GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 11/29/2022

Approved by GCCCD Governing Board: 12/13/2022

OCCUPATIONAL THERAPY ASSISTANT 130 – DYNAMICS OF HUMAN MOVEMENT

1. Course Number Course Title Semester Units

OTA 130 Dynamics of Human Movement 4

Semester Hours

3 hours lecture (48-54 hours); 3 hours laboratory (48-54 hours); 96-108 outside-of-class hours for lecture;

192-216 total hours

2. Course Prerequisites

A "C" grade or higher in OTA 100 and 101 and 110.

Corequisite

OTA 120 and 140 and 141

Recommended Preparation

None

3. Catalog Description

The structure and organization of the human body are examined and analyzed in relation to functional movements required for work, play and self-care activities. Occupational therapy theory for treating the physically disabled is reviewed with special attention to neurological and musculoskeletal systems. Physical conditions typically seen by the occupational therapist are defined and examined. Functional manual muscle testing, goniometry, and sensory perception testing are learned and practiced. Principles of kinesiology are presented in relation to functional mobility, body mechanics, energy conservation and joint protection.

4. Course Objectives

The students will:

1. Examine principles of movement.
2. Examine and analyze the relationship of the nervous and musculoskeletal systems to functional mobility.
3. Identify and examine the structure, function and movement patterns of joints and major muscle groups of the human body.
4. Employ logical thinking, critical analysis, problem solving and creativity when assessing movement patterns and posture during occupational performance throughout the lifespan.
5. Articulate the importance of and demonstrate process used in obtaining statistics, tests and measurements.
6. Dramatize the role and function of the occupational therapy assistant in assessing and treating persons with physical disabilities and well populations.
7. Demonstrate selected assessments and use of occupation for the purpose of assessment of joint mobility, muscle strength and sensory perception.
8. Identify and describe medical conditions affecting occupational performance.
9. Identify, demonstrate and evaluate the use of compensatory strategies such as energy conservation, body mechanics and joint protection.
10. Identify and demonstrate safe handling techniques for treatment intervention and patient transfer training.
11. Identify safety precautions with the client during assessment and intervention procedures including knowledge of contraindications and use of infection control standards.
12. Discuss and demonstrate the use of superficial thermal and mechanical modalities.

5. Instructional Facilities

1. OTA Lab
2. OTA classroom
3. OTA mock apartment
4. Smart Lab Room

6. Special Materials Required of Student

OTA Supply Kit per current OTA Student Handbook

7. Course Content

1. Theoretical frames of reference for physical dysfunction occupational therapy.
2. Medical conditions commonly treated by the occupational therapist along with their effects on the nervous and musculoskeletal systems.
3. Techniques for assessment and treatment, focusing on occupational performance and safety including gross manual muscle testing and goniometry.
4. Normal and abnormal movement patterns related to work, play/leisure and rest activities.
5. Principles of body mechanics, joint protection, and energy conservation integrated into the treatment process.
6. Sensory motor treatment approaches.
7. Superficial thermal and mechanical modalities.

8. Method of Instruction

1. Lecture
2. Small groups with discussion
3. Lab work for practical experience
4. Multimedia presentation
5. Guest speakers
6. Written assignments
7. Reading assignments

9. Methods of Evaluating Student Performance

1. Class participation.
2. Midterm and final written exams.
3. Written assignments: QTiP Assignments, Goniometry Worksheets, Home Exercise Program Part 1/2/3, Manual Muscle Testing Worksheets.
4. Reading assignments: Complete QTiP assignments after reading correlating textbook chapters.
5. Demonstration of skills competencies.
6. Quizzes.

10. Outside Class Assignments

1. Reading assignments: Complete QTiP assignments after reading correlating textbook chapters.
2. Writing assignments: QTiP Assignments, Goniometry Worksheets, Home Exercise Program Part 1/2/3, Manual Muscle Testing Worksheets.
3. Skills practice.
4. Problem-solving exercises.

11. Representative Texts

1. Representative Text(s):
2. Keough, Jeremy L., et al. *Kinesiology for the Occupational Therapy Assistant: Essential Components of Function and Movement*. 2nd ed., Slack, 2017.
3. McHugh Pendleton, Heidi and Winifred Schultz-Krohn. *Pedretti’s Occupational Therapy: Practice Skills for Physical Dysfunction*. 8th ed., St. Louis, Missouri: Elsevier, 2017.
4. Vicino, Christine. *OTA Student Handbook*. 2022.
5. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

1. Demonstrate an understanding of principles of movement and kinesiology concepts.