

Anatomy for Exercise is a comprehensive and easy-to-use digital resource for fitness professionals in training and practice.

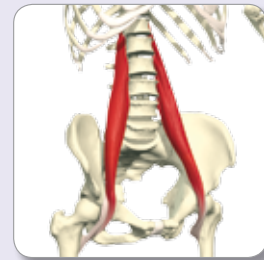
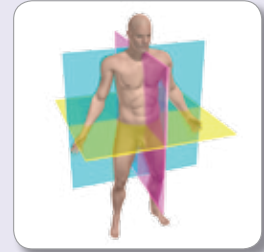
A dynamic visual resource that makes complex anatomy and functional anatomy easier to learn, remember and understand. 3D anatomy section includes detailed and labeled 3D models and sequences covering anatomical language, bones, joints and joint action, muscles, respiratory and cardiovascular systems including labeled cardiac cycles. Interactive functions allow you to rotate any anatomical view 360 degrees or add and remove layers. With just one click of your mouse you can also see text relating to any structure. Short structure text includes muscle attachment, insertion and function.

Anatomical planes are explained visually, and animation is used to show joint actions and

muscle function during common movements such as flexion, extension, adduction, abduction, and internal/external rotation. Plus view labeled 3D models of the heart and 3D sequences of the cardiac cycle for better understanding of the anatomy and processes.

Product benefits:

- **Make learning functional and complex anatomy fun and easy**
- **Viewing 3D dynamic sequences of joint actions and muscle movements will aid understanding, recall and application to exercise movement**
- **Export images from the software to produce beautifully illustrated and professional client information sheets**



3D ANATOMY SECTION:

ANATOMICAL LANGUAGE

- Anatomical position
- Anatomical planes
- Anatomical directions
- Anatomical areas

SKELETAL SYSTEM

- Skeletal system overview

Skeletal tissue

- Histology of a bone
- Anatomy of a flat bone
- Anatomy of a long bone
- Classification of bones
- Bony features

Axial skeleton

- Axial skeleton – overview

Cranium

- Overview
- Median section
- Axial section
- Paranasal sinuses

Vertebral column

- Vertebral column – overview
- C4
- T6
- L2
- Sacrum

Thoracic Cage

- Thoracic cage – overview
- Rib 1
- Rib 6
- Rib 12

Appendicular skeleton

- Appendicular skeleton – overview

Bones of the upper limb

- Overview
- Bones of the shoulder and arm

- Bones of the forearm and hand

- Bones of the hand

Bones of the lower limb

- Overview
- Hip bone
- Bones of the hip and thigh
- Bones of the leg and foot
- Bones of the foot

MUSCULAR SYSTEM

Muscle tissue

- Skeletal muscle fiber
- Classification of muscles

Axial muscles

- Axial muscles – overview
- Muscles of the head and neck
- Muscles of the thorax and abdomen
- Muscles of the trunk
- The Diaphragm
- Muscles of respiration
- Muscles of the pelvic floor
- Muscles of the male pelvic floor
- Muscles of the female pelvic floor

Appendicular muscles – overview

Muscles of the upper limb

- Muscles of the upper limb
- Muscles of the shoulder and arm
- Muscles of the forearm and hand
- Muscles of the hand
- Axial sections of the upper limb

Muscles of the lower limb

- Muscles of the lower limb
- Muscles of the hip and thigh
- Muscles of the leg and foot
- Muscles of the foot and ankle
- Axial sections of the lower limb

Muscle atlas

- Neck
- Trunk
- Upper limb
- Lower limb

CARDIOVASCULAR SYSTEM

- Heart –overview
- Chambers of the heart
- Valves of the heart
- left cardiac cycle
- right cardiac cycle
- Conducting system

Blood vessels

- Circulatory pathways
- Vessels – overview
- Head and neck
- Thorax
- Abdomen

- Pelvis
- Vessels of the upper limb – shoulder and arm, forearm and hand, hand
- Vessels of the lower limb – hip and thigh, leg and foot, foot

RESPIRATORY SYSTEM

- Overview
- Upper respiratory tract
- Larynx
- Bronchial tree
- Lungs
- Pleura

For each 3D anatomy view, interactive functions allow you to rotate and add and remove layers of anatomy. All visible structures are labeled and have associated text.



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MOVEMENT ANIMATIONS:

This section includes 43 3D animations of normal muscle function during movement.

Head and Neck

- flexion/extension
- lateral flexion
- rotation of the head and cervical spine

Lower Extremity

- adduction/abduction of the hip
- flexion/extension of the hip
- external/internal rotation of the hip
- flexion/extension of the knee

- external/internal rotation of the knee
- plantar flexion/dorsiflexion of the foot
- inversion/eversion of the sub-talar joint

Pelvic Floor

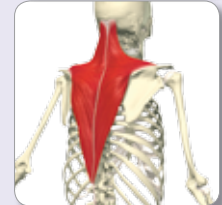
- Contraction of the pelvic floor

Trunk

- flexion/extension
- lateral flexion
- rotation and respiration

Upper Extremity

- adduction/abduction of the shoulder
- elevation/depression of scapula
- external/internal rotation of shoulder
- flexion/extension of elbow
- flexion/extension of wrist
- pronation/supination
- protraction/retraction
- upwards/downwards rotation of the scapula



Technical Specification:

Single user license

Format: DVD-ROM

PC/Windows OS: Windows XP, Vista

Mac: Mac OS X 10.3, 10.4, 10.5

1.5Ghz Processor or greater, 200MB RAM, 24-bit color.
1024x768 screen resolution.

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