

COURSE SYLLABUS



COURSE TITLE: MASS 112

CLASS SECTION: X01A and B

TERM: Winter 2025

COURSE CREDITS: 3

DELIVERY METHOD(S):

Lecture: Wednesday 8:30 am – 10:20 am (TEC 181)

Labs: Monday X01A 8:30 am – 10:20 am and Tuesday (X01B) – 10:30 am – 12:20 pm (LACC 121)

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

INSTRUCTOR DETAILS

NAME: Noreen Ortila MRSc, CAT(C), ATC, RMT

EMAIL: ortillan@camosun.bc.ca

OFFICE: 306L PISE

HOURS: By appointment only

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

Restricted to students in Massage Therapy

Students will learn foundational concepts and the applied science of exercise as a therapeutic intervention for commonly occurring clinical conditions relevant to massage therapy. Theoretical and practical knowledge of the effects of various exercise techniques on the patient will be explored, with an emphasis on safe and effective treatment.

Prerequisites

All of:

- C in [MASS 131](#)
- C in [MASS 180](#)

- Or all of:
 - C in [AET 340](#)
 - C in [AET 341](#)
 - C in [AET 381](#)

COURSE LEARNING OUTCOMES / OBJECTIVES

Upon successful completion of this course students will be able to:

- Identify principles of movement as they pertain to open and closed kinetic chain exercises.
- Define and apply concepts of joint surfaces and movements in clinical applications of therapeutic exercise.
- Describe muscular interactions and how they relate to functional movements in exercise therapy.
- Demonstrate knowledge of indications, safety considerations, effects, and outcomes of stretching, range of motion, strengthening, cardiovascular, proprioception, and exercises to restore capacity in activities of daily living.

RECOMMENDED PREPARATION / INFORMATION

- *The complete guide to exercise therapy, C. Norris 2014 or newest edition*
- *Kisner & Colby – Therapeutic exercise, 7th edition or newest edition.*
- *Evidence based massage therapy – A guide for clinical practice- R. Libby*
<https://openlibrary.ecampusontario.ca/item-details/?id=89489e48-d9fd-415c-98d6-03ff0ae57a00#/>

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

Lecture content

Topic	Lecture
1	Introduction to course Chapter 1: How tissues heal
2	Chapter 2: Tissue reactions to injury and rehabilitation
3	Chapter 3: Foundations of exercise knowledge
4	Chapter 4: Methods of exercise progression
5	Chapter 5: Structuring therapeutic exercise programs
6	Chapter 6: Effective exercise teaching
7	Chapter 7: Hip and thigh Chapter 8: Knee
8	Chapter 9: Ankle and foot Chapter 10: Shoulder
9	Chapter 11: Elbow, wrist and hand
10	Chapter 12 – 14: Spine

Lab topics

1	Static stretching
2	Foam rolling Quiz 1
3	Self massage Quiz 2
4	Isometric exercise Quiz 3
	Tubing exercises Quiz 4
6	Body weight progressions
7	NO CLASSES Reading Week – Feb 17
8	NO CLASSES Midterm week – Feb 26 – Mar 1
9	Concentric exercise
10	Eccentric exercise Quiz 5
11	Spine progressions Quiz 6
12	Aerobic exercise Quiz 7
13	Proprioception Quiz 8
14	Aquatic therapy – TBA or Functional exercise Quiz 9

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

EVALUATION OF LEARNING

EVALUATION TYPE	WEIGHTING
Quizzes (9)	30 %
Final written	25 %
Midterm practical	20 %
Final practical	25 %
	100%

ASSESSMENT OF LEARNING AND TEACHING ACTIVITIES

Learning outcome	Practical exam	Written exam/Lab quizzes	Teaching and learning activities
Identify principles of movement as they pertain to open and closed kinetic chain exercises.	X	X	Practice on peers Examine anatomy models Demonstration Class activity Videos Lecture
Define and apply concepts of joint surfaces and movements in clinical applications of therapeutic exercise.		X	Practice on peers Lecture Videos Textbook readings
Describe muscular interactions and how they relate to functional movements in exercise therapy.		X	Practice on peers Peer feedback Demonstration Videos Textbook readings
Demonstrate knowledge of indications, safety considerations, effects, and outcomes of stretching, range of motion, strengthening, cardiovascular, proprioception, and exercises to restore capacity in activities of daily living.	X	X	Lecture Case study Demonstration Students working in pairs Textbook readings Videos In class/lab activities

COURSE GUIDELINES & EXPECTATIONS

Students participate in role-playing activities to practice skills with each other. Please be aware that learning what the human body feels like in a healthy condition is important when it comes to recognizing unhealthy or injured states. While learning to do assessments, students will need to palpate other students on a regular basis.

Students will maintain optimum levels of safe behavior (personal hygiene, decontamination of personal protective equipment, use of proper body mechanics, etc.) with minimizing the potential for disease transmission.

Students must come appropriately dressed to allow for hands on application / demonstration of assessment techniques.

Students that do not come prepared to actively participate (appropriate dress, textbooks, etc.) may be asked to leave.

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized

Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-3703841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.