

BHAB204 Anatomy and Physiology

ECTS Value: 4 ECTS
Self-Study Hours: 48

Contact Hours: 20
Assessment Hours: 32

Module Description

This unit enables participants to enhance their knowledge and understanding of human anatomy and physiology and the way the body functions. Course participants will be expected to describe the characteristics and functions of the main systems of the body, including: the cell, the nervous system, the endocrine system, skeletal and muscular systems, lymphatic and urinary, digestive and integumentary and the reproductive system. Participants will be able to relate the structure and function to each system. Understanding the basic functions will provide them with knowledge to give effective treatments. They will be able to identify problems and treat them with suitable products, treatments and make recommendations.

Overall Objectives and Outcomes

By the end of this module, the learner will be able to:

Competences

- a) Develop an understanding of the systems of the body;
- b) Describe the interaction between the structure and function of the main systems of the body;
- c) Identify ways to research the effects of beauty therapy treatments on the systems of the body (mainly during massage) and present their effects;
- d) Distinguish the relevant diseases and disorders associated with the systems of the body in the areas under treatment.

Knowledge

- a) Explain how the human body functions;
- b) Explain the skeletal and muscular systems and how they interact;
- c) Outline the structure and functions of the nervous and endocrine systems and how they interact with other systems of the body;
- d) Outline the structure and functions of the cardiovascular and respiratory systems and how they interact with other systems of the body;
- e) Explain the structure and function of the lymphatic system
- f) Demonstrate knowledge of the urinary system;

- g) Explain the structure and functions of the digestive and integumentary systems;
- h) Describe the function and structure of the reproductive system;
- i) Explain the position of the bones of the skeleton;
- j) Explain the different types of joints;
- k) Identify possible causes of postural deformities;
- l) Explain structure and function of various attachments of the muscles;
- m) Explain the anatomical terms in relation to the muscular system;
- n) Explain muscle contraction.
- o) Explain the formation of lactic acid;
- p) Explain the position (with the aid of diagrams) and action of the main muscles
- q) Explain the position of the lymph nodes of the body;
- r) Explain the interrelationship between the circulatory and lymphatic systems, muscular system, digestive system and immune system;
- s) Explain the effects of stress on the nervous system.

Skills

- a) Show the link between the human body and the practical aspects of beauty therapy treatments, including facials, massage, hand and foot treatments, depilatory treatments and alternative therapies
- b) Demonstrate how the human body functions and how the systems of the body are affected by facial treatments, massage, hand and foot treatments, depilatory treatments and alternative therapies.
- c) Demonstrate knowledge and understanding of the skeletal system
- d) Demonstrate knowledge and understanding of the muscular system
- e) Demonstrate knowledge and understanding of the nervous system
- f) Demonstrate knowledge and understanding of the endocrine system
- g) Demonstrate knowledge and understanding of the cardiovascular system
- h) Demonstrate knowledge and understanding of the respiratory system
- i) Demonstrate knowledge and understanding of the lymphatic system
- j) Demonstrate knowledge and understanding of the urinary system
- k) Demonstrate knowledge and understanding of the digestive system
- l) Demonstrate knowledge and understanding of the integumentary system
- m) Demonstrate knowledge and understanding of the reproductive system

Mode of Delivery

This module adopts a blended approach to teaching and learning. Information related to the structure and delivery of the module may be accessed through the IFE Portal. For further details, kindly refer to the Teaching, Learning and Assessment Policy and Procedures found on the Institute for Education's website.

Assessment Methods

This module will be assessed through: Forum/Practical Tasks and Assignment

Suggested Readings

Core Reading List

1. Tucker, L. (2011). An Introductory guide to Anatomy and Physiology. UK: EMS Publishing.
2. Foulston, J. (2017). The Art and Science of Beauty Therapy: A Complete Guide for Beauty Therapists. (4th Ed.). UK: EMS Publishing.

Supplementary Reading List

1. Hiscock, J., Lovett, F., Anderson, L. and Kniveton, L. (2011). Work-based learning, Beauty Therapy. UK: Pearson Education Ltd.
2. Cressy, S. (2010). Beauty Therapy Fact File (5th Edition). UK: Pearson Education Limited.