ANATOMY ONLINE COURSE

Who this course is for

Eryn Apanovitch, Assistant Professor at the University of Miami, will go through the bones, joints, muscular contributions to movement, and vascular structures of each section of the body. Unlike other anatomy courses, Shelly Power and Brent Anderson's discussion on the practical application of these movement concepts makes this a very user-friendly and movement-oriented anatomy course. Relating anatomical concepts to familiar movements sharpens your intuition while expanding your intellect.

Learning outcomes

This is an 8-hour online course with 7 modules. Each module will be available after the completion of the previous one. Quizzes, resources, and discussions qualify your learning as you go through the course.

Location	Online
Tuition	R2200
Certification	Polestar Pilates Diploma (qualifies toward National Pilates Certification Program)
Facilitator	Self paced

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