EXERSCI 103
Human Anatomy
(15 points)
(Semester 1, City Campus)

Who should take this course?
If you’re interested in how your skeleton and muscles work, this course is for you. It lays the foundation for future studies in anatomy, pathology, biomechanics, rehabilitation, exercise physiology, and more.

Learning Outcomes
Students will learn to:
- Describe anatomical directions, planes, and movements and types of bones, joints and muscles
- Identify and describe using models, diagrams and themselves the main features of bones, ligaments and major muscle groups
- Describe the origins and insertions of the muscles of the limbs and trunk and the group actions of muscles moving the human body
- Describe the peripheral nervous system and the muscles innervated by the main branches of the brachial and lumbosacral plexi
- Communicate effectively using correct anatomical terminology
- Identify and use appropriate resources to support inquiry and autonomous learning of human anatomy
- Recognise the Māori world view in the study of human anatomy/mātai tinana

Learning and Teaching
Students are expected to attend two 1-hour lectures each week, and eight 2-hour laboratory sessions over the course of the semester. There are also tutorials available for extra help.

Teaching Staff
Associate Professor Lynley Bradnam
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Assessment*
There is a quiz (worth 10%) and a mid-term test (worth 20%)
There are 8 laboratory reports, and the marks from the best 5 will be used (worth 20%)
There is a final examination (worth 50%)
* subject to change

Student Feedback
Student satisfaction with quality of the course: 95%
Teaching in tutorials was effective: 93%
Course content was well organised: 99%

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