

## Module Specification

### Module Summary Information

<b>1</b>	<b>Module Title</b>	Applied Anatomy
<b>2</b>	<b>Module Credits</b>	20
<b>3</b>	<b>Module Level</b>	4
<b>4</b>	<b>Module Code</b>	SPE4003

<b>5</b>	<b>Module Overview</b>
<p>In order to work within a PE and School Sport or the Sport and Exercise environment, it is important that you have an understanding of human anatomy and movement. This module provides an introduction to human anatomy, relating to structures, properties and functions of bones, joints, tendons, ligaments and muscle, in relation to the mechanical principles, which govern human movement. The axial and appendicular skeleton will be studied in regard to joint type and associated movements, whilst the skeletal muscle system will be investigated in terms of anatomical attachments of selected muscles and the movement they produce.</p> <p>This module is contemporary in design whereby the lectures are pre-recorded in the form of video and posted online. This allows you to pause the video and learn at your own pace. There is a requirement to engage with the video recording, as you will apply your knowledge each week in the practical session. There will also be fortnightly seminars where you will engage in progress tests that will constitute a small part to your final grade.</p>	

<b>6</b>	<b>Indicative Content</b>
<ol style="list-style-type: none"> <li>1. Planes of Movement and Axis of Rotation</li> <li>2. Functions of the Skeleton</li> <li>3. Classification of the Bones</li> <li>4. Classification of Joints</li> <li>5. Bone, Ligaments and Joints</li> <li>6. Musculature and Neural Structures</li> </ol>	

<b>7</b>	<b>Module Learning Outcomes</b>	
	<b>On successful completion of the module, students will be able to:</b>	
	<b>1</b>	Demonstrate engagement with learning resources
	<b>2</b>	Identify features of the gross anatomy of the human body
	<b>3</b>	Describe the structure and function of the musculoskeletal system, and demonstrate the movements possible at selected joints

<b>8</b>	<b>Module Assessment</b>		
<b>Learning Outcome</b>			
	<b>Coursework</b>	<b>Exam</b>	<b>In-Person</b>
<b>1, 2, 3</b>			<b>X</b>

<b>9</b>	<b>Breakdown Learning and Teaching Activities</b>	
<b>Learning Activities</b>	<b>Hours</b>	
<b>Scheduled Learning (SL)</b> includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable	32	
<b>Directed Learning (DL)</b> includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	104	
<b>Private Study (PS)</b> includes preparation for exams	64	
<b>Total Study Hours:</b>	200	