

GRANDE PRAIRIE REGIONAL COLLEGE

Course Outline

P.E 206 FUNCTIONAL ANATOMY

I GENERAL

Instructor: Ray Kardas
Lecture Times: M W F 9:00 - 9:50 a.m.
Lecture Location: A205
Laboratory: TBA

II OBJECTIVES OF COURSE

1. To provide the students with a knowledge of the function of the major regions of the body.
2. To give the students an opportunity to apply and experience how the structures of the body are interrelated for the function of movement and adaptation to stress.
3. To provide the students with an understanding of how bodily functions are involved in injuries and injury prevention.
4. To apply anatomically based knowledge to the related areas of Biomechanics, Exercise Physiology and Sports Medicine.

III TOPICS

Unit I: The Human Body - Its Basic Plan and Levels of Organization

1. The study of human anatomy
2. Units of structure and function - cells
3. Epithelial and connective tissues and organ systems
4. Integumentary system

Unit II: The Upright and Moving Body

5. Skeletal system and joints
6. Axial skeleton
7. Appendicular skeleton
8. Muscular system

Unit III: Integrative Systems

9. Nervous system - basic organization
10. Central and peripheral nervous system
11. Automatic nervous system
12. Organs of general and special sense (receptors)
13. Endocrine glands

Unit IV: Maintenance of the Individual

- 14. Circulatory system
- 15. Digestive system
- 16. Respiratory system
- 17. Urinary system

NOTE - Within each unit there will be specialized sub-topics
i.e. - Formation of ATP, Glycolysis, General Muscle
Physiology.

IV. TEXT

No specific text but may use Any Anatomy textbook as a reference
i.e. - Crouch, Functional Human Anatomy, Lea and Febiger,
1978.

V. EVALUATION

Mid Term (Feb. 19th)	30%
Lab Reports (as per schedule)	30%
Final Exam	40%

LAB SCHEDULE

<u>LAB</u>	<u>DUE DATE</u>
1. Safety Survey of Selected Physical Education Facilities, pgs. 2-6 inclusive.	January 25
2. Evaluation of Protective Equipment pgs. 7-9	February 1
3. Massage Techniques I pg. 10	February 8
4. Massage Techniques II pg. 17	February 15
5. Conditions of the Foot, Ankle, and Leg pg. 35	March 7
6. Conditions of the Knee and Thigh pg. 41	March 14
7. Conditions of the Knee and Thigh Part III, pgs. 43-45	March 21
8. Conditions of the Forearm, Wrist and Hand pgs. 46-47	March 28
9. Conditions of the Forearm, Wrist and Hand Part II, pg	April 4
10. Critique of Two Research Articles	April 11

*NOTE: Page numbers listed refer to the numbered pages in the Lab Manual.