EASTERN ARIZONA COLLEGE
Kinetic Anatomy
Course Design
2014-2015

Course Information
Division
Health & Physical Education
Course Number
HPE 278
Title
Kinetic Anatomy
Credits
3
Developed by
Andrea Bagnall
Lecture/Lab Ratio
3 Lecture/0 Lab
Transfer Status
<table>
<thead>
<tr>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
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<tr>
<td>KIN Department Elective</td>
<td>Elective Credit</td>
<td>PE Departmental Elective</td>
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Activity Course
No
CIP Code
51.0800
Assessment Mode
Pre/Post Test (20 Questions/20 Points)
Semester Taught
Fall
GE Category
None
Separate Lab
No
Awareness Course
No
Intensive Writing Course
No

Prerequisites
None

Educational Value
This course is designed for the Sports Medicine and Rehabilitative Therapies program. It is also designed to meet the needs of students involved in other Health and Physical Education programs, such as Sports Studies and Personal Training Certificate.

Description
Examination of anatomical factors that will enhance “hands-on” experiences, teach anatomical structures, present common anatomical conditions, provide basic vocabulary of anatomy. Identical to HHP 278.

Supplies
None
Competencies and Performance Standards

1. **Explain and demonstrate the general concepts of anatomy, including the structures and movement.**
   
   **Learning objectives**
   What you will learn as you master the competency:
   a. explain the functions of bones, joints, muscles, nerves, and blood vessels
   b. explain and demonstrate the anatomical locations
   c. explain and demonstrate the planes and axis
   d. explain and demonstrate fundamental movements

   **Performance Standards**
   You will demonstrate your competence:
   o instructor observation/evaluation of learner explaining and demonstrating these structures and their movements
   o correctly answering test questions pertaining to these structures and their movements
   
   Your performance will be successful when:
   o you successfully explain these structures and movements
   o you successfully demonstrate their movements

2. **Explain and demonstrate the anatomy of the upper extremity, including the shoulder, elbow, wrist, and hand.**
   
   **Learning objectives**
   What you will learn as you master the competency:
   a. explain the shoulder in terms of bones, joints, ligaments, muscles, and movement
   b. explain the elbow and forearm in terms of bones, joints, ligaments, muscles, and movement
   c. explain the wrist and hand in terms of bones, joints, ligaments, muscles, and movement
   d. explain the nerves and blood vessels of the upper extremity

   **Performance Standards**
   You will demonstrate your competence:
   o instructor observation/evaluation of learner explaining these structures and movements
   o correctly answering test questions pertaining to these structures and movements
   
   Your performance will be successful when:
   o you successfully explain these structures and their movements

3. **Explain and describe the anatomy of the spinal column, pelvis, and thorax.**
   
   **Learning objectives**
   What you will learn as you master the competency:
   a. explain the Spinal Column in terms of bones, ligaments, muscles, and movement
   b. explain the Thorax in terms of bones, joints, ligaments, muscles, and movement
   c. explain the nerves and blood vessels of the Spinal Cord and Thorax
Performance Standards
You will demonstrate your competence:
- instructor observation/evaluation of learner describing these structures and their movements
- correctly answering test questions pertaining to these structures and their movements

Your performance will be successful when:
- you successfully explain these structures and their movements

4. Explain and describe the lower extremity, including the hip, thigh, knee, ankle, and foot.

Learning objectives
What you will learn as you master the competency:
a. explain and describe the Hip and Thigh in terms of bones, ligaments, muscles, and movements
b. explain and describe the Knee in terms of bones, ligaments, muscles, and movement
c. explain and describe the Ankle and Foot in terms of bones, ligaments, muscles, and movements
d. explain and describe the Nerves and Blood Vessels of the Lower Extremity

Performance Standards
You will demonstrate your competence:
- instructor observation/evaluation of learner explaining and describing these structures and their movements
- correctly answering test questions pertaining to these structures and their movements

Your performance will be successful when:
- you successfully describe these structures and movements
- you successfully explain these structures and movements

Types of Instruction
Classroom Presentation

Grading Information
Grading Rationale
Skills explanation/demonstration  40%
Testing  30%
Assignments  20%
Pre-Post Tests  10%

Grading Scale
A  90% - 100%
B  80% - 89%
C  70% - 79%
D  60% - 69%
F  Below 60%