

Laurie Di Giulio, Course Developer/Facilitator

Massage Therapist | NKT Practitioner, Level 3

Personal Trainer | Yoga Instructor

Educator | Conference Presenter

digiuliormt@gmail.com | www.sensorimotor.ca

Anatomy, Physiology and Pathology Foundations

Course Description

In this self-directed, online course you will explore the body systems and how they may impact a movement practice. Medical and directional terminology is reviewed, and used throughout the course to help integrate the language of anatomy in content. You explore the anatomy of bone, joints, muscle and fascia and look at how they function, how pathology in these tissues may require us to make changes to practice, and some common conditions involving bone, joints, muscle and fascia. We then look at key body regions and how to use those regions well to help support us in movement and breathing. The course then looks at forward folds, back bends and twists, what our anatomy is doing in these types of postures/movements, and how to modify to make movement safer and more accessible to all bodies. This course will take you through the human body in a way that is accessible to all levels, as an introduction to these concepts or a refresher. While the course uses yoga and yoga postures, the principles can be easily applied to any movement practice.

In addition to the 7+ hours of video content, there is an additional 75min of external video resources to support learning, and take the content a bit beyond the fundamentals.

Course Goals

Students who complete this course will be able to:

- Understand the role of each body systems and how they support each other in function.
- Identify and name body regions and planes of movement.
- Use anatomical terminology to describe movement.
- Understand the gross and microscopic anatomy of bone, joints, muscle and fascia, common pathologies of each and how they affect movement and breathing practices.
- Identify appropriate strategies and cues for moving the spine in multiple planes of motion.

Required Text, Materials, Equipment

An anatomy text, for reference, would be valuable but not necessary.

Course Grading

There are a total of 6 quizzes throughout this course to allow students to check their knowledge. There is no other formal examination. Students will receive a certificate of completion, issued by Udemy (the host platform) after reviewing all sections of the course, and may request a certificate directly from SensoriMotor Education provided they have completed all sections.

Course-Specific Support or Supplementary Instruction Each attendee, upon completion of the course, will have access to the online course to review as often as they wish, and will also be able to access any modifications/additions to content. The course facilitator will also make themselves available by email for any questions before, during or following the course.

Topic Outline / Course Layout

Topic	Methods	Hours
Introduction & Body Systems Review	Video lecture, quiz	1.5
The Language of Anatomy	Video lecture, quiz x2	0.5
Anatomy, physiology, pathology of bone.	Video lecture, quiz	1.5
Anatomy, physiology, pathology of joints.	Video lecture, quiz	1
Anatomy, physiology, pathology of muscle.	Video lecture, quiz	1.5
Anatomy, physiology, pathology of fascia.	Video lecture	0.25
Key Concepts in Movement Practice	Video lecture	0.75
Wrap Up & Supplemental Content	Video lecture	1.5
	TOTAL HOURS	8.5