The Anatomical & Physiological Basis of Human Movement

Pre-Course Activities

A very warm welcome to The Anatomical & Physiological Basis of Human Movement module. The following pre-course activities will form the basis of initial discussions in our first session. Please complete the activities and bring your thoughts to our first session.

I look forward to working with you during the module and our discussion of the activities below.

Best wishes
Lee Beaumont

**Activity 1:**

The key terms in the title of the module are Anatomical and Physiological. Consider the terms ‘Anatomy’ and ‘Physiology’, what do they mean to you? How would you describe them to someone from outside the PE and Sport community?

**Activity 2:**

List a number of reasons why is it important for physical education teachers and sport coaches to have a knowledge and understanding of Anatomy and Physiology?