

Course Title: **Functional Anatomy and Biomechanics**

Course Code: **PHTY601**

Descriptor Start Date: **02/01/2026**

POINTS: **15.00**

LEVEL: **6**

PREREQUISITE/S: **PHTY611, PHTY612, PHTY613**

COREQUISITE/S:

RESTRICTION/S:

## LEARNING HOURS

Hours may include lectures, tutorials, online forums, laboratories. Refer to your timetable and course information in Canvas for detailed information.

**Total learning hours: 150**

## PRESCRIPTOR

Advances understanding and application of functional anatomy and mechanical principles of human movement relevant to physiotherapy practice.

## LEARNING OUTCOMES

1. Identify the interrelationships between anatomy, biomechanics and function of the musculoskeletal system.
2. Describe biomechanical principles as they relate to posture and movement.
3. Demonstrate how biomechanical principles guide assessment and treatment procedures in physiotherapy practice.

## CONTENT

- Applied anatomy and biomechanics in physiotherapeutic assessment and treatment
- Effects of exercise, disuse and lifespan in the anatomy of different body tissues
- Functional anatomy and biomechanics of muscle
- Biomechanics of joint movement
- Functional anatomy and biomechanics of joints
- Functional anatomy and biomechanics of bone
- Functional anatomy and biomechanics of ligament, tendons and nerves
- Functional anatomy and biomechanics of the lumbar spine
- Workplace biomechanics
- Biomechanics of gait and running

**Disclaimer: Course descriptors may be amended between teaching periods/semesters**

## LEARNING & TEACHING STRATEGIES

Lectures and structured small group tutorials will be aligned with websupported learning. Lectures will be prerecorded where available, with structured small groups focusing on cased-based scenarios to explore functional anatomy, biomechanics and associated clinical implications. Self-directed learning will be augmented by online tasks, course resources, videos and discussion forums. Formative opportunities are scheduled to direct summative assessment expectations.

## ASSESSMENT PLAN

Assessment Event	Weighting %	Learning Outcomes
Test (60 minutes)	40.00	LO1, LO2, LO3
Verbal Assessment (15 mins)	60.00	LO1, LO2, LO3

### Grade Map

#### MAP1

A+ A A- Pass with Distinction

B+ B B- Pass with Merit

C+ C C- Pass

D Fail

### Overall requirement/s to pass the course:

Students must achieve an overall average grade of at least C- across all summative assessments to pass this course.

## LEARNING RESOURCES

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**For further information, contact:** Te Ara Hauora A Putaiao - Faculty of Health & Environmental Science

**Principal Programme:** AK3313, Bachelor of Health Science (Physiotherapy)

**Related Programme/s:** AK3313 Bachelor of Health Science (Physiotherapy)

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