

## Appendix (i)

Anatomy ACAT - 1.25 hours per week / 3 years

Curriculum –

1. Intro to the Musculoskeletal System
  - a. embryology, tissue physiology, pathophysiology, kinesiology
  - b. exploration of the Mind-Body connection with latest neuroscience studies incorporated
  - c. muscle physiology a critical focus: emphasizes and includes Dr David Garlick, Chris Stevens physiological research on balance, coordination, and inherent upright, David Gorman's 8 articles on Anatomy from the Alexander Review
2. Where AT fits into the medical model according to Herbert Benson (author of *The Relaxation Response*), which includes "self care" as an equal and dynamic part of the old surgery and medicine model. Learning the language of the MD to communicate more effectively with the medical community and to demystify diagnoses that students bring to the AT lesson.
3. Empowering the teacher.

- Course Texts include:

- *Job's Body* - Dean Juhan
- *Behold Your Body* - Charlene Penner MD
- *Body Moveable* - David Gorman text and 8 Gorman Articles
- *The Lost Sixth Sense* - Dr David Garlick
- Chris Stevens' scientific articles
- *DIRECTION Journal*

- In class Project: Building a spine, skull and sacrum with fast drying clay to explore the three dimensional nature of the spinal column.

Our students and faculty share articles with each other (via e-mail) from various online sources, relating to education, learning, science, health, back pain, sports and any other topics where they see a connection. Those articles are often included in ACAT's monthly E-Newsletter (*AT In the News*).