



Course Title: **The Greatest Vehicle Ever Created - You!**

Produced by: **Fitness Learning Systems**
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Course Type: **e-Learning Home Study**

Credit hours: IACET (International Association for Continuing Education and Training) 0.6
(6 Hours) Approved and Accepted by several additional organizations.

Continuing Education:

To receive continuing education for this course you must receive a 75% or higher score on a multiple choice quiz.

Author:

Gregory J. Keyes, PhD. Dip VET. CMC

Education:

- PhD (Theatrical Studies). Dissertation: T.A.R. Total Audience Reality. Informal Qualification combination of RPL and Dissertation. USA, 2004
- PhD (Business and Leadership Studies). Dissertation: The Star of Communication Stratagem for Law Enforcement. Informal Qualification combination of RPL and Dissertation. USA, 2004
- MSc (Exercise Science). Thesis: Aquatics: the Umbilical to Lifestyle Wellness. Informal Qualification combination of RPL and Thesis. USA, 2003
- Certificate of Training and Assessment in Informal Learning. Swinburne University, Australia. Current to 25-05-2013. FISAF: Fitness Instructor / Personal Trainer
- Multiple Certifications in Land Fitness and Aquatic with various organizations across the world including USA, (Aquatic Exercise Association) 1999 current to present.
- Australia: Network for Fitness Professionals (Australia) 1994. Re-qualified: 2004
- Diploma of Marriage Celebrancy. Australia, 2009
- Diploma of Funeral Celebrancy. Australia, 2009
- Certificate IV Training and Assessment. Australia, 2005. Re-qualified 2009.
- Certificate IV Micro and Small Business Management. 1997. Re-qualified 2009.
- Diploma of Vocational Education and Training. Australia, June 2012. Currently conduct courses for Australian Government: NEIS (New Enterprise Incentive Scheme) with over 500 successful Graduates and Businesses begun with Australian Government Assistance.

In 1994 Greg became involved in the exercise science industry initially in land aerobics and personal training after a career in Law Enforcement and experience in the entertainment industry. He found a great interest in aquatic exercise and due to his theatrical and public speaking experience and quickly became a presenter and developer in the fitness industry. He uses his unique skills and style of performance techniques to become a highly sought after speaker across the world at major fitness conventions. He is a long time continuing education provider for various organizations in USA, Australia, New Zealand, and multiple other countries.

He has presented multiple times at IAFC (California / Las Vegas, Nevada / Florida, USA), EAFC (Karlsruhe, Germany), Filix & Fitness Network (Australia), Cooper Institute (Texas, USA), Red Mountain (Utah, USA), Wingate Institute of Physical Fitness, Sport, Research, and Fitness (Israel), and at Fitness Network (New Zealand), Asiafit (Hong Kong, China), TAFC (Bangkok, Thailand), EIAFC (Tallin, Estonia), MAFC (Montichiario, Italy), Mld'A (Annemasse, France), Mundo Hidro (Portugal), ZIAFC (Zaragoza, Spain), KatAqua (various locations, Netherlands), BAFC (Gent, Belgium) to mention a few.

In recent years Greg has also been invited to present, host events, and chair symposiums at locations such as the World Forum at Cambridge University, UK 2010 and at the 2012 World Forum at Oxford University and other conventions in various countries across the Globe.

Course Introduction:

I thank you for taking this Journey with me, not just of the primary systems of the human body that health-fitness professionals focus on, but ALL of the systems! We often forget as wellness professionals that even the integumentary system plays an important role in the over-all well being of the human body, and we rarely share this with clients in discussion.

Whether you are newly trained or have decades of experience, the importance of 'Come back to the basics!' cannot be stressed enough to all. Review the basics, then consider this: 'How do I explain to a new client, who doesn't know, how the human body works?' Often when you start trying to explain anything in academic and anatomical terminology, your client's attention span is as long as yours is in watching grass grow. It is like a new unknown language. Consider communicating with simple terminology and metaphors when discussing the body provided in this course.

This program not only shares academic revisited facts, but many facts that are often unknown by the majority of the population. Hopefully, it will inspire a response of 'I didn't know that!' which can stimulate the cognitive response to encourage endorphin release. You are encouraged to use unusual facts of the human body's systems to create pictures to the mind, facts of what the body does and how it does it, to help open the long term memory to store the information.

Hopefully this journey through the human body will refresh the memory cells of facts that may have slipped out of memory. I found when reviewing material from various massage and anatomy books that many things I learnt decades ago and had forgotten, simply bounced back into my mind by stimulation of the reading matter! Hopefully this program will do this for you in a new and invigorating way, rather than just being a boring program of facts and figures.

Strap yourself in and let's take a journey with the Greatest Vehicle ever Created: "YOU!"

Objectives:

After completing this course you will be able to:

1. Recognize 23 bones in the human skeleton; discuss 5 spinal abnormalities and 2 spine/neck injuries; describe 3 general types of joints and 7 synovial joints.
2. Discuss 4 functions of the muscular system; describe how a muscle contracts; identify 24 human muscles and 18 torso muscles; describe 3 muscle types; recognize 8 position terms, 19 movement terms, and 11 miscellaneous terms related to the muscular system.
3. Describe the flow of blood in the heart and the function of the heart; discuss the anatomy and function of the vascular system.
4. Recognize the anatomy of the respiratory system; discuss the function of breathing; describe the pathway of air in the respiratory system.
5. Discuss what comprises the cardiorespiratory and musculoskeletal systems.
6. Describe cellular respiration and the journey of oxygen in the body.
7. Identify the basic anatomy of the digestive system; describe the journey of food in the body.
8. Discuss the function of the brain; describe the basic anatomy and function of the nervous system; discuss 5 senses associated with the nervous system; discuss 9 brain questions.

9. Identify 12 glands/organs in the endocrine system and describe their function; describe the role of hormones in the endocrine system.
10. Identify the parts of the lymphatic system; describe the function of the lymphatic system.
11. Identify the 3 basic parts of skin: discuss skin color, perspiration, and body temperature.
12. Identify the basic anatomy of the urinary system; describe how the urinary system functions.
13. Describe the basic anatomy and function of the male and female reproductive system.

Outline:

The "Vehicle"

Skeletal System

Review of the Bones in the Body

Facts about Bones

The Spine

Joints of the Skeleton

Section 1 Review Questions

Muscular System

Function of the Muscular System

Muscle Types

Terminology

Position Terminology

Movement Terminology

Miscellaneous Terminology

Muscle Review

Section 2 Review Questions

Cardiovascular System

The Heart

The Blood

The Vessels

Arteries and Arterioles

Veins and Venules

Capillaries and Precapillary Sphincters

Coronary Circulation

Hepatic Portal Circulation

Section 3 Review Questions

Respiratory System

Breathing

Lungs

Oxygenation of Blood

Section 4 Review Questions

Systems Review

Digestive System

Journey of Food

Facts to Digest

Section 5 Review Questions

Nervous System and Brain

The Brain

The Nervous System

Eyes

Ears

Nose

Tongue

Skin Sensories

Brain Questions

- Question 1
- Question 2
- Question 3
- Question 4
- Question 5
- Question 6
- Question 7
- Question 8
- Question 9

Section 6 Review Questions

Endocrine System

Hormones

Glands and Functions

Section 7 Review Questions

Lymphatic System

Section 8 Review Questions

Integumentary System

Section 9 Review Questions

Urinary System

Section 10 Review Questions

Reproductive Systems (Male and Female)

Section 11 Review Questions

Bibliography:

- Adventurism in Lifestyle Improvement. Gregory James Keyes.
- AQUATICS – The Umbilical to Lifestyle Wellness and Improvement. Gregory James Keyes.
- Anatomica. Random House Pty Ltd
- Atlas of the Body. TIME – Rand McNally.
- Atlas van het Menselijk Lichaam. Nieuwe Medische Encyclopedie.
- Elements of Psychology. David Krech, Richard S. Crutchfield and Norman Livson.
- G.A.I.N – Aquatic Exercise Diploma Course Manual. Gregory James Keyes.
- Home Health Fact File (Complete Series). International Masters Publishers Australia Pty Ltd.
- "The Doctors Book of Home Remedies." Compton's NewMedia Inc.
- The Fitness Leader's Handbook. Nigel Champion and Garry Egger.
- The ODD Body and Brain. Dr Stephen Juan (Australia).
- The World's Best Anatomical Charts. Anatomical Chart Company Skokie, Illinois. USA.
- 2012. Tortura GJ, Derrickson BH. Principles of Anatomy and Physiology. 13th Edition. John Wiley and Sons. www.wiley.com.
- 2012. Floyd RT, Thompson CW. Manual of Structural Kinesiology, 18th Edition. McGraw-Hill Companies. www.mhhe.com.

Other Reference and Research Points of Call:

- Many Hundreds of Web Page visits
- Many Videos and DVD's
- Multiple article and papers written by Gregory James Keyes for various magazines around the Globe
- Hundreds of Session Notes at various conventions around the Globe