

Liverpool John Moores University

Title: Anatomy & Physiology Fundamentals
Status: Definitive
Code: **4502SSLNBF** (124726)
Version Start Date: 01-08-2018

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Blackpool & Fylde College

Team	Leader
Victoria Boyd	

Academic Level: FHEQ4
Credit Value: 20
Total Delivered Hours: 48
Total Learning Hours: 200
Private Study: 152

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	21.5
Practical	8
Seminar	8
Workshop	9

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay	Essay (Case Study) 2500 words	50	
Exam	Exam	Exam (Based on Fitness Instructor L2 Award) 2hours	50	1.5

Aims

The aim of this module is to provide the students with core knowledge of human physiology necessary to understand the physiological aspects of exercise and sport covered in subsequent modules.

Learning Outcomes

After completing the module the student should be able to:

- 1 Develop the use of correct anatomical terminology and conventions
- 2 Explore and investigate the anatomical and physiological workings of the human body from a systems perspective
- 3 Enable students to integrate theory and practice in a laboratory setting

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Case Study 2500 words	1	2	3
Based on Fitness Instructor L2	1	2	3

Outline Syllabus

Levels of organisation of the human body
Anatomical terminology
Homeostasis
Structure and function of the skeletal system
Structure and function of the muscular system
Structure and function of the circulatory system
Structure and function of the nervous system
Structure and function of the endocrine system
Structure and function of the respiratory system
The role of the energy systems

Learning Activities

Study skills techniques
Lecture based workshops and seminars
presenting information in practical environments
Peer and Self-reflection
Laboratory Workshops/Observations
Online Resources
VLE Forums online
Performance analysis tools
Evaluating case studies

Notes

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