

30a Kinesiology: Synergists – Glenohumeral & Scapulothoracic Joint

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
5	Attendance and Reminders Display the reminders slide.
20	Activity Pass out synergists of the glenohumeral and scapulothoracic joints forms (see 43a-2). In groups of 2-4, have students fill in as many synergists as possible.
20	Activity In pairs, students go from station to station quizzing each other. The first partner stands with their back to the sign (don't block it), while their partner reveals the joint and action. The first partner will act out the actions and attempt to name all of the synergists. Half way through, they switch. (attached)
15	Review The answers for the GH and ST form.
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60m	Total Class Time

Learning Outcomes

- **Class Level:** understand which muscles perform the actions at the GH and ST joints.

Class Schedule – Student Preparation

- Trail Guide: pages: 63-66.
- RQ - Packet A: 154-155.

Class Schedule – Assignments and Exams

- 30a Review Questions. Due before class starts. Packet A: 139-156.

Thoughts, Advice, or Warnings

- Briefly review previous “A class” content for context.
- Use of drawing on white board to augment anatomy slides
- Frequent breaking down of words focusing on what their parts mean
- Frequent examples of ways to remember words that do not easily break down into known parts
- Periodic response moments as review by orally filling in the blanks
- Calling for students to pronounce words aloud in unison
- Use of analogies from textbook and within PPT
- Frequent inclusion of individual students by name in analogies and games, stories, etc.

S/T

<u>Upward Rotation (2)</u>	<u>Downward Rotation (3)</u>
<p>Trapezius (Up + low)</p> <p>Serratus Anterior (w/origin fixed)</p>	<p>Rhomboids (Major + Minor)</p> <p>Levator Scapula</p> <p>Pec Minor</p>

S/T

Adduct/Retract (2)

Trapezius (middle)

Rhomboids (major + minor)

Abduct/Protract (2)

Serratus Anterior
(w/origin fixed)

Pec Minor

S/T

Elevation (3)	Depression (3)
Trapezius (upper)	Trapezius (lower)
Rhomboids (Major + Minor)	Serratus Anterior (w/origin fixed)
Levator Scapula	Pec Minor

G/H

<u>Lateral Rotation (3)</u>	<u>Medial Rotation (5)</u>
Deltoid (post)	Deltoid (ant)
Infraspinatus	Lats
Teres Minor	Teres Major
	Subscapularis
	Pec Major (all)

G/H

<u>Abduction (2)</u>	<u>Adduction (7)</u>
Deltoid (all)	Lats
Supraspinatus	Teres Major
	Infraspinatus
	Teres Minor
	Pec Major (all)
	Triceps (long)
	Coracobrachialis

G/H

<u>Horizontal Abd (1)</u>	<u>Horizontal Add (2)</u>
Deltoid (post)	Deltoid (ant) Pec Major (upper)

G/H

<u>Flexion (4)</u>	<u>Extension (5)</u>
Deltoid (ant)	Deltoid (post)
Pec Major (upper)	Lats
Biceps Brachii	Teres Major
Coracobrachialis	Pec Major (lower)
	Triceps (long)