

2a Kinesiology: Names and Locations of Bones and Muscles

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: Trapezius
25	Lecture: Axial versus Appendicular (Packet E-17) <ul style="list-style-type: none">• The individual names of the carpals can wait for another day.• Using skeletons, students work individually or in groups to practice recalling bone names and numbers.
15	<u>Lecture: Muscles of the Posterior Upper and Lower Body</u>
60m	Total Class Time

Learning Outcomes

- Program Level: know the body
- Course Level: facilitate the learning of AOIs and massage
- Class Level: name, locate, and count the bones
- Class Level: name and locate posterior muscles

Class Schedule – Student Preparation

- Trail Guide: trapezius.
- Salvo: Pages 419-420.
- Packet E-17.
- RQ - Packet A-119.

Topic Focus

- Appendicular and axial divisions of the skeletal system
- Names, locations, and quantities of each bone
- Names and locations of posterior muscles

Thoughts, Advice, or Warnings

- During the lecture, stop frequently to review what's been covered thus far.
- Move through the lecture quickly so that the students have time to review the bones by touching and saying them using the skeleton.

Materials, Equipment, and Supplies

- 1 or 2 intact skeletons lying on a massage table (protect table with a blanket).
- 1 disarticulated skeleton from the black box laid out on 2 folding tables that are set up and arranged side by side to make 1 long and wide table.