

applied anatomy and physiology

applied anatomy and physiology serves as a crucial interdisciplinary field that bridges the gap between theoretical biological sciences and practical healthcare applications. It encompasses the study of human anatomy and physiological functions in a manner that informs clinical practices, rehabilitation, and health sciences. This article delves into the essential aspects of applied anatomy and physiology, exploring its significance in various domains such as medicine, fitness, and rehabilitation. We will examine the structure of the human body, the functions of various systems, and the application of this knowledge in real-world contexts. Additionally, we will discuss the importance of understanding anatomical and physiological principles for healthcare professionals and fitness trainers, and how these concepts can enhance overall patient care and performance.

- Understanding Applied Anatomy
- The Importance of Physiology
- Applications in Healthcare
- Implications in Sports and Fitness
- Conclusion
- FAQ

Understanding Applied Anatomy

Applied anatomy focuses on the practical application of anatomical knowledge in medical and health-related fields. It encompasses the study of the body's structures, including bones, muscles, organs, and systems, and how these interrelate to facilitate movement, support, and overall function. Understanding anatomy is fundamental for healthcare professionals as it provides the basis for diagnosing injuries and diseases, performing surgical procedures, and developing treatment plans.

Key Components of Applied Anatomy

Applied anatomy can be broken down into several key components that are essential for understanding the human body:

- **Gross Anatomy:** This is the study of structures that can be seen with the naked eye. It includes the examination of organs and systems such as the skeletal, muscular, cardiovascular, and nervous systems.
- **Microscopic Anatomy:** This involves the examination of tissues and cells through microscopy. It plays a crucial role in understanding how diseases affect the body's structures at a cellular level.
- **Functional Anatomy:** This aspect focuses on how anatomical structures function together to enable movement and maintain homeostasis within the body.
- **Surface Anatomy:** This involves the study of external features of the body and how they relate to deeper structures. It is particularly useful in clinical assessments and physical examinations.

The Importance of Physiology

Physiology is the study of how the body functions, including the biochemical processes that occur within cells and the physiological mechanisms that sustain life. A solid understanding of physiology is critical for applied anatomy, as it helps professionals comprehend how anatomical structures operate within various systems.

Systems of the Human Body

The human body is composed of several interconnected systems, each with distinct functions. Understanding these systems is vital for applying anatomical and physiological knowledge effectively:

- **Musculoskeletal System:** This system provides support, stability, and movement. It includes bones, joints, and muscles.
- **Cardiovascular System:** Responsible for transporting blood, nutrients, and oxygen throughout the body, this system includes the heart and blood vessels.
- **Nervous System:** This system controls and coordinates body activities by transmitting signals between different parts of the body.
- **Respiratory System:** It facilitates gas exchange, allowing oxygen to enter the body and carbon dioxide to be expelled.

- **Endocrine System:** This system regulates bodily functions through hormones, influencing metabolism, growth, and mood.

Applications in Healthcare

Applied anatomy and physiology are essential in various healthcare settings, including hospitals, clinics, and rehabilitation centers. By integrating anatomical knowledge with physiological principles, healthcare providers can improve patient outcomes significantly.

Clinical Applications

Healthcare professionals utilize applied anatomy and physiology in numerous ways:

- **Diagnosis of Conditions:** Understanding anatomical structures helps in identifying abnormalities or injuries, leading to accurate diagnoses.
- **Treatment Planning:** Knowledge of body systems aids in developing effective treatment plans tailored to individual patient needs.
- **Surgical Procedures:** Surgeons rely heavily on detailed anatomical knowledge to navigate the body safely during operations.
- **Rehabilitation:** Physical therapists and trainers apply principles of applied anatomy and physiology to design rehabilitation programs that restore function and mobility.

Implications in Sports and Fitness

In the realm of sports and fitness, applied anatomy and physiology play a crucial role in enhancing performance and preventing injuries. Trainers and coaches who understand these concepts can optimize training regimens and physical conditioning.

Enhancing Athletic Performance

The application of anatomy and physiology in sports can lead to significant improvements in performance. Key areas of focus include:

- **Biomechanics:** Understanding body mechanics helps in refining techniques and improving efficiency in movement.
- **Strength Training:** Knowledge of muscle anatomy and physiology allows trainers to develop targeted strength training programs that cater to specific muscle groups.
- **Injury Prevention:** Recognizing the anatomical risk factors for injuries enables the implementation of preventive strategies, reducing the incidence of sports-related injuries.
- **Recovery Strategies:** Understanding physiological processes aids in developing recovery protocols that enhance healing and performance readiness.

Conclusion

Applied anatomy and physiology are indispensable in understanding the human body and its functions, especially in healthcare and fitness contexts. By mastering these disciplines, professionals can improve patient care, enhance athletic performance, and contribute to overall health and well-being. As the fields of medicine and sports science continue to evolve, the integration of applied anatomy and physiology will remain critical for advancing knowledge and practices in these areas, ultimately leading to better outcomes for individuals and communities alike.

Q: What is applied anatomy and physiology?

A: Applied anatomy and physiology refer to the study of the human body's structures and functions in a practical context, focusing on how this knowledge is used in healthcare and fitness to improve patient care, enhance performance, and prevent injuries.

Q: Why is understanding applied anatomy important for healthcare professionals?

A: Understanding applied anatomy is crucial for healthcare professionals as it aids in diagnosing conditions, planning treatments, performing surgical procedures, and developing rehabilitation programs, ultimately enhancing patient outcomes.

Q: How does applied anatomy contribute to sports performance?

A: Applied anatomy contributes to sports performance by providing insights into biomechanics, muscle function, injury prevention, and recovery strategies, enabling trainers and athletes to optimize training and performance.

Q: What are the main systems of the human body studied in applied anatomy?

A: The main systems studied include the musculoskeletal, cardiovascular, nervous, respiratory, and endocrine systems, each playing a vital role in human health and function.

Q: How can applied anatomy help in injury prevention?

A: Applied anatomy helps in injury prevention by identifying anatomical risk factors, allowing professionals to implement targeted training and conditioning programs that reduce the likelihood of injuries during physical activities.

Q: What role does microscopic anatomy play in applied anatomy?

A: Microscopic anatomy plays a role in applied anatomy by providing insights into the structure and function of tissues and cells, which is essential for understanding diseases and their effects on the body.

Q: Can applied anatomy and physiology knowledge be beneficial for personal trainers?

A: Yes, personal trainers benefit from knowledge of applied anatomy and physiology as it allows them to design effective training programs, monitor client progress, and address specific fitness needs while minimizing the risk of injury.

Q: What is the significance of functional anatomy?

A: Functional anatomy is significant as it emphasizes how anatomical structures work together to facilitate movement and maintain physiological

functions, which is essential for both health professionals and fitness trainers.

Q: How does understanding physiology enhance clinical practice?

A: Understanding physiology enhances clinical practice by providing healthcare professionals with insights into how various systems interact, enabling them to make informed decisions regarding patient care and treatment strategies.

Q: What are some common applications of applied anatomy and physiology in rehabilitation?

A: Common applications in rehabilitation include designing individualized therapy programs, assessing functional movements, and monitoring recovery progress to restore function and mobility effectively.

Applied Anatomy And Physiology

Find other PDF articles:

<http://www.speargroupllc.com/games-suggest-001/Book?docid=Pcf66-4071&title=call-of-duty-black-ops-6-emergence-walkthrough.pdf>

applied anatomy and physiology: Textbook of Applied Anatomy and Applied Physiology for Nurses, 2nd Edition - E-Book Nachiket Dr. Shankar, Mario Vaz, 2021-08-31 Textbook of Applied Anatomy and Applied Physiology for Nurses, 2nd Edition - E-Book

applied anatomy and physiology: Applied Anatomy & Physiology Zerina Tomkins, 2019-10-18 Applied Anatomy & Physiology: an interdisciplinary approach provides an overview of basic anatomy and physiology (A&P), and its application to clinical practice. Written by a team of expert academics and clinicians from a range of health backgrounds, the text uses a problem-solving approach, breaking down difficult A&P concepts through case studies, multiple-choice questions, images, feature boxes and online ancillaries, with a strong focus on the concept of the 'normal' homeostatic process of each system. Applied Anatomy & Physiology: an interdisciplinary approach encourages students to think critically about how the different body systems work together, providing a deeper understanding of A&P and how to apply this effectively to clinical practice. Written for students with minimal bioscience background to support you in understanding difficult concepts and processes. Chapters are aligned to major body systems and include an overview of system structure and function as well as integration of each system with the rest of the body. Case studies and related multiple-choice questions consolidate chapter content to assist you in testing your knowledge and skills. The strong focus on the homeostatic process of each system helps you to understand what is 'normal' and how 'normal' works. Full-colour illustrations from leading Elsevier

texts, such as Patton's Anatomy & Physiology, help you to visualise and understand A&P systems and processes. Includes an eBook with purchase of the print book. Additional resources on Evolve eBook on VitalSource Instructor/and Student Resources: Answers to case study questions Multiple-choice questions and answers + rationales Image bank

applied anatomy and physiology: Applied Anatomy and Physiology Brian Shmaefsky, 2013 The study of human anatomy and physiology is about more than just memorizing body parts and functions. Fully comprehending the human body requires a profound understanding of functions, systems and structures, and a practical application of the facts. Applied Anatomy & Physiology is a fresh approach to teaching the fundamental principles and the practical application of those principles to your high school students. The second edition of Applied Anatomy & Physiology has been updated to address current educational standards and now includes an online interactive tool and an improved Workbook and Laboratory Manual.

applied anatomy and physiology: Applied Anatomy and Physiology Brian R Shmaefsky, EMC/Paradigm Publishing, 2007-01-01

applied anatomy and physiology: Applied Anatomy and Physiology Brian R. Shmaefsky, **applied anatomy and physiology: Applied Anatomy and Physiology for Speech-Language Pathology and Audiology** Donald R. Fuller, David E. Jenson, Jane T. Pimentel, Barbara M. Peregoy, 2024-11-25 Designed to help readers make connections between foundational concepts and clinical application, Applied Anatomy and Physiology for Speech-Language Pathology and Audiology, 2nd Edition, integrates pathology content into the study of each system underlying speech and hearing. This unique approach ensures that students see the "big picture" while learning the basic science of anatomy and physiology alongside the art and science of communication disorders. The second edition features enhancements from cover to cover, including updated pathology chapters, references to new research, a chapter devoted to swallowing and dysphagia, updated tables and figures (including color), and changes in incidence and prevalence of different pathologies. Case studies are presented in each of the pathology chapters to facilitate students' understanding of how disorders of anatomy and physiology may affect speech, language, and hearing. This textbook can be used as the primary or secondary resource for undergraduate courses in anatomy and physiology, neuroanatomy, introduction to audiology, and organic and functional disorders of communication.

applied anatomy and physiology: Applied Anatomy & Physiology B. R. Shmaefsky, 2008-02

applied anatomy and physiology: Applied Anatomy & Physiology Zerina Tomkins, 2019-10-18 Applied Anatomy & Physiology: an interdisciplinary approach provides an overview of basic anatomy and physiology (A&P), and its application to clinical practice. Written by a team of expert academics and clinicians from a range of health backgrounds, the text uses a problem-solving approach, breaking down difficult A&P concepts through case studies, multiple-choice questions, images, feature boxes and online ancillaries, with a strong focus on the concept of the 'normal' homeostatic process of each system. Applied Anatomy & Physiology: an interdisciplinary approach encourages students to think critically about how the different body systems work together, providing a deeper understanding of A&P and how to apply this effectively to clinical practice. Written for students with minimal bioscience background to support you in understanding difficult concepts and processes. Chapters are aligned to major body systems and include an overview of system structure and function as well as integration of each system with the rest of the body. Case studies and related multiple-choice questions consolidate chapter content to assist you in testing your knowledge and skills. The strong focus on the homeostatic process of each system helps you to understand what is 'normal' and how 'normal' works. Full-colour illustrations from leading Elsevier texts, such as Patton's Anatomy & Physiology, help you to visualise and understand A&P systems and processes. Includes an eBook with purchase of the print book. Additional resources on Evolve eBook on VitalSource Instructor/and Student Resources: Answers to case study questions Multiple-choice questions and answers + rationales Image bank

applied anatomy and physiology: Applied Anatomy and Physiology Brian Shmaefsky, 2013-01-30 The study of human anatomy and physiology is about more than just memorizing body

parts and functions. Fully comprehending the human body requires a profound understanding of functions, systems and structures, and a practical application of the facts. *Applied Anatomy & Physiology* is a fresh approach to teaching the fundamental principles and the practical application of those principles to your high school students. The second edition of *Applied Anatomy & Physiology* has been updated to address current educational standards and now includes an online interactive tool and an improved Workbook and Laboratory Manual.

applied anatomy and physiology: *Applied Anatomy and Physiology* Brian R. Shmaefsky, 2007-06-30 Student Encore CD-ROM includes a glossary of terms, crossword puzzles, flash cards, quizzes, a Tech Tutor, and additional resources to supplement each book chapter.

applied anatomy and physiology: *Applied Anatomy and Physiology* Brian Shmaefsky, 2013-01-30 The study of human anatomy and physiology is about more than just memorizing body parts and functions. Fully comprehending the human body requires a profound understanding of functions, systems and structures, and a practical application of the facts. *Applied Anatomy & Physiology* is a fresh approach to teaching the fundamental principles and the practical application of those principles to your high school students. The second edition of *Applied Anatomy & Physiology* has been updated to address current educational standards and now includes an online interactive tool and an improved Workbook and Laboratory Manual.

applied anatomy and physiology: *Applied Anatomy and Physiology* Brian Shmaefsky, 2013-01-30 The study of human anatomy and physiology is about more than just memorizing body parts and functions. Fully comprehending the human body requires a profound understanding of functions, systems and structures, and a practical application of the facts. *Applied Anatomy & Physiology* is a fresh approach to teaching the fundamental principles and the practical application of those principles to your high school students. The second edition of *Applied Anatomy & Physiology* has been updated to address current educational standards and now includes an online interactive tool and an improved Workbook and Laboratory Manual.

applied anatomy and physiology: *Applied Anatomy & Physiology for Manual Therapists* Pat Archer, Lisa A. Nelson, 2012-03-14 Provides all of the anatomy and physiology knowledge a massage therapist needs in a way they can better understand! *Applied Anatomy and Physiology for Manual Therapists* is a clear, accurate, simple, and comprehensive A&P textbook that focuses on the needs of students in manual therapy education programs. It is a focused text that deliberately emphasizes the information manual therapists need to be familiar with in order to understand the benefits, effects, indications, and contraindications of their specific form of manual therapy. The text includes detailed information not covered in standard A&P texts, adding an entire chapter on neuromuscular and myofascial connections (Chapter 8), and separating the structure and function of the lymphatic system (Chapter 11) from immunity and healing (Chapter 12). This, along with chapter features such as Manual Therapy Applications, Pathology Alerts, and What Do You Think questions, help readers build bridges between the scientific facts and the application of that information to their therapeutic practice.

applied anatomy and physiology: *Applied Anatomy and Physiology* Dawn K. Holtzmeier, 1990

applied anatomy and physiology: *Complimentary Workbook of Applied Anatomy and Applied Physiology for Nurses, 2nd Edition - E-Book* Nachiket Dr Shankar, Mario Vaz, 2021-09-30
Complimentary Workbook of Applied Anatomy and Applied Physiology for Nurses, 2nd Edition - E-Book

applied anatomy and physiology: *Study and Review Guide for Applied Anatomy and Physiology for Manual Therapists* Patricia A. Archer, Pat Archer, MS, Atc, Lmt, Lisa A. Nelson, 2012-02 This is a multi-purpose resource that helps students focus on essential information. Although it is primarily intended to support this textbook, its design also allows it to be used as a learning tool for those using other textbooks or as a standalone A&P review guide for practicing therapists. Activities offer learners multiple ways to work with the information. Each offers a new and different way of looking at body system information, rather than a simple repeat of the textbook content. Group activities provide creative study options for student study groups or classroom

exercises for instructors. Additionally, the Study & Review Guide includes short multiple choice quizzes organized by unit rather than by chapter. This encourages students to consolidate and integrate their learning, and helps prepare them for comprehensive testing.

applied anatomy and physiology: Applied Anatomy & Physiology for Speech-language Pathology & Audiology Donald R. Fuller, Jane T. Pimentel, Barbara M. Peregoy, 2012 This textbook aligns the basic science of anatomy and physiology with the applied art and science of communication disorders. The content is approached from a clinical perspective so that students understand the application of the content. Applied Anatomy and Physiology for Speech-Language Pathology and Audiology is unique for its presentation of elementary and introductory anatomy and physiology in a framework of clinical practice.

applied anatomy and physiology: Manual of Applied Anatomy and Physiology Edwin Benzel Steen, 1957*

applied anatomy and physiology: Textbook of Anatomy & Physiology for Nurses PR Ashalatha, G Deepa, 2012-08-31 This easy to read textbook introduces to students the human body as a living functioning organism. Nursing students will discover exactly what happens when normal body functions are upset by disease, and see how the body works to restore a state of balance and health. Reader friendly approach features descriptive hearts and sub-heads, numerous tables and a conversational writing style makes the complex anatomy and physiology concepts understandable.

applied anatomy and physiology: Study and Review Guide for Applied Anatomy and Physiology for Manual Therapists 2e Pat Archer, Lisa Nelson, 2020-03 Designed to be used in conjunction with Applied Anatomy & Physiology for the Manual Therapist 2e, this study & review guide features a broad assortment of fun, engaging activities and exercises for students to complete alone or with their peers. This guide was created to be supportive of all students regardless of learning style or level of academic ability.

Related to applied anatomy and physiology

Applied | Homepage At Applied ®, we are proud of our rich heritage built on a strong foundation of quality brands, comprehensive solutions, dedicated customer service, sound ethics and a commitment to our

APPLIED Definition & Meaning - Merriam-Webster The meaning of APPLIED is put to practical use; especially : applying general principles to solve definite problems. How to use applied in a sentence

APPLIED Definition & Meaning | Applied definition: having a practical purpose or use; derived from or involved with actual phenomena (theoretical,pure).. See examples of APPLIED used in a sentence

APPLIED | English meaning - Cambridge Dictionary Add to word list (of a subject of study) having a practical use rather than being only theoretical: applied mathematics (Definition of applied from the Cambridge Academic Content Dictionary ©

applied adjective - Definition, pictures, pronunciation and usage Definition of applied adjective in Oxford Advanced American Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more

APPLIED definition and meaning | Collins English Dictionary applied in American English (əˈplaɪd) adjective used in actual practice or to work out practical problems

applied - Dictionary of English to put into effect: They applied the rules to new members only. to devote or employ diligently or with close attention: to apply one's mind to a problem; to apply oneself to a task

Applied Definition & Meaning | YourDictionary Applied Sentence Examples Lifting the hair off the back of her neck, he applied the cool towel. She applied the brakes and the dust cloud caught up, cloaking the road so thickly that visibility

What does APPLIED mean? - Applied generally refers to something that has been put into practical use or action, often incorporating theoretical concepts or principles into real-world

situations or solving practical

Applied We have over 430 Service Centers conveniently located across North America. Please use the search form below to find the Applied Service Center near you

Applied | Homepage At Applied ®, we are proud of our rich heritage built on a strong foundation of quality brands, comprehensive solutions, dedicated customer service, sound ethics and a commitment to our

APPLIED Definition & Meaning - Merriam-Webster The meaning of APPLIED is put to practical use; especially : applying general principles to solve definite problems. How to use applied in a sentence

APPLIED Definition & Meaning | Applied definition: having a practical purpose or use; derived from or involved with actual phenomena (theoretical,pure).. See examples of APPLIED used in a sentence

APPLIED | English meaning - Cambridge Dictionary Add to word list (of a subject of study) having a practical use rather than being only theoretical: applied mathematics (Definition of applied from the Cambridge Academic Content Dictionary ©

applied adjective - Definition, pictures, pronunciation and usage Definition of applied adjective in Oxford Advanced American Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more

APPLIED definition and meaning | Collins English Dictionary applied in American English (əˈplaɪd) adjective used in actual practice or to work out practical problems

applied - Dictionary of English to put into effect: They applied the rules to new members only. to devote or employ diligently or with close attention: to apply one's mind to a problem; to apply oneself to a task

Applied Definition & Meaning | YourDictionary Applied Sentence Examples Lifting the hair off the back of her neck, he applied the cool towel. She applied the brakes and the dust cloud caught up, cloaking the road so thickly that visibility

What does APPLIED mean? - Applied generally refers to something that has been put into practical use or action, often incorporating theoretical concepts or principles into real-world situations or solving practical

Applied We have over 430 Service Centers conveniently located across North America. Please use the search form below to find the Applied Service Center near you

Applied | Homepage At Applied ®, we are proud of our rich heritage built on a strong foundation of quality brands, comprehensive solutions, dedicated customer service, sound ethics and a commitment to our

APPLIED Definition & Meaning - Merriam-Webster The meaning of APPLIED is put to practical use; especially : applying general principles to solve definite problems. How to use applied in a sentence

APPLIED Definition & Meaning | Applied definition: having a practical purpose or use; derived from or involved with actual phenomena (theoretical,pure).. See examples of APPLIED used in a sentence

APPLIED | English meaning - Cambridge Dictionary Add to word list (of a subject of study) having a practical use rather than being only theoretical: applied mathematics (Definition of applied from the Cambridge Academic Content Dictionary ©

applied adjective - Definition, pictures, pronunciation and usage Definition of applied adjective in Oxford Advanced American Dictionary. Meaning, pronunciation, picture, example sentences, grammar, usage notes, synonyms and more

APPLIED definition and meaning | Collins English Dictionary applied in American English (əˈplaɪd) adjective used in actual practice or to work out practical problems

applied - Dictionary of English to put into effect: They applied the rules to new members only. to devote or employ diligently or with close attention: to apply one's mind to a problem; to apply oneself to a task

Applied Definition & Meaning | YourDictionary Applied Sentence Examples Lifting the hair off the back of her neck, he applied the cool towel. She applied the brakes and the dust cloud caught up, cloaking the road so thickly that visibility

What does APPLIED mean? - Applied generally refers to something that has been put into practical use or action, often incorporating theoretical concepts or principles into real-world situations or solving practical

Applied We have over 430 Service Centers conveniently located across North America. Please use the search form below to find the Applied Service Center near you

Related to applied anatomy and physiology

Virtual Anatomy (University of Delaware1y) The human body's intricate anatomy is vividly displayed in 3D on an interactive screen, comparable to a 50-inch television. This practical teaching and learning tool allows University of Delaware

Virtual Anatomy (University of Delaware1y) The human body's intricate anatomy is vividly displayed in 3D on an interactive screen, comparable to a 50-inch television. This practical teaching and learning tool allows University of Delaware

Anatomy and physiology weekend in Eagle-Vail starting May 9 (Vail Daily11y) What: Applied Anatomy and Physiology of Yoga weekend. Where: Revolution Power Yoga, 51 Eagle Road, Eagle-Vail. When: Friday, May 9 through Sunday, May 11. Cost: \$400

Anatomy and physiology weekend in Eagle-Vail starting May 9 (Vail Daily11y) What: Applied Anatomy and Physiology of Yoga weekend. Where: Revolution Power Yoga, 51 Eagle Road, Eagle-Vail. When: Friday, May 9 through Sunday, May 11. Cost: \$400

Anatamage Unveils New Era of 3D Interactive Medical Study with Latest Platform Update (TMCnet11h) Anatamage Inc., a market leader in medical visualization and education technology, is releasing its latest platform update, marking a significant step toward the next level of 3D interactive medical

Anatamage Unveils New Era of 3D Interactive Medical Study with Latest Platform Update (TMCnet11h) Anatamage Inc., a market leader in medical visualization and education technology, is releasing its latest platform update, marking a significant step toward the next level of 3D interactive medical

Department of Kinesiology and Applied Physiology welcomes new faculty (University of Delaware1mon) The Department of Kinesiology and Applied Physiology welcomed two new faculty members for the 2025-26 school year. Juliet Moore has joined the department as an assistant professor, and Nicole Wilkens

Department of Kinesiology and Applied Physiology welcomes new faculty (University of Delaware1mon) The Department of Kinesiology and Applied Physiology welcomed two new faculty members for the 2025-26 school year. Juliet Moore has joined the department as an assistant professor, and Nicole Wilkens

Applied Anatomy (University of Bristol7y) Bristol is ranked 15th in the UK for Anatomy and Physiology (QS World University Rankings by Subject 2025). Anatomy is the study of structure from cell to tissue to whole organism. Applied anatomy

Applied Anatomy (University of Bristol7y) Bristol is ranked 15th in the UK for Anatomy and Physiology (QS World University Rankings by Subject 2025). Anatomy is the study of structure from cell to tissue to whole organism. Applied anatomy

Applied anatomy and physiology (BBC5y) This system is mainly concerned with producing movement through muscle contraction. This section explores the different types of muscles in our body and their involvement in sporting activities

Applied anatomy and physiology (BBC5y) This system is mainly concerned with producing movement through muscle contraction. This section explores the different types of muscles in our body and their involvement in sporting activities

Back to Home: <http://www.speargroupllc.com>