions
 - f. Strength patterns (and measurement)
 - g. Common problems-overview
9. Function and movement of the hand
 - a. Motions (and measurement)
 - b. Articulation and landmarks
 - c. Ligament and soft tissue
 - d. Muscles
 - e. Actions
 - f. Strength patterns (and measurement)
 - g. Common problems-overview

N. Course Assignments:

1. Lecture tests.
2. A written assignment (annotated bibliography or activity analysis)
3. Labs

O. Recommended Grading Scale:

NUMERIC	GRADE	POINTS	DEFINITION
93-100	A	4.00	Superior
90-92	A-	3.67	Superior
87-89	B+	3.33	Above Average
83-86	B	3.00	Above Average
80-82	B-	2.67	Above Average
77-79	C+	2.33	Average
73-76	C	2.00	Average
70-72	C-	1.67	Below Average
67-69	D+	1.33	Below Average
63-66	D	1.00	Below Average
60-62	D-	0.67	Poor
00-59	F	0.00	Failure

P. Grading and Testing Guidelines:

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Q. Examination Policy:

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R. Class Attendance and Homework Make-Up Policy:

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S. Classroom Expectations:

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T. College Procedures/Policies:

Important information regarding College Procedures and Policies can be found on the [syllabus supplement](https://sharept.ncstatecollege.edu/committees/1/curriculum/SiteAssets/SitePages/Home/SYLLABUS%20SUPPLEMENT.pdf) located at <https://sharept.ncstatecollege.edu/committees/1/curriculum/SiteAssets/SitePages/Home/SYLLABUS%20SUPPLEMENT.pdf>

The information can also be found Choose an item.