



Anatomy & Physiology

Learn about the mechanisms that support the normal functions of the human body to enhance your studies of health and nutrition.

An understanding of health begins with an in-depth look into the human body. This course will provide students with a true appreciation of cells, tissues, and body systems and how each of these work collectively.

Anatomy and Physiology also discusses how the body uses nutrients to maintain, regulate, and enhance our biochemical systems. Learn about how food consumption contributes to overall wellness at the cellular level.

This course can be the gateway to a gratifying career in a number of health-related professions.

“This course was so much easier than I thought it would be. The textbook is excellent and someone was available to help whenever it was needed.”

Meg Li, *alive Academy of Natural Health graduate*

Ideal for:

science enthusiasts, focusing on health and wellness, health practitioners, health care providers, nutritionists, health educators, health writers

Highlights:

- » this course is a co-requisite for the Nutritional Consulting Diploma program
- » only 9 months or less required to complete the course
- » accredited, distance education
- » includes practice quizzes, online tests, feature articles from *alive* magazine, final examination, certificate, and free shipping within North America
- » providing full access to the Online Learning Centre
- » includes 2 reference texts: *Introduction to the Human Body* text book by Gerald Tortora and Bryan Derrickson; *Yoga Anatomy* by Leslie Kaminoff, Amy Matthews, and Sharon Ellis.
- » assistance and support provided while you study

Lesson 1—Organization of the Human Body

Lesson 2—Introductory Chemistry

Lesson 3—Cells

Lesson 4—Tissues

Lesson 5—The Integumentary System

Lesson 6—The Skeletal System

Lesson 7—Joints

Lesson 8—The Muscular System

Lesson 9—Nervous Tissue

Lesson 10—Central Nervous System, Spinal Nerves, and Cranial Nerves

Lesson 11—Autonomic Nervous System

Lesson 12—Somatic Senses and Special Senses

Lesson 13—The Endocrine System

Lesson 14—The Cardiovascular System: Blood

Lesson 15—The Cardiovascular System: Heart

Lesson 16—The Cardiovascular System: Blood Vessels and Circulation

Lesson 17—The Lymphatic System and Immunity

Lesson 18—The Respiratory System

Lesson 19—The Digestive System

Lesson 20—Nutrition and Metabolism

Lesson 21—The Urinary System

Lesson 22—Fluid, Electrolyte, and Acid-Base Balance

Lesson 23—The Reproductive Systems

Lesson 24—Development and Inheritance

Contact our admissions officers today!

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