

Common Course Outline
MASS 110
Musculoskeletal System: Structure and Function
3 Semester Hours

The Community College of Baltimore County

Description

Musculoskeletal System: Structure and Function

Increases the student's knowledge in applied human anatomy and physiology and kinesiology; emphasis is placed on understanding muscular structure and its importance in massage therapy and the skeletal system, joints; teaches muscle origins and insertions, the role of muscles and different types of contractions and palpation skills.

Prerequisite: MASS 101 with Grade of C. BIOL 109 with Grade of C or permission of Program Director. Taken concurrent with MASS 210.

Overall Course Objectives

Upon successful completion of this course the student will be able to:

1. Describe the anatomy and physiology of skeletal muscle from gross to microscopic levels
2. Understand and state how skeletal muscles are named
3. Summarize the characteristics of smooth and cardiac muscle
4. Identify, palpate and demonstrate the actions of all major skeletal muscle groups
5. List and describe major tendons, ligaments and joints
6. Summarize major skeletal muscle disorders and the indication or contraindications for massage therapy
7. Summarize the developmental aspects of skeletal muscles from embryo to old age
8. List the seven major functions of the skeletal system
9. Describe the structure and development of bone
10. List and describe the shapes of bones
11. Describe the divisions of the skeleton and list the bones in each
12. Identify major skeletal landmarks, especially as they relate to the major skeletal muscle groups
13. Summarize major skeletal disorders and the indications and contraindications for massage therapy

Major Topics

1. Anatomy and physiology of muscle
2. Muscle tissue and the whole body
3. Functions of cardiac and smooth muscles
4. Pathological conditions
5. Major muscles of the head, face, back, neck, shoulder, torso, arm, wrist and hand, gluteal area, leg and foot
6. Main functions of the skeletal system
7. Classification of bones
8. Bone landmarks
9. Bones of the axial and appendicular skeleton
10. Bone growth and repair
11. General pathology
12. Joint and ligament location and action

Course Requirements

Grading – There will be four tests given during the semester.

Other Course Information

This is a core course and can be taken simultaneously with the course MASS 210 – Level I Massage. It emphasizes the entire muscle skeletal system in detail and is an essential prerequisite to MASS 220 – Level II Massage.