



# 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
- provides full access to the Online Learning Centre
- includes 2 reference texts: *Introduction to the Human Body* text book by Gerald Tortora and Bryan Derrickson and *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**—Central Nervous System, Spinal Nerves, and Cranial Nerves

**Lesson 10**—Muscular Tissue

**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 and Immunity

**Lesson 18**—The Respiratory System

**Lesson 19**—The Digestive System

**Lesson 20**—Nutrition and Metabolism

**Lesson 21**—Immunity

**Lesson 22**—The Urinary System

**Lesson 23**—The Reproductive System

**Lesson 24**—Development and Inheritance

## Contact our admissions officers today!

100-12751 Vulcan Way, Richmond, BC V6V 3C8, Canada  
 call 604.295-9333 or 1.800.663.6580, fax 604.295-9101 or 1.800-663-6597  
 email [info@aliveacademy.com](mailto:info@aliveacademy.com), visit [aliveacademy.com](http://aliveacademy.com)



Education for the healthy mind.