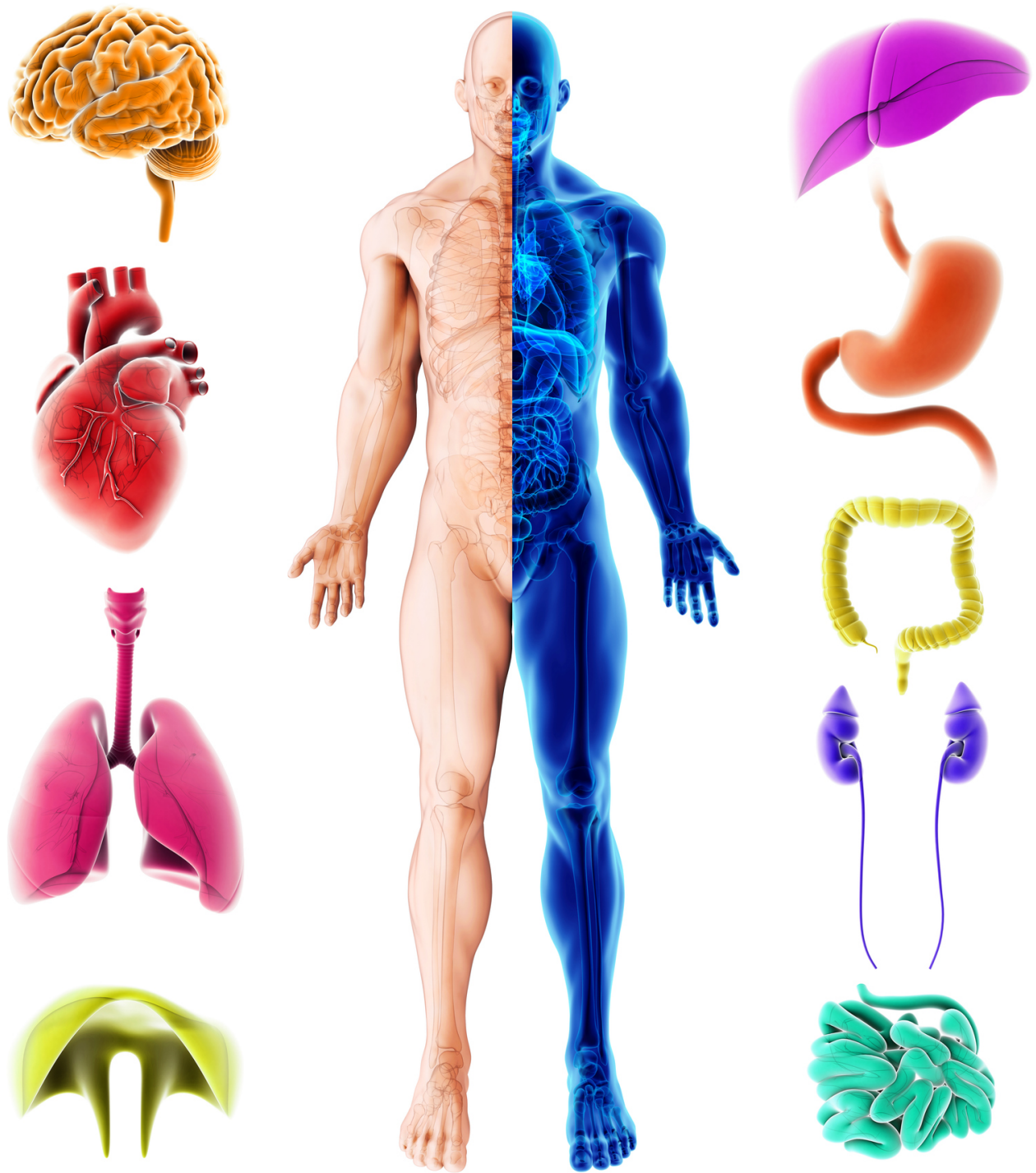




Introduction to Anatomy & Physiology

Course Calendar

Introduction to Anatomy & Physiology Course - Self Directed Learning at Your Own Pace

This self-directed Introduction to Anatomy and Physiology course invites learners to explore the structure and function of the human body through independent study, critical inquiry, and experiential learning. Designed for students who value flexibility and autonomy, the course provides a framework for mastering core concepts in anatomy and physiology while encouraging personalized investigation into systems of interest.

Students will examine the organization of the human body from the cellular to the systemic level, gaining a deep understanding of how organs and tissues work together to maintain homeostasis. Learning resources may include interactive modules, virtual dissections, academic readings, and optional lab experiences that can be tailored to the learner's goals.

Course Format:

Self-paced and self-directed. Learners will set individualized learning objectives, select appropriate resources, and complete assessments that demonstrate understanding and application of key concepts.

Course Objectives:

Throughout the course, students will:

- Identify and describe the major anatomical structures and physiological processes of the human body.
- Integrate knowledge across systems to explain how the body maintains equilibrium.
- Apply anatomical and physiological principles to real-world health and wellness contexts.
- Demonstrate self-management, critical thinking, and reflective learning skills through self-assessment and goal tracking.

Course Topics:

There are 22 modules in this program, each followed by a 25 question multiple choice test. You must receive 50% on the test to progress to the next module. Students will be allowed 3 attempts to pass each test.

Course Fee:

The cost of the course is \$249.00 CAD payable by e-transfer to info@ocht.ca or credit card.

International Students:

This course is self-directed and online so students from outside of Canada are also welcome to enrol.

Enrolment:

Students will be contacted after they have either applied at ocht.ca or requested information.

List of Topics in the Program

- Introduction to the Body
- Chemistry of Life
- Cells
- Tissues
- Organ Systems
- Skin and Membranes
- Skeletal System
- Muscular System
- Nervous System
- Senses
- Endocrine System
- Blood
- Cardiovascular System
- Lymphatic System and Immunity
- Respiratory System
- Digestive System
- Nutrition and Metabolism
- Urinary System
- Fluid and Electrolyte Balance
- Acid-Base Balance
- Reproductive Systems
- Growth, Development, and Aging