Faculty are required to have the outline submitted to the Academic Affairs Office. The course outline is the form used for approval of new courses by the Collegewide Curriculum Committee.

DEPT. MSTH COURSE NO. 1105
NUMBER OF CREDITS: 2
COURSE TITLE: Kinesiology

CATALOG DESCRIPTION: This course covers the basic structure and function of the joint, muscles, nerves, and other connective tissues that cause movement and control posture in the human body as they apply to massage therapy. General physics principles including levers, planes, and axis are covered. The interaction of the muscle/bone connections and the forces needed to produce movement are taught.

AUDIENCE: To massage students considering a career in massage therapy to understand the scientific principles underlying human movement efficiency, effectiveness and safety.

FULFILLS MN TRANSFER CURRICULUM AREA(S) (Leave blank if not applicable)
Area : by meeting the following competencies:
Area : by meeting the following competencies:
Area : by meeting the following competencies:

PREREQUISITES OR NECESSARY ENTRY SKILLS/KNOWLEDGE: none

LENGTH OF COURSE: One semester

THIS COURSE IS USUALLY OFFERED:
Every other year ☐ fall X spring ☐ summer ☐ undetermined ☐

Four goals are emphasized in course at Minnesota West Community & Technical College:

1) ACADEMIC CONTENT: The student will achieve the basic level of knowledge necessary to describe motions of the body during activities.

2) THINKING SKILLS: The student will accurately predict which muscles are responsible for controlling movement and interpret motion data

3) COMMUNICATIONS SKILLS: The student will demonstrate the appropriate communication techniques with mock clients, classmates and supervisors explaining body movements.

4) HUMAN DIVERSITY: The student will gain self-awareness regarding their feelings towards people of different cultures, value systems, socioeconomic status and muscle/body types.
TOPICS TO BE COVERED: This course will provide basic information necessary to be successful in the knowledge of muscles and how they work.

LIST OF EXPECTED COURSE OUTCOMES:
1. Explain the basic principles of biomechanics
2. Identify and describe the three main biomechanical dysfunctional patterns.
3. Assess biomechanical function for the regions of the body.
4. Present the terminology and application of biomechanics to soft tissue and movement therapies
5. Address gait and its role in full body compensational patterns
6. Identify the neuromuscular, Myofascial, and joint-related dysfunctions
7. Review assessment and its application to problem-solving
8. Examine the biomechanics of each region of the body
9. Analyze posture
10. Learn definitions, identification and therapeutic interventions of the three major muscular reflexes at stress in humans
11. Distinguish chronic muscular pain and postural distortions as caused by structural imbalances vs. functional imbalances is explored

LEARNING/TEACHING TECHNIQUES used in the course are:
X Collaborative Learning  X Problem Solving
X Student Presentations  X Interactive Lectures
X Creative Projects  [ ] Individual Coaching
X Lecture  [ ] Films/Videos/Slides
[ ] Demonstrations  [ ] Other (describe below)
[ ] Lab

ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:
X Reading  X Tests  X Individual Projects
X Oral Presentations  X Worksheets  X Collaborative Projects
X Textbook Problems  X Papers  X Portfolio
[ ] Group Problems  [ ] Term Paper
[ ] Other (describe below)

EXPECTED STUDENT LEARNING OUTCOMES: See expected course outcomes

The information in this course outline is subject to revision

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.

Veteran Services: Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or Minnesota Relay Service at 800-627-3529 or by using your preferred relay service.

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