



# North Iowa Area Community College

## Course Outline

Please follow the included instructions when completing this form. Direct questions to Division Chair. After Course Outline is completed, please submit to Division Chair for review, who then submits to Administrative Assistant to the Vice President for Academic Affairs for review by the Curriculum and Academic Affairs Council (CAAC).

<b>Prepared by:</b>	Mark Vrba
<b>Date Approved by CAAC:</b>	September 23, 2019
<b>Course Title:</b>	Introduction to Anatomy and Physiology for Coaching
<b>Course Number:</b>	PEC-122
<b>Equivalent Prior Course Numbers:</b>	60-152; PHYE-152
<b>Academic Division/Department:</b>	Physical Fitness and Wellness

**Credits – Semester Hours (s.h.):**

**Contact Hours** As defined by the Iowa Department of Education in consultation with Division Chair/Registrar (see attached instructions).

Lecture:	<input type="text" value="15"/>	1 s.h. = 15 contact hours
Lab:	<input type="text" value="0"/>	1 s.h. = 30 contact hours
Clinical Practice:	<input type="text" value="0"/>	1 s.h. = 45 contact hours
Work Experience:	<input type="text" value="0"/>	1 s.h. = 60, 75, 90, or 105 contact hours
<b>Total:</b>	<input type="text" value="15"/>	

**Prerequisite(s):**

None

**Corequisite(s):**

None

**Course Description:**

This course provides an introduction to anatomy and physiology with an emphasis on the relationship to athletic actions. This course is designed as an introductory course for prospective coaches with little or no background in anatomy and physiology. This course fulfills the structure and function of the human body course requirement for a coaching authorization/endorsement in Iowa.

**Required Textbook(s) and Other Required Materials:**

None

**Purpose of Course** Check one [X] in consultation with Division Chair.

<input type="checkbox"/>	Arts and Sciences (General Education)
<input checked="" type="checkbox"/>	Arts and Sciences
<input type="checkbox"/>	Career and Technical (General Education)
<input type="checkbox"/>	Career and Technical
<input type="checkbox"/>	Developmental

If course is offered only in specific semesters, please explain below:

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Maximum number of weeks for which the course is offered:

3
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[Do not edit the following section. Managed by Academic Affairs]

Is this a Core Competency Anchor Course?   YES ☐   NO ☐

If “Yes,” list Core Competency Student Learning Outcome Numbers being taught and assessed in this course (2.2, 3.1, etc.)

(Example) 2.2 [Press Tab to create new rows for each SLO]
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**Student Learning Outcomes (SLOs):**

Upon successful completion of this course the student will be able to:

1. Identify basic terminology in human structure and define the relationship between body systems and total body function.
2. Identify and demonstrate knowledge of the skeletal system and joint articulation as well as muscular and nervous systems and how they relate to movement.
3. Describe how respiratory and circulation systems function in physical activity.