

Anatomy and Physiology Online Learning Resources

There's a wide array of educational resources in the field of Anatomy and Physiology now available on the market. Whilst we have no affiliation with these organisations we think these are a great way to supplement your e-learning studies and may be particularly beneficial for any students studying towards *Level 2 or 3 Anatomy and Physiology* or *Sports Massage*. Here's a list of some of our favourites....



Muscle & Motion

A You Tube resource containing thousands of 3D educational animations in the field of strength training and muscular anatomy. The animations show how the body moves and strengthens by showing the anatomical representation of each exercise.

<https://www.youtube.com/user/MuscleandMotion>

Anatomy Zone

A YouTube channel containing lots of useful 3D Anatomy videos.

<https://www.youtube.com/user/TheAnatomyZone>

Kenhub

Video tutorials cover all areas of the human body: muscles, bones, blood vessels, nerves, organs, and much more. Regardless of your level and speed, Kenhub helps you to learn faster in a fun and engaging way.

https://www.youtube.com/channel/UCHn_K1zOBYZqtmIYkXLEIQw

Primal Pictures - 3D Anatomy

Engaging and real-life reconstruction of the human body. Primal Pictures delivers accurate, relevant and accessible 3D anatomy resources.

<https://www.youtube.com/channel/UCYrjlr4SrijmuEn6YK0Z8Wew>

Anatomy Tutorials

This channel provides excellent tutorials, mainly on the skeletal and muscular systems.

Worth checking out!

<https://www.youtube.com/user/AnatomyTutorials>

3D4Medical

A range of applications created by 3D4Medical including 'Complete Anatomy' and 'iMuscle 2'. Award winning medical and fitness software with detailed animated anatomical models.

<https://3d4medical.com/apps>

We really hope you find these resources useful and we'll update this list as and when we come across further useful resources but if you find any we'd love to hear from you – please email ymcafit.blendedlearning@ymca.co.uk Thanks!

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