



# Anatomy & Physiology Diploma Course Outline



# **Anatomy & Physiology course**

## **Course Outline**

The Human Body is an amazing and very complex machine which we all take for granted! To be a successful therapist it is crucial that you understand how the body functions normally and what happens when it becomes out of balance and diseased. Throughout this course you will be introduced to each body function, given information on how it works, what happens when it doesn't work and common problems and diseases that can affect it. To ensure you are assimilating the knowledge there will be regular tests. These can take the format of multiple choice questions, short answer questions, longer questions and diagrams to label.

### **Aims & Objectives of the course:**

By the end of the course you will be able:

- To provide an introduction to the workings of the human body
- To provide an understanding of the anatomical terms associated with describing the human body
- To develop an awareness of the chemistry underlying the functioning of the human body
- To develop an understanding of the organisation of the human body from cells to systems
- To provide a thorough understanding of the normal physiology of the human body
- To develop an awareness of what constitutes a deviation from normal functioning
- To describe symptoms and signs of these deviations
- To develop an awareness of how the human body responds to stress
- To provide an understanding of the mechanisms by which repair may be affected

## **Course literature**

In order to complete the course you will need a copy of:

Ross and Wilson Anatomy & Physiology in Health and Illness (11<sup>th</sup> Edition)  
by Anne Waugh & Alison Grant  
**ISBN:** 978-0-7020-3227-1

We will use this for reference purposes during the modules and you may wish to use it to read more about topics that interest you. I will refer to the book at the end of each section if there is any further reading required.

There is a list of books that you may want to use for further reading at the end of each module.

## **Structure of the Course:**

The course is presented in five modules:

### **Module 1**

Aims & Objectives of the course  
Introduction to the Human Body  
The Chemistry of Life  
Cells  
Tissues

### **Module 2**

The Integumentary System  
The Skeletal System  
The Muscular System

### **Module 3**

The Nervous System  
The Endocrine System  
The Cardiovascular System

### **Module 4**

The Lymphatic System  
The Immune System  
The Respiratory System

### **Module 5**

The Digestive System  
The Urinary System  
The Reproductive System  
The Effects of Stress on the System

