

Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	ANATOMY AND PHYSIOLOGY FOR HEALTH & NUTRITION 1
Unit ID:	HEALT1121
Credit Points:	15.00
Prerequisite(s):	Nil
Co-requisite(s):	Nil
Exclusion(s):	(HEALT1111 and SCBIO1020)
ASCED:	010913

Description of the Unit:

This unit is one of two units that provide important knowledge of human structure and function relevant to health and nutrition. The biological basis of human health and the working of the human body will be explored, initially examining organisation of the body and then exploring anatomy and physiology from cells to tissues to organ systems. The unit encourages students to understand how dietary choices and consumption patterns impact normal body system development, structure and function.

Topics include: organisation of the human body from chemical and cellular basics to body systems; the maintenance of homeostasis; the structure and function of the musculoskeletal system; the structure and the major integrative functions of the nervous, cardiovascular, respiratory and reproductive systems.

Grade Scheme: Graded (HD, D, C, P, MF, F, XF)

Work Experience:

Not wholly work experience: Student is not undertaking work experience in industry or student is undertaking work experience in industry where learning and performance is directed by the provider.

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment

Course Level:

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	■	■	✓	■	■	■
Intermediate	■	■	■	■	■	■
Advanced	■	■	■	■	■	■

Learning Outcomes:
Knowledge:

- K1.** Describe basic chemical composition, functions and organisation of the human body and how they contribute to homeostasis under normal conditions.
- K2.** Identify and describe major anatomical structures of specific body systems including the Musculoskeletal, Central and Peripheral Nervous, Circulatory and Respiratory systems of the human body.
- K3.** Explain the general impact of nutritional practices on normal development and functioning of body systems.

Skills:

- S1.** Relate the concept of homeostasis to physiological processes.
- S2.** Apply underlying physiological principles to health and nutrition.
- S3.** Evaluate health and nutrition data relevant to the functioning of various body systems.

Application of knowledge and skills:

- A1.** Demonstrate accurate use of terminology related to human anatomy and physiology for communication in a health context.
- A2.** Predict the relationship between anatomical and physiological structures, or events, and causal nutritional factors with potential impact to human health.
- A3.** Demonstrate and apply a framework for assessing nutritional impacts on the functioning of various body systems in practical settings.

Unit Content:

- Introduction to the Human Body: Organisation and Cavities
- Cells, Tissues and Homeostasis
- Skeletal System: Bone Tissue, Axial and Appendicular Skeleton
- Muscular System: Muscle Tissue, Macroscopic and Molecular Structure of skeletal muscle and Joints
- Nervous System: Neural Tissue, Central & Peripheral Nervous Systems
- Heart: Structure & Function, Cardiac Cycle & Electrical Activity
- The Circulatory System: Blood, Blood Vessels & Blood Pressure Regulation
- The Respiratory System: Structure & Function, Pulmonary Ventilation & Gas Exchange

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
S1, S2, S3, K1, K2, K3, A1, A2, A3	Students participate in and complete Applied Activity Tasks. Participation can involve undertaking applied activities, analysing scenarios, engaging in forums, generating, collating, and interpreting data and completing worksheets to address their competency and comprehension of the work being undertaken.	Applied Activities: Participation and Completion	20-40%
K1, K2, K3	Student-directed online learning tasks using multimedia approaches to assess knowledge and skills as they relate to structure and function of the human body	Online quizzes	20-40%
S1, S2, S3, K1, K2, K3, A1, A2, A3	Online theory test covering all learning outcomes, completed at the end-of-semester. Questions assess students' knowledge and skills as they relate to structure and function of body systems and nutritional impacts on these systems	End of semester theory test	30-50%

Adopted Reference Style:

APA

Refer to the [library website](#) for more information

Fed Cite - [referencing tool](#)