

Applied Anatomy & Physiology for Manual Therapists

Sample Syllabus and Course Outline (50 hr. course)

- Course Title:** Applied Anatomy and Physiology
- Course Number:** Course code and number per program requirements.
- Credit Hours:** 50 classroom hours (outlined in 2-hour segments)
- Prerequisites:** None

Textbook: Archer P, Nelson L. *Applied Anatomy and Physiology for Manual Therapists*. Baltimore: Lippincott Williams & Wilkins, 2013.

Course Description:

This course is a study of the structures and functions of the human body relevant to multiple manual therapy practices. The intention of this course is to provide the anatomy and physiology knowledge needed for clinical decision-making in the practice of various manual therapies and for communication with other health care professionals.

Course Objectives:

1. Describe the importance of studying human anatomy and physiology as it relates to the safe and effective use of all manual therapy.
2. Prepare students for professional communication and interactions with other health care professionals.
3. Develop and utilize correct anatomy and physiology language to describe the various structures and physiologic processes of the body.
4. Provide multiple examples in each body system of how specific anatomy and physiology information relates to manual therapy by helping explain physiologic effects and therapeutic guiding decisions.

Grading: Per program requirements

Example of distribution of points:

5%	Classroom participation
5%	Attendance
20%	Quizzes/homework (cumulative)
35%	Unit exams
35%	Final comprehensive exam

Sample Course Outline

This sample outline is no more than a simple guideline for sequencing and segmenting the information in *Applied Anatomy and Physiology for Manual Therapists*. Divided into 25 two-hour segments, this outline eliminates some information that is covered in the text. For example, skin conditions and diseases and extensive coverage of bone landmarks and muscle origins, insertions, and actions. These topics are often covered in separate pathology and musculoskeletal or kinesiology courses. The outline also does not include the scheduling of quizzes and/or examinations. Since every program and teacher chooses to emphasize A&P topics and objectives differently, add supplemental information, expand or shorten lectures to adapt to student learning needs, and assign a variety of homework and/or prep assignments, program directors and/or teachers must make decisions regarding the actual distribution of material as well as the use of quizzes, examinations, and homework. If you are looking for a more detailed outline or suggestions for review and study activities, refer to the Detailed Outlines for Lesson Planning.

Chapter	Class Topics
1	<p>Course introduction</p> <ul style="list-style-type: none"> • Discuss course requirements • Review how to read, available text resources, and various chapter elements • Define anatomy and physiology and discuss importance to practice of manual therapy <p>Levels of organization Homeostasis Benefits and physiologic effects of manual therapy Systems of the body and manual therapy effects</p>
2	<p>Introduction to terminology</p> <ul style="list-style-type: none"> • Discuss importance of terminology to study of A&P and manual therapy practice • Inform students of common word roots, prefixes and suffixes • Identify learning tools & strategies for learning terminology <p>Anatomic position and body planes Location and movement terminology Body regions and cavities Pathology basics: Classifications and terminology</p>
3	<p>Chemistry and key chemical components of cells Structures of a cell Cellular transport mechanisms Cellular metabolism Cell division and differentiation Tissues of the body</p> <ul style="list-style-type: none"> • Define tissue and histology • List 4 general tissue types, their characteristics, functions, and locations • Tissue Repair and Regeneration
4	<p>Membranes Functions of the integumentary system Layers of the skin Accessory organs of skin Linking integumentary and nervous systems Aging and the integumentary system</p>
5	<p>Functions of the skeletal system The skeleton</p>