

# Course Outline (Higher Education)

<b>School:</b>	School of Health and Life Sciences
<b>Course Title:</b>	ANATOMICAL BASIS OF HUMAN MOVEMENT HM
<b>Course ID:</b>	EXSCI1102
<b>Credit Points:</b>	10.00
<b>Prerequisite(s):</b>	Nil
<b>Co-requisite(s):</b>	Nil
<b>Exclusion(s):</b>	Nil
<b>ASCED Code:</b>	10913

## Description of the Course :

This course aims to provide an introduction of the study of human anatomy and its terminology. Students will be provided with a basic understanding of the development and structure of the human body and its interrelationship with function. The content covers all systems and incorporates special emphasis on those relevant to movement - the skeletal, articular, muscular, nervous and cardio-respiratory systems. The course will provide a foundation for further studies in Human Movement Sciences.

**Grade Scheme:** Graded (HD, D, C, etc.)

## Program Level:

AQF Level of Program						
	5	6	7	8	9	10
<b>Level</b>						
Introductory	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Learning Outcomes:

### Knowledge:

- K1.** Define and describe the structure and functions of the systems of the human body using correct terminology.
- K2.** Identify and describe selected anatomical structures and features at the cellular, tissue and organ-system levels of the human body.
- K3.** Analyse relevant interrelationships between different body structures in support and movement functions in the human body.
- K4.** Identify developmental changes that occur in anatomical structures across the lifespan.

### Skills:

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- S1.** Apply and integrate anatomical language in describing the structures and functions of the human body.
- S2.** Adopt and develop proficiency in learning and study strategies that promote knowledge acquisition and retention.
- S3.** Develop cognitive skills to consolidate and synthesise knowledge.
- S4.** Study and work effectively, both independently and in groups.

## Application of knowledge and skills:

- A1.** Establish a foundation of new knowledge and skills in human anatomy that can be applied to exercise and sport science settings.

## Course Content:

Week	Lecture content	Practical/tutorial content	NUCAP criteria covered
1	<b>Introduction to Anatomy and Anatomical Language</b> Body orientation & planes; body systems; survival needs; homeostasis.	<b>Orientation to the Human Body</b> Body orientation; body cavities; code of conduct.	1.2; 1.6; 2.21; 11.1; 11.2.
2	<b>Cells &amp; Tissues</b> Cell structure & function; movement across membrane; cell division.	<b>Skeleton; Axial skeleton</b> Bone identification.	1.1; 1.3.
3	<b>The Skeletal System</b> Gross/microscopic anatomy; functions; histology; classifications; formation/remodelling; lifespan devt.	<b>Appendicular skeleton (Upper &amp; Lower limb) Bone</b> identification.	1.1; 1.3; 3.1; 3.2; 3.7.
4	<b>Articulations Muscles &amp; Muscle Tissue</b> Joint classification; joint movement; types of joints; gross/microscopic muscle anatomy.	<b>Appendicular skeleton Articulations</b> Bone & joint identification.	1.1; 1.3; 1.4; 2.4.
5	<b>Mid-semester exam</b>	<b>Muscular system Head, Neck &amp; Torso</b> Muscular identification.	
6	<b>Muscular System</b> Muscle anatomy revisited; functions; movement; development; muscle types; muscle locations; muscle innervation.	<b>Muscular System - Upper Extremity</b> Muscular identification.	1.5; 2.4; 2.5; 3.3; 3.7; 9.1; 9.4; 9.5.
7	<b>Nervous system Tissue &amp; Central Nervous System (CNS)</b> Nervous tissue; functions of the nervous system; system integration, neurons.	Muscular system Upper /Lower Extremity Muscular identification.	1.2; 9.2; 9.3.
8	<b>Nervous System Peripheral (PNS) and Autonomic Nervous (ANS) systems; Endocrine system</b> Divisions; nerves; organisation of spinal cord; reflexes; brain function for movement; somatosensory & motor control.	<b>Muscular system Lower Extremity</b> Muscular identification.	9.1, 9.2; 9.3; 9.15; 9.16; 9.17.

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<p><b>9</b></p> <p><b>Circulatory Systems</b>  <b>Cardiovascular system Heart &amp; Blood vessels</b>            Overview of endocrine system &amp; hormones; heart anatomy; cardiac cycle.</p>	<p><b>Cardiovascular system</b> Gross anatomy of CVS.</p>	<p>1.2; 2.1; 2.3.</p>
<p><b>10</b></p> <p><b>Cardiovascular system- Blood Respiratory system</b>            Blood constituents &amp; function; vessel anatomy; blood grouping; anatomy &amp; function of respiratory system; gaseous exchange.</p>	<p><b>Respiratory System</b>            Gross anatomy of respiratory system.</p>	<p>1.2; 2.1.</p>
<p><b>11</b></p> <p><b>Abdomino-pelvic System Digestive &amp; Urinary</b>            Digestive organisation; organs &amp; histology; processes; GI tract; urinary system anatomy &amp; processes.</p>	<p><b>Abdomino-pelvic System Digestive &amp; Urinary</b>            Gross anatomy of digestive and urinary systems.</p>	<p>2.21</p>
<p><b>12</b></p> <p><b>Abdomino-pelvic System Reproductive</b>            Male/female reproductive anatomy; female menstrual cycle.</p>	<p><b>Abdomino-pelvic Reproductive</b>            Gross anatomy of reproductive system.</p>	

## Values and Graduate Attributes:

### Values:

- V1.** Recognise the value of anatomy as a foundation study in exercise and sport science.
- V2.** Appreciate the complexity and diversity of structure across body systems in the human body.
- V3.** Respect the sensitivities of others, especially in group work and with work using cadaveric specimens.

### Graduate Attributes:

Attribute	Brief Description	Focus
Continuous Learning	Students will be guided and encouraged to build on prior anatomical knowledge and experiences, setting an expectation and establishing behaviour patterns that help construct new knowledge and skill applications that are adaptable to different settings.	Low
Self Reliance	Students will develop self reliance through successfully working independently and in groups to consistently review knowledge which meets the deadlines for the theory/practical tasks. Students ability to meet these expectations and challenges will provide them with the confidence and assurance to be successful as learners and practitioners.	Medium
Engaged Citizenship	Students will engage with their peers though collaborative work during laboratory sessions.	Low

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Attribute	Brief Description	Focus
Social Responsibility	Socially responsible attitudes and behaviours will be enhanced through participation in laboratory sessions whereby students will learn to respect the sensitivities of others, especially in group work and when working with cadaveric specimens. They will also learn the ethical expectations when working with cadavers.	High

## Learning Task and Assessment:

Learning Outcomes Assessed	Learning Tasks	Assessment Type	Weighting
K1, K2, S1-S4, V2	Completion of laboratory manual/workbook on a weekly basis	Ungraded	S/U
K1-K4, S3, S4, A1,V1, V2	Attendance at lectures, completion of relevant readings. Preparation, collation and review of theoretical material	Theory tests to be conducted in class time and/or during exam week.	50 - 70%
K1-K3, S1-S4, A1, V1-V3	Attendance at practical laboratory sessions. Review of laboratory material.	Laboratory Examination: Written identification and explanation of body structures.	30 - 50%

## Adopted Reference Style:

APA