ANATOMY AND PHYSIOLOGY FOR THE HEALTH & FITNESS PROFESSIONAL ARTICULATION

Pierce County Careers Connection
Dual Credit Articulation Agreement

Upon completion of a full year of high school or equivalent to the following competencies:

☐	Identify the basic structures of the human bones, skeletal muscle and connective tissue.
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	Identify anatomical position, directional and regional terms, body planes and cavities.
	Relate the planes and axes to joint motion based on the anatomical position.
	Articulate the structural and functional differences in the four basic tissue types: epithelium, connective, muscle, and nervous.
	Identify and define the main components of the inflammatory process and the immune system.
	Contrast and compare the physiology of tissue replacement and regeneration.
	Identify anatomical structures of the integumentary system and their various functions.
	Locate and discuss common sites for anthropometric measurement of skinfold thickness; diameters and circumferences.
	Articulate functions, classifications of bones, and identification of all major bones of the body.
	Identify the structure of a long bone.
	Contrast and compare the following curvatures of the spine: lordosis, kyphosis, and scoliosis.
	Identify the joints of the body and classification of joints both structurally and functionally.

	Identify the types of synovial joints and their respective structures.
	Identify the major muscles of the body and their respective attachments.
	Identify how skeletal muscles produce movement.
	Identify the primary action and joint range of motion for each major muscle group.
	Compare muscles as prime movers, antagonists, synergists, fixators, or stabilizers.
	Articulate the effects of anaerobic and aerobic exercise on skeletal muscles.
	Identify the structures and functions of the major components of the cardiovascular system.
	Locate and articulate anatomical landmarks for palpation of peripheral pulses.
	Define how oxygen and nutrient are transported through the cardiovascular system and into the muscles during exercise.
	Articulate knowledge of the structures and function of the respiratory system.
	Identify and analyze pulmonary ventilation (inspiration and expiration), external respiration and the respiratory membrane, internal respiration, and cellular respiration.

A student earning a "C" grade or better may earn college credit at the following college:

College	Course	Credits
Pierce College	KINS 155	5

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