

# Unit Outline (Higher Education)

<b>Institute / School:</b>	Institute of Innovation, Science & Sustainability
<b>Unit Title:</b>	Anatomy and Physiology for Health and Nutrition 1
<b>Unit ID:</b>	SCBFN1001
<b>Credit Points:</b>	15.00
<b>Prerequisite(s):</b>	Nil
<b>Co-requisite(s):</b>	Nil
<b>Exclusion(s):</b>	(HEALT1111 and HEALT1121 and SCBIO1020)
<b>ASCED:</b>	010913

## Description of the Unit:

This unit is one of two 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:

No work experience: Student is not undertaking work experience in industry.

**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.** Relate underlying physiological principles to health and nutrition.
- S3.** Analyse 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 effective communication in a health context.
- A2.** Interpret potential causal relationships between anatomical and physiological structures or events, and nutritional factors with impact on human health.
- A3.** Demonstrate and apply a framework for assessing nutritional impacts on the functioning of various body systems in practical settings.

#### Unit Content:

Topics may include:

- 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

#### FEDTASKS

Federation University Federation recognises that students require key transferable employability skills to prepare them for their future workplace and society. FEDTASKS (**T**ransferable **A**tttributes **S**kills and **K**nowledge) provide a targeted focus on five key transferable Attributes, Skills, and Knowledge that are embedded within curriculum, developed gradually towards successful measures and interlinked with cross-discipline and Co-operative Learning opportunities. *One or more FEDTASK, transferable Attributes, Skills or Knowledge must be*

evident in the specified learning outcomes and assessment for each FedUni Unit, and all must be directly assessed in each Course.

FEDTASK attribute and descriptor		Development and acquisition of FEDTASKS in the Unit	
		Learning Outcomes (KSA)	Assessment task (AT#)
FEDTASK 1 Interpersonal	<p>Students will demonstrate the ability to effectively communicate, inter-act and work with others both individually and in groups. Students will be required to display skills in-person and/or online in:</p> <ul style="list-style-type: none"> <li>• Using effective verbal and non-verbal communication</li> <li>• Listening for meaning and influencing via active listening</li> <li>• Showing empathy for others</li> <li>• Negotiating and demonstrating conflict resolution skills</li> <li>• Working respectfully in cross-cultural and diverse teams.</li> </ul>	A1	AT1
FEDTASK 2 Leadership	<p>Students will demonstrate the ability to apply professional skills and behaviours in leading others. Students will be required to display skills in:</p> <ul style="list-style-type: none"> <li>• Creating a collegial environment</li> <li>• Showing self-awareness and the ability to self-reflect</li> <li>• Inspiring and convincing others</li> <li>• Making informed decisions</li> <li>• Displaying initiative</li> </ul>	N/A	N/A
FEDTASK 3 Critical Thinking and Creativity	<p>Students will demonstrate an ability to work in complexity and ambiguity using the imagination to create new ideas. Students will be required to display skills in:</p> <ul style="list-style-type: none"> <li>• Reflecting critically</li> <li>• Evaluating ideas, concepts and information</li> <li>• Considering alternative perspectives to refine ideas</li> <li>• Challenging conventional thinking to clarify concepts</li> <li>• Forming creative solutions in problem solving.</li> </ul>	A2	AT1

FEDTASK attribute and descriptor		Development and acquisition of FEDTASKS in the Unit	
		Learning Outcomes (KSA)	Assessment task (AT#)
FEDTASK 4 Digital Literacy	<p>Students will demonstrate the ability to work fluently across a range of tools, platforms and applications to achieve a range of tasks. Students will be required to display skills in:</p> <ul style="list-style-type: none"> <li>Finding, evaluating, managing, curating, organising and sharing digital information</li> <li>Collating, managing, accessing and using digital data securely</li> <li>Receiving and responding to messages in a range of digital media</li> <li>Contributing actively to digital teams and working groups</li> <li>Participating in and benefiting from digital learning opportunities.</li> </ul>	N/A	N/A
FEDTASK 5 Sustainable and Ethical Mindset	<p>Students will demonstrate the ability to consider and assess the consequences and impact of ideas and actions in enacting ethical and sustainable decisions. Students will be required to display skills in:</p> <ul style="list-style-type: none"> <li>Making informed judgments that consider the impact of devising solutions in global economic environmental and societal contexts</li> <li>Committing to social responsibility as a professional and a citizen</li> <li>Evaluating ethical, socially responsible and/or sustainable challenges and generating and articulating responses</li> <li>Embracing lifelong, life-wide and life-deep learning to be open to diverse others</li> <li>Implementing required actions to foster sustainability in their professional and personal life.</li> </ul>	N/A	N/A

**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	10-30%
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 test	30-50%

**Adopted Reference Style:**

APA

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

Fed Cite - [referencing tool](#)