

Virginia Western Community College

HLT 125

Anatomy and Physiology for Exercise Science

Prerequisites

None

Course Description

Presents basic principles of human anatomy and physiology. Discusses cells, tissues, and selected human systems. (VCCS MCR Description)

Anatomy is the study of the structures of the body and Physiology is the study of the functions of the body. This course presents basic principles of human anatomy and physiology and discusses the systems of the body. The information in this course provides a foundation to build and apply your skills as a Personal Trainer or a student in Exercise Science. (Additional description added by the faculty)

Semester Credits: 3

Lecture Hours: 3

Lab/Clinical/Internship Hours: 0

Required Materials

Textbook:

Study Guide t/a Structure & Function of Body. Swisher, 13th Edition.
ISBN: 9780323049658

Structure & Function of Body (w/CD). Thibodeau, 13th Edition.
ISBN: 9780323049665

Other Required Materials:

Internet access

Course Outcomes

At the completion of this course, the student should be able to:

- Be conversant with and understand key terms and concepts regarding basic Human Anatomy and Physiology
- Learn to think more analytically, critically and logically
- Identify the muscles and bones of the body
- Demonstrate a basic knowledge of the body systems and their functions

Topical Description

1	Introduction to Structure and Function
2	Chemistry of Life
3	Cells and Tissues
4	Organs of the Body
5	Integumentary System and Body Membranes
6	Skeletal System
7	Muscular System
8	Nervous System
9	Endocrine System
10	Blood
11	Circulatory System
12	Lymphatic System and Immunity
13	Respiratory System
14	Digestive System
15	Nutrition and Metabolism
16	The Urinary System

Note to Instructors

1. Syllabus should state what the course grade will be based on, such as tests, quizzes, a comprehensive final exam and any other assignments made by the instructor.