

24a A&P: Muscular System-Organization of Skeletal Muscle

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
	Reminders 10 minutes before class begins display the reminders slide.
5	Attendance and Breath of Arrival
15	AOIs: infraspinatus and teres minor.
40	Lecture Muscular System – Organization of Skeletal Muscle <ul style="list-style-type: none">• “What do you already know about muscles?” (2m)• Anatomy of the muscular system (2m)• Physiology of the muscular system (4m)• Drawing and lecture of the Organization of Muscles Cells into Muscle Organs (13m)• Connective tissues of the Muscular system and Tendons (14m)• Muscles Cells (4m)• Myofilaments (4m)• Muscle Cell Properties (2m)
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60m	Total Class Time

Learning Outcomes

- **Program Level:** realize how the of understanding the workings of this system is key to their credibility and effectiveness as therapists.
- **Course Level:** recognize how this system follows the general nomenclature of a generic system, notice the particular terms that apply to it specifically, notice that it has special relationships with the nervous system, the “fascial system” and the circulatory system.
- **Class Level:** understand how the parts are layered and how they fit together – which are fascia and which are contractile elements.

Class Schedule – Student Preparation

- Trail Guide: infraspinatus and teres minor.
- Salvo: Pages 432-436.
- Packet E: 37-40.
- RQ - Packet A-148.

Topic Focus

- Cover AOIs of 2 rotator cuff muscles.
- Introduce study of the Skeletal Muscular System.
- Cover the introductory anatomy and physiology info from the handout, and teach organization of skeletal muscle

Thoughts, Advice, or Warnings

- Keep students responding by asking questions of them
- Get students to palpate selves and/or partner during the lesson