

Anatomy and Physiology

Anatomy and Physiology is one of the most essential and foundational courses in any nursing program. It provides a deep understanding of the structure (anatomy) and function (physiology) of the human body. This knowledge is critical for nurses, as it allows them to understand how the body works normally and what happens when it becomes diseased or injured.

What is Anatomy?

Anatomy refers to the study of the **structure** of the human body. It focuses on the **form, arrangement, and relationship** of body parts. Anatomy is often divided into:

- **Gross Anatomy:** Study of large body structures visible to the naked eye, such as muscles, bones, and organs.
 - **Microscopic Anatomy (Histology):** Study of cells and tissues under a microscope.
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What is Physiology?

Physiology deals with the **functions** of the body parts—how organs and systems work individually and together to sustain life. It explains how muscles contract, how the heart pumps blood, how we breathe, how the brain communicates with the body, and how digestion and excretion take place.