

HPR 230 : Applied Anatomy

This course will focus on detailed work on the skeletal muscular system with direct applications to movement, stretching, and strengthening of skeletal muscles. Students will progress from a review of the history of anatomy; to the study of anatomy at the microscopic level of cells, organelles and tissues; and finally to the organ systems level. Special emphasis will be given to those systems with direct and major roles in exercise performance (muscular, skeletal, nervous, endocrine, cardiovascular, and respiratory systems).

Credits 3