

ANATOMY & PHYSIOLOGY

Certification Course Syllabus

A clear, systems-based guide to the structures and functions of the human body.

12 MODULES

SELF-PACED

30-40 HOURS

[View course & enroll - \\$99.99](#)

Foundational education only. This course does not award college credit or professional licensure.



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QUICK FACTS

FORMAT	CURRICULUM	STUDY TIME	ACCESS WINDOW
Self-paced online	12 modules	Approx. 30-40 hours	Complete within 1 year

YOUR LEARNING JOURNEY

Course overview

The ExpertRating Anatomy and Physiology Certification introduces how the human body is organized and how its major systems are structured, function and work together. The course follows a system-by-system sequence supported by anatomical illustrations, examples, chapter summaries and review questions.

What this course is designed to do

Build foundational anatomy and physiology knowledge for further learning and professional development in healthcare-adjacent, fitness, wellness and health-science settings.

What you will study

- Anatomical foundations, including cells, tissues, organs and organ systems
- The relationship between body structures and their physiological functions
- Selected examples of homeostasis and interaction among organ systems
- The skeletal, muscular, cardiovascular, digestive, endocrine, nervous, respiratory, immune/lymphatic, urinary and reproductive systems
- Chapter-level summaries and review questions that reinforce key concepts

Important scope note

This course does not provide clinical training, diagnostic practice, medical imaging interpretation, laboratory experience or dissection instruction. It does not replace accredited coursework, supervised clinical training or a professional license.

CHOOSE WITH CONFIDENCE

Who the course is for

This course is intended for learners who want to build or refresh a foundational understanding of human body systems.

- Pre-health, pre-med, nursing and allied-health learners reviewing core concepts
- Healthcare-support professionals expanding their knowledge of body structures and functions
- Fitness and wellness professionals strengthening their anatomy foundation
- Educators, tutors and corporate-wellness professionals seeking supplementary development
- Career changers and lifelong learners exploring health-related fields
- High-school and homeschool learners using the course as an additional non-credit resource, with parent or educator approval

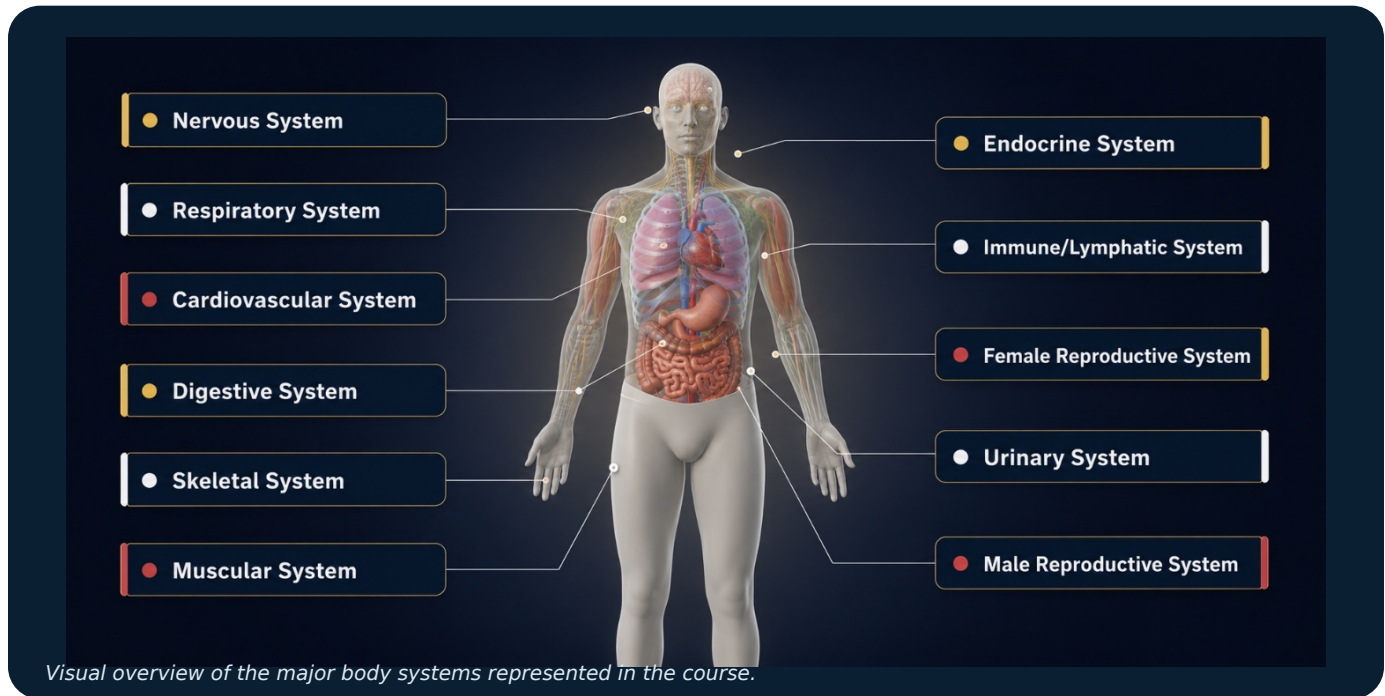
Learning outcomes

After working through the courseware and review activities, learners should be able to:

- Distinguish anatomy from physiology and describe levels of body organization
- Identify major structures and summarize core functions across the systems covered
- Explain how selected structures support their physiological functions
- Describe introductory examples of homeostasis and system interaction
- Summarize selected processes such as circulation, digestion, signaling, gas exchange, filtration and reproduction
- Use chapter summaries and review questions to check understanding and prepare for the final exam

12-MODULE PATHWAY

Curriculum at a glance



MODULE SEQUENCE

01 Introduction to Anatomy and Physiology**02 The Skeletal System****03 The Muscular System****04 The Cardiovascular System****05 The Digestive System****06 The Endocrine System****07 The Nervous System****08 The Respiratory System****09 The Immune/Lymphatic Systems****10 The Urinary System****11 Female Reproductive System****12 Male Reproductive System**

Each body-system chapter includes a summary and review questions.

FOUNDATIONS & MOVEMENT

Modules 1-4

01

Introduction to Anatomy and Physiology

Establish the language and organizing ideas used throughout the course.

- Anatomy, physiology and the relationship between structure and function
- Organization of the body, from cells and tissues to organ systems
- Course orientation and an overview of the final certification test

02

The Skeletal System

Explore the body's supporting framework and the major categories of bone.

- Axial and appendicular skeletal anatomy
- Bone functions, classifications and types
- Major bones and structural organization

03

The Muscular System

Examine muscle tissue, skeletal muscle structure and the functions of muscle.

- Skeletal, cardiac and smooth muscle tissue
- Skeletal muscle anatomy and major muscles
- Movement, posture and heat production

04

The Cardiovascular System

Follow blood through the heart and circulation while studying its components.

- Blood circulation, pressure and return
- Blood components and physiological functions
- Heart anatomy, valves and blood flow

REGULATION & EXCHANGE

Modules 5-8

05

The Digestive System

Trace how food is processed from ingestion through nutrient absorption and elimination.

- Digestive tract and accessory-organ anatomy
- Ingestion, digestion and nutrient absorption
- Waste formation and elimination

06

The Endocrine System

Study glands, hormones and the signaling processes that regulate body functions.

- Major endocrine glands and their hormones
- Hormonal signaling and regulation
- Growth, metabolism and reproductive functions

07

The Nervous System

Explore the body's communication network and its sensory, integrative and motor roles.

- Central, peripheral and autonomic nervous systems
- Brain, spinal cord and major neural structures
- Sensory input, integration and motor output

08

The Respiratory System

Learn how respiratory structures support breathing and gas exchange.

- Principal respiratory structures
- Mechanics of breathing
- Oxygen and carbon-dioxide exchange

DEFENSE, FILTRATION & REPRODUCTION

Modules 9-12

09

The Immune/Lymphatic Systems

Connect immune defense with lymphatic circulation and immune-organ function.

- Immune-system defenses and immune cells
- Lymphatic structures and lymph circulation
- Lymph nodes, spleen, thymus and bone marrow

10

The Urinary System

Study filtration, urine production and the structures involved in elimination.

- Kidneys, ureters, bladder and urethra
- Urine production and elimination
- Female and male urinary-system differences

11

Female Reproductive System

Review the principal organs and selected processes of female reproduction.

- Principal female reproductive organs
- Menstruation and fertilization
- Early pregnancy and development

12

Male Reproductive System

Review the principal organs and selected processes of male reproduction.

- Principal male reproductive organs
- Sperm production and semen
- Transport of sperm through the reproductive system

DESIGNED FOR FLEXIBLE STUDY

Course format, resources & prerequisites

FORMAT**Self-paced online****ESTIMATED TIME****30-40 hours****TYPICAL PACE****2-4 weeks****COMPLETION****Within 1 year**

How the course works

- Start as soon as payment is processed successfully; there are no scheduled class times
- Study 24/7 from a computer, tablet or mobile device using an internet connection and web browser
- Move faster or slower according to your schedule; the 2-4 week pace is an estimate
- Return to the online study materials after successfully completing the certification

Learning resources

- Text-based, system-by-system courseware with anatomical illustrations
- Examples and expert tips that support key concepts
- Chapter summaries and knowledge-review questions
- Sample certification-exam questions
- Email support, with responses within 72 hours according to the source materials

Prerequisites and tools

No previous medical qualification is listed as an enrollment requirement. You need internet access, an email address and a current web browser.

DOCUMENT YOUR COMPLETION

Assessment & certification

QUESTIONS

40 multiple choice

TIME

40 minutes

PASSING SCORE

50% (20 of 40)

RESULTSAvailable
immediately

Final exam and retakes

- The exam fee is included in the course price
- The exam is online and based on the supplied courseware
- The source describes the exam as intended to be completed without consulting course materials
- If you do not pass, retakes may be purchased for \$20 each, up to three times

After you pass

- Downloadable PDF certificate with your name, date and verification code
- Online transcript showing your exam score
- Optional hard-copy certificate available for an additional fee
- Continued access to course materials for future review

Credential notice

This certification documents successful completion of the ExpertRating course and exam. It is not represented as college credit, continuing-education units, prerequisite equivalency or professional licensure. Acceptance varies by school, employer and licensing body.

MAKE AN INFORMED CHOICE

Provider information & next steps

Course provider

The course is provided by ExpertRating, an online certification and training company operating since 2001. ExpertRating states that its organization is certified to ISO 9001:2015. This quality-management certification does not constitute academic accreditation of the Anatomy and Physiology Certification.

COURSE CONTACT

Contact email: support@expertrating.com

Website: www.expertrating.com

BEFORE YOU ENROLL

- Confirm acceptance with any school, employer or licensing body
- Review the course scope and exam requirements
- Make sure you have internet, email and browser access

Ready to begin?

Explore the full course and enroll today.

Enroll now - \$99.99

[Review course details](#)