

SOUTHEAST COMMUNITY COLLEGE
HEALTH SCIENCES DIVISION
PHYSICAL THERAPIST ASSISTANT
Created Date: 11/2025

I. CATALOG DESCRIPTION

Course Number:	HLTH 1850
Course Title:	Kinesiology and Functional Anatomy for the Rehab Professional
Prerequisite(s):	Admission to a Health Sciences Program
Catalog Description:	This course focuses on the movement of the musculoskeletal and nervous systems of the body including muscle origins, insertion, actions and nerve innervations. In addition, motion and the effects of forces and levers relative to the body, manual muscle testing and goniometry will be studied.
Credit Hours:	4
Class Hours:	45
Lab Hours:	45
Total Contact Hours:	90

II. COURSE OBJECTIVES: *Course will:*

1. Illustrate movement of the musculoskeletal and nervous systems of the body including muscle origins, insertion, actions and nerve innervations.
2. Summarize motion and the effects of forces and levers relative to the body, manual muscle testing and goniometry.

III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES

A. STUDENT LEARNING OUTCOMES: *Student will be able to:*

1. Illustrate basic principles of kinesiology and structure and function of the musculoskeletal and neuromuscular system.
2. Apply biomechanical concepts to the respiratory system, neck, trunk, upper extremities, and lower extremities.
3. Relate the origin, insertion, action, and innervation of muscles of the head, neck, trunk, upper extremity and lower extremity to movement and/or function.
4. Identify common bones, bony landmarks, joints, ligaments, nerves and muscles of the head, neck, trunk, upper extremity, and lower extremity.
5. Describe data collection skills for measurement of strength and ROM.
6. Demonstrate safe and accurate data collection skills for measurement of strength, ROM, and palpation.
7. Palpate common bones, bony landmarks, joints, ligaments and muscles of the head, neck, trunk, upper extremity, and lower extremity.

B. GENERAL EDUCATION LEARNING OUTCOMES

Critical Thinking & Problem Solving

Outcome 2: Synthesize information to arrive at reasoned solutions to problems.

IV. CONTENT/TOPICAL OUTLINE *(course outline may provide more detailed information)*

- A. Basic Concepts
- B. Muscular System
- C. Nervous System
- D. Biomechanics
- E. Shoulder
- F. Elbow
- G. Wrist
- H. Hand
- I. Hip
- J. Pelvic Girdle
- K. Knee
- L. Ankle
- M. Foot
- N. Respiration
- O. Neck and Trunk
- P. Posture

V. INSTRUCTIONAL MATERIALS

A. Required Text(s):

Biel, A.R., *Trail Guide to the Body*, current ed.

Lippert, Lynn S., *Clinical Kinesiology and Anatomy*, current ed.

B. Other Materials:

Outside Reading/Research required: Provided by Instructor

Kinesiology in Action, F.A Davis, on-line application

Mansfield, P.J., Neumann, D.A., *Essentials of Kinesiology for the Physical Therapist Assistant*, current ed. (Recommended)

PhysioU App

VI. METHODS OF PRESENTATION/INSTRUCTION

A. Methods of presentation typically include a combination of the following:

1. Lecture
2. Engaged Learning Activities
3. Lab

VII. METHODS OF EVALUATION

A. Methods of evaluation typically include a combination of assignments, quizzes, exam, projects, skills check-offs, etc. For grading expectations, please see the Course Information Document.

SCC STANDARD GRADING SCALE POLICY:

A+	95-100	C+	75-79
A	90-94	C	70-74
B+	85-89	D+	65-69
B	80-84	D	60-64
		F	Below 60

VIII. SPECIFIC COURSE REQUIREMENTS

- Attendance is required for success in this course
- Required C+ (75%) or better in the lab and classroom portion to progress in the PTA Program
- Tests and/or class learning activities may be scheduled outside of class time