

Revised: Fall 2016

HLT 125 Anatomy and Physiology for Exercise Science

COURSE OUTLINE

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 and 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 Hours: 0

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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.**

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Required Materials:

1. Textbook
2. Internet access
3. Blackboard

Textbook:

- Study Guide t/a Structure & Function of Body
 - Author: Swisher
 - Edition: 13th
 - ISBN: 9780323049658
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- Structure & Function of Body (w/CD)
 - Author: Thibodeau
 - Edition: 13th
 - ISBN: 9780323049665

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Topical Description:

- **Introduction to Structure and Function**
- **Chemistry of Life**
- **Cells and Tissues**
- **Organs of the Body**
- **Integumentary System and Body Membranes**
- **Skeletal System**
- **Muscular System**
- **Nervous System**
- **Endocrine System**
- **Blood**
- **Circulatory System**
- **Lymphatic System and Immunity**
- **Respiratory system**
- **Digestive System**
- **Nutrition and Metabolism**
- **The urinary System**

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