

# COURSE SYLLABUS



COURSE TITLE: MASS 132

CLASS SECTION: X01A and B

TERM: Winter 2023

COURSE CREDITS: 3

DELIVERY METHOD(S):

Lecture: Wednesday 8:30 am – 10:20 am (PA 102)

Labs: Tuesday X01A and Friday (X01B) – 12:30 – 3:20 pm (LACC 121)

For COVID-19 information please visit <https://legacy.camosun.ca/covid19/index.html>.

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

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*Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.*

## INSTRUCTOR DETAILS

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

EMAIL: [ortillan@camosun.bc.ca](mailto:ortillan@camosun.bc.ca)

OFFICE: 306L PISE

HOURS: Wednesday 12:30 – 1:30 pm 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

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Restricted to students in Massage Therapy

Students will study the detailed structure of the musculoskeletal system, including all of its bones, vascular supply, articular surfaces forming the joints, range of motion and muscles acting on the joints of the upper extremity, lower extremity, and the spine. Students will be introduced to muscle testing, posture, and gait biomechanics, with an emphasis on mastering palpation skills and applying knowledge of anatomy to clinical orthopedic assessments.

### *Prerequisites*

*All of:*

- C in MASS 131

*Or all of:*

- C in AET 340
- C in AET 341
- C in AET 440

## COURSE LEARNING OUTCOMES / OBJECTIVES

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

- Describe all of the characteristics of the joints of the human body, including types, ligaments, and range of motion.
- Identify and describe the various types, classifications, and components of fascia.
- Measure joint range of motion using a goniometer.
- Distinguish between ideal posture and common postural deviations.
- Distinguish between normal gait cycle and common gait deviations.
- Palpate and approximate all muscle attachments of specific structures of the upper extremity, lower extremity, and the spine.
- Discuss the action(s) of the muscles and the relationship of these action(s) to specific joints in the upper extremity, lower extremity, and the spine.

## REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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- *Kendall/Muscles Testing and Function with Posture and Pain 5<sup>th</sup> edition*
- *Muscolino / The Skeletal system and Muscle function 3<sup>rd</sup> edition*

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

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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, overview of joint function and movement<br>Reading: Muscolino Chapter 6  |
| 2     | Classification of joints: anatomy, physiology, mobility and stability, shock absorption, weight bearing, different types of joints (synovial, cartilaginous, uniaxial etc)<br>Reading: Muscolino Chapter 7 |
| 3     | Joints of the Shoulder complex<br>Reading: Muscolino Chapter 10.1 - 10.6   |
| 4     | Joints of the Elbow complex<br>Reading: Muscolino Chapter 10.7 - 10.9  |
| 5     | Joints of the Wrist and Hand complex<br>Reading: Muscolino Chapter 10.11 - 10.16   |
| 6     | Joints of the Pelvis<br>Reading: Muscolino Chapter 9.1 - 9.8   |
| 7     | Hip joint<br>Reading: Muscolino Chapter 9.9 - 9.11   |
| 8     | Joints of the knee complex<br>Reading: Muscolino Chapter 9.12 - 9.16   |
| 9     | Joints of the ankle/foot<br>Reading: Muscolino Chapter 9.17-9.24   |
| 10    | Joints of the Axial skeleton – skull, spine<br>Reading: Muscolino Chapter 8  |

## Lab schedule

|    |   |
|----|---|
| 1  | Introduction<br>Goniometry  |
| 2  | Shoulder muscles – Manual Muscle Tests<br>Reading: Kendall Chapter 6 – Muscle tests of: Pectoralis major and minor, Deltoid, Latissimus Dorsi, Rhomboids, Serratus Anterior, Levator Scapulae, Trapezius, Shoulder rotators, Triceps brachii, Biceps brachii, Brachialis, Anconeus<br><b>Quiz 1</b>       |
| 3  | Shoulder ligaments (GH, SC, AC) Testing<br>Elbow muscles – Manual muscle tests<br>Reading: Kendall Chapter 6 – Muscle tests of Brachioradialis, Pronator teres and quadratus, supinator<br><b>Quiz 2</b>  |
| 4  | Elbow ligament testing<br>Wrist & Hand Manual Muscle Tests<br>Reading: Kendall Chapter 6 – Muscle tests of Extensor carpi radialis longus, Extensor carpi radialis brevis, Extensor carpi ulnaris, Flexor carpi radialis, Flexor carpi ulnaris, Palmaris longus<br><b>Quiz 3</b>                          |
|    | Wrist and hand ligament testing<br><b>Quiz 4</b>  |
| 6  | Integration – midterm preparation scenarios   |
| 7  | <b>NO CLASSES Reading Week – Feb 19-23</b>  |
| 8  | <b>NO CLASSES Midterm week – Feb 26 – Mar 1</b>   |
| 9  | Hip and pelvis ligament testing<br>Hip Manual Muscle Tests<br>Reading: Kendall Chapter 7 – Muscle tests of Iliopsoas, Sartorius, Adductors, Gluteus maximus, medius and minimus, Tensor Fascia Latae, Hip rotators  |
| 10 | Knee ligament testing<br>Knee Manual Muscle tests<br>Reading: Kendall Chapter 7 – Muscle tests of Semitendinosus, Semimembranosus, Biceps Femoris, Gastrocnemius, Soleus, Popliteus<br><b>Quiz 5</b>  |
| 11 | Ankle ligament tests<br>Ankle Manual Muscle tests<br>Reading: Chapter 7 – Muscle tests of Tibialis anterior, extensor digitorum longus, Extensor Hallucis Longus, Peroneous longus and brevis, Flexor digitorum longus and quadratus plantae, Flexor Hallucis Longus, Tibialis posterior<br><b>Quiz 6</b> |
| 12 | Foot muscle testing<br>Reading Chapter 7 – Muscle tests of Abductor Hallucis, Flexor Hallucis Brevis, Lumbricals/Interossei<br><b>Quiz 7</b>  |

|    |  |
|----|--|
| 13 | Back/Trunk and TMJ Manual Muscle Tests<br>Reading Chapter 4 – Muscle tests for the anterolateral neck flexors, posterolateral neck flexors<br>Chapter 3 – Muscle tests for the temporalis, masseter, medial pterygoid, lateral pterygoid<br>Chapter 5 – Muscle testing for Quadratus lumborum<br><b>Quiz 8</b> |
| 14 | Posture and Gait<br><b>Quiz 9</b>  |

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  |
|---|----------------|--------------------------|---|
| Describe all of the characteristics of the joints of the human body, including types, ligaments, and range of motion. | X              | X                        | Practice on peers<br>Examine anatomy models<br>Demonstration<br>Class activity<br>Videos<br>Lecture |
| Identify and describe the various types, classifications, and components of fascia.                                   |                | X                        | Practice on peers<br>Lecture<br>Videos<br>Textbook readings   |
| Measure joint range of motion using a goniometer.   |                | X                        | Practice on peers<br>Peer feedback  |

|   |   |   |   |
|---|---|---|---|
|   |   |   | Demonstration<br>Videos<br>Textbook readings  |
| Distinguish between ideal posture and common postural deviations.   |   | X | Lecture<br>Case study<br>Demonstration<br>Students working in pairs<br>Textbook readings<br>Videos<br>In class/lab activities |
| Distinguish between normal gait cycle and common gait deviations.   |   | X | Lab activities<br>Demonstrations  |
| Palpate and approximate all muscle attachments of specific structures of the upper extremity, lower extremity, and the spine.                           | X | X | Lab activities<br>Demonstration<br>Textbook readings<br>Use of anatomy models<br>Practice on peers                            |
| Discuss the action(s) of the muscles and the relationship of these action(s) to specific joints in the upper extremity, lower extremity, and the spine. | X | X | Lab activities<br>Textbook readings<br>Demonstration<br>Use of anatomy models<br>Practice on peers                            |

## COURSE GUIDELINES & EXPECTATIONS

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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.

Low cut shirts, pants / shorts that expose underwear, and flip flop sandals are NOT acceptable dress for labs.

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

## SCHOOL OR DEPARTMENTAL INFORMATION

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### ***Centre for Sport & Exercise Education (CSEE) Attendance Policy:***

Research shows a strong correlation with class attendance and academic success. Given the practical nature of this course, and the need to understand the theory utilized during the labs, attendance at lectures is strongly encouraged.

**For any of the below, it is required that students contact the instructor.**

An excused absence includes:

- a) Medical certificate.
- b) Bonafide intercollegiate trip with supporting documentation.
- c) Permission of instructor prior to absence.
- d) Compassionate reasons.

## STUDENT RESPONSIBILITY

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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

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

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

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### 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.

### Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures"

(<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

### 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](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto: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.