

25a A&P: Muscular System – Mechanism of Contraction

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: subscapularis. |
| 40 | Lecture Muscular System – Mechanism of Contraction |
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| 60m | Total Class Time |

Learning Outcomes

- **Program Level:** realize how the of understanding the workings of the muscular system is key to their credibility and effectiveness as therapists.
- **Course Level:** recognize how the muscular 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 the contributors and components that cause a muscle to contract and relax.

Class Schedule – Student Preparation

- Trail Guide: subscapularis.
- Salvo: Pages 436-437.
- Packet E: 41-44.
- RQ - Packet A-148.

Topic Focus

- Cover AOIs of 1 rotator cuff muscle.
- Introduce the structures that carry a nerve impulse to a muscle.
- Explain the processes involved in skeletal muscle contraction.

Thoughts, Advice, or Warnings

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