



## **Course Summary: Anatomy & Physiology Made Easy for African Traditional Healers**

This foundational course provides a comprehensive introduction to human anatomy and physiology, designed specifically for African traditional healers, Ethnomedicine practitioners, and complementary health students. It serves both as a standalone textbook and a bridging course that fosters a deeper understanding of the human body, facilitating dialogue between traditional and Western medical systems.

With a culturally respectful and academically rigorous approach, this course:

- Builds from first principles of body structure and function.
- Uses accessible explanations and visual analogies to reinforce learning.
- Integrates African traditional medical perspectives, including cultural and historical contexts.
- Encourages mutual respect and understanding between indigenous and biomedical health systems.

The course strictly focuses on **anatomy and physiology**, and deliberately excludes pharmacology or herbal medicine interactions to maintain focus on the **form and function** of the human body.

### **Learning Objective Outcomes**

By the end of this course, learners will be able to:

#### **1. Understand the Basic Structure and Function of the Human Body**

- Identify major body systems and explain their primary functions.
- Describe the organisation of the body from cells to organ systems.
- Recognise how body systems work together to maintain health and balance (homeostasis).

#### **2. Communicate Using Shared Medical Terminology**

- Learn commonly used Western medical terms alongside traditional names where applicable.
- Enhance communication between traditional and Western practitioners by adopting shared anatomical vocabulary.

#### **3. Connect Traditional African Healing Beliefs with Scientific Knowledge**

- Appreciate how traditional views of the body relate to anatomical and physiological concepts.
- Draw parallels between indigenous knowledge systems and Western science (e.g., energy flow vs. nervous system communication).

#### **4. Apply Knowledge to Practical Health Contexts**

- Interpret basic signs of health and dysfunction through anatomical understanding (e.g., breathing issues related to lungs or heart).
- Use culturally relevant case studies to recognise how imbalances in specific organs might present in daily practice.

## 5. Promote Holistic Understanding of the Human Body

- View the body not just as a set of mechanical parts, but also as an interconnected whole that aligns with African worldviews.
- Understand how spiritual, emotional, and environmental factors may interact with physical systems of the body.

## 6. Evaluate Learning through Self-Assessment

- Engage with chapter-end quizzes, key term reviews, and reflection prompts.
- Track progress and identify areas requiring deeper study or clarification.

### **Minimum Requirements for Readers and Students**

This course assumes the following foundational criteria:

- **Literacy Level:** Minimum Grade II English proficiency (with adaptations made to simplify complex terminology).
- **Prior Knowledge:** No previous training in biology or medicine is required.
- **Learning Style:** Open to reflective, visual, and practical learning approaches.
- **Commitment:** Willingness to study both theory and engage with practical application examples.

Warm Regards,