



KNES-200 – Functional Anatomy & Physiology 1

Health and Human Services

Effective Term & Year: Fall 2026

Course Outline Review Date: 2031-04-01

Program Area: Health

Description:

This course is an introduction to the structure and function of the systems involved in the control and execution of human movement. Special emphasis will be placed on the musculoskeletal, nervous and endocrine systems that are responsible for the integration and control of human movement.

Program Information:

This is a required course in the Kinesiology Diploma Program and may be used as an elective for students in other disciplines.

KNES 200 is presented in a lecture-lab format. The physiology portion of the course is primarily taught during the lecture portion while the anatomy and application portion of the course is dealt with during the laboratory periods.

Delivery Methods: On-campus (Face-to-Face)

Credit Type: College of the Rockies Credits

Credits: 3

Course type/s: Sciences, Lab Sciences, Kinesiology

Instructional Activity and Hours:

Activity

Hours

Classroom, Directed Studies or Online Instruction	45
Seminar/Tutorials	
Laboratory/Studio	45
Practicum/Field Experience	
Co-op/Work Experience	
Other	
Total	90

Course Requisites:

- Complete 1 of the following
 - Earned a minimum grade of C+ (65%) in at least 1 of the following:
 - [ATPH 12](#) – Anatomy and Physiology 12
 - [BIOL090](#) – Biology-Provincial Level (Human Biology) (3)
 - [BIOL101](#) – Introduction to Biology 1 (3)
 - [BIOL102](#) – Introduction to Biology 2 (3)
 - Completed the following:
 - [KNES190](#) – Human Anatomy (3)

Prior Learning and Recognition: Yes

Students are able to request formal recognition of their prior learning or experience outside the classroom. Challenge examination, portfolio-assisted assessment, work-based assessment or a combination of assessments that is appropriate to identify, assess, and recognize prior skills, competencies, and knowledge to achieve course credit. Tuition fees apply, refer to Policy [2.5.5 Prior Learning Assessment and Recognition \(PLAR\)](#) or contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course

Outline Effective Date the following textbooks were in use:

OpenStax College. (2022). *Anatomy & physiology* (2nd Ed.). OpenStax College.

Minor, M.A.D., Towler, C.D., & Lippert, L.S. (2023). *Laboratory manual for clinical Kinesiology and anatomy* (5th Ed.). F.A. Davis.

KNES 200 Lab Manual

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

Learning Outcomes:

Upon the successful completion of this course, students will be able to

- explain and use anatomical and physiological terminology;
 - explain organ system involvement in human structure, sensation and perception, movement, integration, and regulation;
 - identify the various components of the skeletal and articular systems, including joint structures;
 - describe the skeletal system including bone composition, function, remodeling, and growth regulation;
 - identify the main muscles of the human body, their origins, insertions and actions;
 - describe the muscular system, including contraction kinetics, excitation contraction coupling, fibre types, and muscle energetics;
 - identify the structures of the central and peripheral nervous systems;
 - describe the nervous system, including action potentials, impulses, neural processing, structure and function of the central and peripheral nervous systems, and special senses;
 - explain the integration of the skeletal, articular, muscular and nervous systems as it relates to human movement and physical activity;
 - identify the components of the endocrine system; and
 - describe the role the endocrine system plays in control and regulation of the body.
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Course Topics:

1. ORGANIZATION OF THE BODY

A. Levels of Structural Organization

Maintaining Life

- Homeostasis
- The Language of Anatomy
- Anatomical Position and Directional Terms
- Regional Terms
- Body Planes and Sections
- Body Cavities and Membrane

Structure and Function of Cells

B. Histology

- Basic Characteristics
- Definition
- Epithelial Tissue
- Connective Tissue
- Nervous Tissue
- Muscle Tissue
- Tissue Repair

2. COVERING, SUPPORT & MOVEMENT OF THE BODY

A. Skeletal System

Functions of the Bones

Classification of Bones

Bone Structure

- Gross Anatomy
- Microscopic Structure of Bone
- Bone Markings
- Chemical Composition of Bone
- Bone Development (Osteogenesis)
- Endochondral Ossification
- Intramembranous Ossification
- Physiological Control of Bone Formation/Maintenance
- Bone Homeostasis: Remodeling and Repair
- Bone Remodeling
- Repair of Fractures
- Introduction to Bone and factors affecting function
- Effects of Resistance Training, Diet and Aging on bone

B. Articular System (Joints)

Introduction to Articulations

Structural and Functional Classification of Joints

- Fibrous Joints
- Cartilaginous Joints
- Synovial Joints

- General Structure and Characteristics
- Types of Synovial Joints
- Introduction to Synovial Joint Injuries

Developmental Aspects of Joints

Effects of Physical Activity, Resistance Training and Aging

C. Muscular System

Functions of Muscle Tissue

Skeletal Muscle

- Gross Anatomy of Skeletal Muscle Tissue
- Microscopic Anatomy of a Skeletal Muscle Fiber
- Contraction of a Skeletal Muscle Fiber
 - The Molecular Basis of Muscle Contraction
 - Regulation of Contraction
 - Force, Velocity and Duration of Muscle Contraction
- Contractions of Skeletal Muscles
 - How Muscles Respond to Stimuli
 - Motor Unit Muscle Twitch/Tension
 - Muscle Tonus
- Types of Skeletal Muscle Fibers
 - Muscle Energetics
 - Muscle Metabolism
 - Energy Storage
- Muscle Fatigue
- Muscle-joint Lever Actions
- Muscular Dystrophy, Atrophy and Hypertrophy
- Thermoregulation
 - Hypothermia
 - Hyperthermia

Smooth Muscle

- Microscopic Structure
- Contraction

Introduction to Muscle and factors affecting function

3. THE ENDOCRINE SYSTEM

Introduction to Endocrine System Function: In-Body Communication

Homeostasis

- Biochemical Nature of Hormones
- Actions of Hormones at a Molecular Level
- Hormonal Feedback Mechanisms

The Pituitary Gland

- Neurohypophyseal hormones: Targets and Actions
- Adenohypophyseal hormones: Targets, Actions and Extended effects

The Endocrine System and Physical Activity

- Role of hormones in physical activity and exercise
- Performance Enhancing Drugs

Introduction to Endocrine System and factors affecting system function

4. THE NERVOUS SYSTEM

Histology

Introduction to Nervous System Function: In-body Communication

- Molecular Basis of the Nerve Impulse Transmission
- Neuron Classification
- Reflexes
- Physical Performance and Movement
- Integration of the Nervous and Muscular system
- Saltatory Transmission

Central Nervous System

- Brain and Spinal Cord

Peripheral Nervous System

- Spinal and Cranial Nerves
- Autonomic Nervous System
- Somatic Nervous System

Special Senses

Introduction to Nervous System Diseases and Disorders

LAB PROGRAM

Lab 1: Histology & Anatomical and Movement Terminology, Body Planes

Lab 2: The Skull and Muscles of the Neck and Head

Lab 3: The Bones and Muscles of the Vertebral Column and Thorax

Lab 4: The Bones and Muscles of the Shoulder and Arm

Lab 5: The Bones and Muscles of the Pelvis and Hip

Lab 6: The Bones and Muscles of the Leg

Lab 7: Articulations (Joints)

Lab 8: Nervous System-Brain, Cranial, Spinal & Peripheral Nerves

Lab 9: Ear, Eye & Endocrine Glands

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Midterm 1	15%
Midterm 2	15%
Lab Exam 1	20%
Lab Exam 2	20%
Final Exam (cumulative)	30%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

Pass requirements:

An overall average of D (50%) or higher is required to pass this course.

Evaluation Notes: A grade of D (50%) grants credit but may not be sufficient as a prerequisite for sequential courses and/or for transfer to other institutions.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a "0" on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.1.4 Course Audit
- Policy 2.4.1 Credential Framework

- Policy 2.4.3 Students with Documented Disabilities
 - Policy 2.4.4 Student Rights, Responsibilities and Conduct
 - Policy 2.4.8 Academic Performance
 - Policy 2.4.9 Student Feedback and Concerns
 - Policy 2.4.11 Storage of Academic Works
 - Policy 2.5.3 Student Appeal
 - Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)
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Equivalent Course(s) and Course Code Changes

Prior Course Code: HKIN 200 >> KNES 200

Date changed: September 2012

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.