MODULE **DESCRIPTOR**

MODULE TITLE	FUNCTIONAL ANATOMY		
MODULE CODE	XS1078 (L4)	**CREDIT VALUE**	20 UK CREDITS / 10 ECTS
SCHOOL	SCHOOL OF SCIENCES		

MODULE **AIMS**

The aims of the module are to:

To provide students with the key anatomical and kinesiological knowledge necessary to underpin profession specific practice, notably relating to advanced strength and conditioning sciences. This module will operate to support learning on level 4 physiology, ergonomics, and biomechanics modules.

MODULE **CONTENT**

Indicative syllabus content:

This module will provide students with the key anatomical knowledge necessary to underpin profession specific practice, notably relating to advanced strength and conditioning sciences. Using a theoretical base to develop an understanding of essential terminology, the module will seek to link functional anatomy and applied S&C prescription in the areas of Muscular, skeletal and neural anatomy relating to movements of the Upper extremity, Lower extremity, Joint structure and classifications, Kinetic chains, Levers and movement types and Fundamentals of kinesiology.

INTENDED **LEARNING OUTCOMES**

On successful completion of this module a student will be able to:

1. Describe the structure and location of key neural and musculoskeletal systems.
2. Outline fundamental principles relating to kinesiology.
3. Explain the relationship between structure and function of the neural and musculoskeletal systems during movement and exercise.

TEACHING METHODS

The module will be taught via a series of lead lectures, supported by practical workshops. In addition, there will be online material provided (video-clips, scenarios, training logs, training plans) for students to observe and work through.
Students will be required to undertake extensive reading with encouragement to find additional sources. There will be opportunity for students to discuss the papers they have read and the issues involved and to discuss their essay plans by negotiation with tutors.

ASSESSMENT METHODS

This module is assessed through a review of functional anatomy and an enhanced MCQ.