

Common Course Outline
OCTA 206
Analysis of Human Performance
2 Credits

The Community College of Baltimore County

Description

OCTA 206 – 3 Credits – Analysis of Human Performance presents the principles and techniques needed to identify and analyze motor movement in order to adapt human performance tasks. Studies osteology of the upper and lower extremities, motor reflexes, synergy patterns, musculoskeletal system, agonist/antagonist muscle groups, and patterns of proximal stability. Develops students' observational skills. Introduces handling techniques, isometric/isotonic exercise and motor assessments.

3 credits: 1.5 lecture hours and 2 laboratory hours per week.

Prerequisite: Admission to the Occupational Therapy Assistant (OTA) program.

Co-requisite: OCTA 201

Overall Course Objectives

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

1. Identify joints and motions at each joint throughout the upper extremity; lower extremity, and trunk;
2. Identify bones of the upper extremity, lower extremity, and trunk;
3. Label important landmarks on bones and the surface of the skin;
4. Identify muscles involved in movements at each joint and their function;
5. Explain concepts of prime movers, agonists and antagonists with regard to the muscular system;
6. Understand innervations of the upper extremity;
7. Begin to demonstrate performance of the following OT assessments: manual muscle test, and range of motion;
8. Explains biomechanics of normal movement and how this differs from specific handicap conditions.

Major Topics

- I. Terminology
 - A. Anatomical Position
 - B. Functional Position
 - C. Motions of the upper extremity

- II. Osteology of the Upper Extremity Joints
 - A. Surface anatomy of the shoulder girdle
 - B. Surface anatomy of the shoulder joint
 - C. Surface anatomy of the elbow and radioulnar joints
 - D. Surface Anatomy of the wrist and hand joints

- III Musculature of the Upper Extremity
 - A. Muscles and range of motion of the shoulder girdle
 - B. Muscles and range of motion of the shoulder joint
 - C. Muscles and range of motion of the elbow and radioulnar joints
 - D. Extrinsic muscles and range of motion of the wrist and hand
 - E. Intrinsic muscles and the range of motion of the hand

- III. Assessment of the upper extremity
 - A. Introduction to assessment tools (i.e. goniometer)
 - B. Measuring range of motion with appropriate tools
 - C. Introduction to manual muscle testing

- IV. Osteology of the Lower Extremity
 - A. Surface anatomy of the hip joint
 - B. Surface anatomy of the knee joint
 - C. Surface anatomy of the ankle joint
 - D. Surface anatomy of the foot.

- V. Musculature of the Lower Extremity
 - A. Key muscles in the lower extremity
 - B. Motions of the hip, knee, ankle, and foot
 - C. The lower extremity and O.T. Function

Course Requirements

- I. Term Exams (2)
- II. Final Exam
- III. Lab Assignments (4)
- IV. Lab Skills Practicum Test (2)

Other Course Information

This course is a first semester required course in the Occupational Therapy Assistant Program.

Individual faculty members may include additional course objectives, major topics, and other course requirements to the minimum expectations stated in the Common Course Outline.

(8) Date Revised: MM/DD/YY