

**ITEC Level 3
Diploma in Anatomy & Physiology**

Skeletal System

Learning outcome	Underpinning knowledge
Students will be able to:	
1) Understand and explain the functions of the skeletal system	<ul style="list-style-type: none"> • Support framework • Provides attachments for muscles • Forms joints to provide movement • Forms erythrocytes in the bone marrow • Stores calcium • Protection
2) Understand and explain the structure of bone tissues	<ul style="list-style-type: none"> • Compact • Cancellous
3) Understand and explain the types of bone	<ul style="list-style-type: none"> • Long • Short • Flat • Irregular • Sesamoid ♦ Give examples of where in the body they would be found
4) Understand and explain the position of the bones of the skeleton	<ul style="list-style-type: none"> ♦ Cranium • Parietal • Frontal • Ethmoid • Sphenoid • Occipital • Temporal ♦ Facial • Nasal • Zygomatic • Maxilla • Lacrimal • Turbinator • Palatine • Mandible • Vomer • Hyoid ♦ Vertebrae • Cervical • Thoracic • Lumbar • Sacrum • Coccyx ♦ Shoulder Girdle • Scapula • Clavicle • Thoracic Cage: Ribs, Thoracic vertebrae ♦ Pelvic Girdle • Innominate bones: Ischium, Ilium • Pubis ♦ Upper Limb • Humerus • Ulna • Radius • Carpals: Scaphoid, Lunate, Triquetral, Pisiform, Trapezium, Trapezoid, Capitate, Hamate • Metacarpals • Phalanges ♦ Lower Limb • Femur • Tibia • Fibula • Patella • Tarsals: Talus, Calcaneus, Navicular, Cuneiforms (Medial, Intermediate, Lateral), Cuboid • Metatarsals • Phalanges
5) Understand and explain different types of joints	<ul style="list-style-type: none"> • Fixed • Slightly moveable • Freely moveable • Ball and socket • Hinge • Pivot • Gliding • Saddle
6) Understand, recognise and give possible causes of postural deformities	<ul style="list-style-type: none"> • Kyphosis • Lordosis • Scoliosis
7) Understand the different fractures and their causes	<ul style="list-style-type: none"> • Simple • Greenstick • Compound • Comminuted • Impacted • Complicated
Pathology:	
8) Understand, explain and recognise the symptoms, causes and effects of the following diseases and disorders of the skeletal system:	<ul style="list-style-type: none"> • Arthritis: Osteo and Rheumatoid • Gout • Osteoporosis • Stress

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Muscular System

Learning outcome	Underpinning knowledge
9) Understand and explain the structure and function of the different types of muscle with examples	<ul style="list-style-type: none"> • Voluntary • Involuntary • Cardiac
10) Understand and explain the structure and function of the various attachments of muscles:	<ul style="list-style-type: none"> • Ligament • Tendon • Fascia
11) Understand and explain the terms in relation to the muscular system	<ul style="list-style-type: none"> • Origin • Insertion • Action • Tone • Tension • Fatigue • Flexion • Extension • Abduction • Adduction • Rotation • Supination • Pronation • Dorsiflexion • Plantarflexion • Eversion • Inversion • Circumduction
12) Understand and explain muscular contraction	<ul style="list-style-type: none"> • How a muscle works • How it provides movement • How a muscle knows when to contract • The source of energy to create a contraction • Different stages of contraction, i.e. tone and relaxation • Over contraction, i.e. causes of muscle tension and muscle fatigue
13) Understand and explain the formation of lactic acid	<p>To include:</p> <ul style="list-style-type: none"> • Cause and effect
14) Understand and explain the position (with the aid of diagrams) and action of the following muscles	<ul style="list-style-type: none"> ◆ Trunk/torso <ul style="list-style-type: none"> • Trapezius • Sternocleidomastoid • Erector Spinae • Splenius Capitis • Latissimus Dorsi • Serratus Anterior • Gluteus Maximus • Gluteus Medius • Gluteus Minimus • Psoas • Pectoralis Major and Minor • Abdominus Rectus • Internal Oblique • External Oblique • Abdominus transversalis • Rhomboid Major and Minor • Infraspinatus • Supraspinatus • Teres Major • Teres Minor • Iliacus • Subscapularis ◆ Arm <ul style="list-style-type: none"> • Deltoid • Biceps • Triceps • Brachialis • Coraco Brachialis • Brachioradialis • Pronator Teres • Supinator Radii Brevis • Flexor Carpi Radialis • Extensor Carpi Radialis • Extensor Carpi Ulnaris • Flexor Carpi Ulnaris • Flexor Carpi Digitorum • Extensor Carpi Digitorum • Muscles of Thenar eminence • Muscles of Hypothenar eminence ◆ Leg/Thigh <ul style="list-style-type: none"> • Quadriceps: Rectus Femoris, Vastus Lateralis, Vastus Medialis, Vastus Intermedius • Hamstrings: Biceps Femoris, Semimembranosus, Semitendinosus • Adductor Longus • Adductor Magnus • Adductor Brevis • Gracilis • Sartorius ◆ Lower Leg <ul style="list-style-type: none"> • Gastrocnemius • Tibialis Anterior • Peroneus Longus • Flexor Digitorum Longus • Extensor Digitorum Longus • Soleus • Extensor Hallucis Longus ◆ Face, neck and scalp <ul style="list-style-type: none"> • Orbicularis Oculi • Orbicularis Oris • Masseter • Buccinator • Levator Anguli Oris • Levator Labii Superioris • Depressor Anguli Oris • Depressor Labii Inferioris • Depressor Labii Oris • Mentalis • Zygomaticus • Temporalis • Nasalis • Procerus • Corrugator • Frontalis • Occipitalis • Pterygoids • Triangularis • Trapezius • Platysma

Pathology:	
15) Understand and explain the cause and effect of the following muscular conditions:	<ul style="list-style-type: none">• Fibrositis • Cramp • Muscle Fatigue • Atony • Atrophy• Myositis • Rupture • Spasm • Spasticity • Sprain • Strain• Stress

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The Skin

Learning outcome	Underpinning knowledge
16) Understand and explain (with the aid of a diagram) the position and function of the following parts of the skin:	<ul style="list-style-type: none"> ◆ Epidermis • Stratum Corneum • Stratum Lucidum • Stratum Granulosum • Stratum Spinosum/Malphigian layer • Stratum Germinativum/Basal layer • Melanocytes ◆ Dermis • Blood supply • Lymphatic supply • Hair follicle • Hair • Sebaceous gland • Sweat glands: eccrine and apocrine • Sensory nerve endings • Dermal Papilla Collagen Elastin Histeocytes Mast Cells Fibroblasts ◆ Subcutaneous layer
17) Understand and explain the functions of the skin	<ul style="list-style-type: none"> • Secretion • Heat Regulation • Absorption • Protection • Elimination • Sensation • Vitamin D formation (ergosterol) • Keratinisation • Melanin Formation
18) Understand, explain and recognise skin types	<ul style="list-style-type: none"> • Dry • Oily • Dehydrated • Sensitive • Combination
Pathology:	
19) Understand and explain skin diseases and disorders and when they are contraindicated to treatment	<ul style="list-style-type: none"> ◆ Recognition points ◆ Whether congenital, bacterial, viral, fungal or an infestation and whether the condition is contraindicated ◆ Congenital • Eczema • Psoriasis • Dermatitis ◆ Bacterial • Acne Vulgaris • Impetigo • Acne Rosacea • Folliculitis • Boils ◆ Viral • Warts • Verrucas • Herpes simplex • Herpes zoster ◆ Fungal • Tinea corporis • Tinea Pedis ◆ Pigmentation disorders • Vitiligo • Albinism • Chloasma • Ephelides • Lentigo • Moles • Naevae • Port wine stain ◆ General disorders • Broken capillaries • UV damage • Urticaria • Allergic reaction • Comedones • Milia
20) Understand the different skin cancers and their possible causes	<p>To include:</p> <ul style="list-style-type: none"> • Basal Cell Carcinoma • Squamous Cell Carcinoma • Malignant Melanoma

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The Cell

Learning outcome	Underpinning knowledge
21) Understand and explain (with the aid of a diagram) the structures of the cell and their function	To include: <ul style="list-style-type: none"> • Cell membrane • Nuclear membrane • Nucleus • Nucleolus • Cytoplasm • Centrosome • Golgi apparatus • Mitochondria • Lysosome • Endoplasmic Reticulum • Ribosome • Centrosome • Centromere • Vacuoles • Centrioles • Chromatids
22) Understand and explain the process of Mitosis	To include: <ul style="list-style-type: none"> • Prophase • Metaphase • Anaphase • Telophase
23) Understand and explain the process of Meiosis	<ul style="list-style-type: none"> • Describe briefly how the process of Meiosis takes place to include gametes and chromosomes X & Y
24) Understand and explain the term Histology	<ul style="list-style-type: none"> • Define Histology
25) Understand and explain the structure and function of the main types of tissue in the body	To include the following, giving examples: <ul style="list-style-type: none"> ◆ Epithelial tissue • Simple: • Squamous • Cuboidal • Ciliated • Columnar • Compound: • Transitional • Stratified ◆ Nervous tissue ◆ Muscular tissue • Striated • Non-striated • Cardiac ◆ Connective tissue • Areolar • Adipose • White fibrous • Yellow elastic • Bone • Blood • Lymph ◆ Cartilage • Yellow Elastic Cartilage • White Fibro Cartilage • Hyaline Cartilage ◆ Membranes • Serous • Mucus • Synovial
26) Understand and explain how substances enter and leave the cell	To include: <ul style="list-style-type: none"> • Diffusion • Osmosis • Dissolution • Active transport • Filtration

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Circulatory & Lymphatic Systems

Learning outcome	Underpinning knowledge
27) Understand and explain the structure and function of blood and its components	To include: <ul style="list-style-type: none"> • Erythrocytes • Leucocytes • Thrombocytes • Plasma and plasma proteins • Platelets ◆ Describe the vessels in which it is carried • Arteries • Arterioles • Veins • Venules • Capillaries
28) Understand and explain the position of the main arteries and veins of the body	To include: <ul style="list-style-type: none"> ◆ Main arteries of the head and neck • Innominate • Common Carotid • Internal Carotid • External Carotid • Facial • Occipital • Superficial Temporal ◆ Main veins of the head and neck • Posterior External Jugular • Occipital • Superficial Temporal • Maxillary • Anterior Facial • Common Facial • Internal Jugular • External Jugular ◆ Main arteries of the body • Descending Aorta • Left Common Carotid • Left Subclavian • Right Common Carotid • Right Subclavian • Pulmonary • Right Hepatic • Splenic • Right Renal • Superior Mesenteric • Right Iliac • Inferior Mesenteric • Left Iliac • Vertebral • Axillary • Brachial • Right Ulnar • Left Ulnar • Right Radial • Left Radial • Right Deep Palmar Arch • Left Deep Palmar Arch • Right Superficial Palmar Arch • Left Superficial Palmar Arch • External Iliac • Left Femoral • Right Femoral • Left Popliteal • Right Popliteal • Left Anterior Tibial • Right Anterior Tibial • Plantar Arch ◆ Main veins of the body • Inferior vena cava • 4 Pulmonary • Right Hepatic • Splenic • Right Renal • Right Iliac • Left Iliac • Right Axillary • Left Axillary • Right Brachial • Left Brachial • Right Basilic • Left Basilic • Right Cephalic • Left Cephalic • Right Subclavian • Long Saphenous • Left Short Saphenous • Right Short Saphenous • Dorsal Venous Arch • Left Femoral • Right Femoral • Left Popliteal • Right Popliteal • Right Posterior Tibial • Left Posterior Tibial • Right Anterior Tibial • Left Anterior Tibial
29) Understand and explain the structure and function of the various parts of the heart and of the vessels entering and leaving the heart	To include: <ul style="list-style-type: none"> • Superior Vena Cava • Aortic Arch • Inferior Vena Cava • Aorta • Right Atrium • Right ventricle • Left atrium • Left ventricle • Septum • Pulmonary valve • Pulmonary artery • Pulmonary veins • Mitral (bicuspid) valve • Tricuspid valve • Endocardium • Myocardium • Pericardium
30) Understand and explain the pulmonary circulation	To include: <ul style="list-style-type: none"> • Way in which the blood circulates from the heart to the lungs and back to the heart • Vessels in which the blood is carried • Whether the blood is oxygenated or deoxygenated • Process of gaseous exchange
31) Understand and explain the systemic circulation	<ul style="list-style-type: none"> • Describe the structure and function of the systemic circulation • Describe the Coronary circulation
32) Understand and explain blood pressure	To include: <ul style="list-style-type: none"> • Define blood pressure • Factors which produce, maintain and effect blood pressure

33) Understand and explain the conditions of high and low blood pressure	To include: <ul style="list-style-type: none"> • Causes and effects of hypo and hyper tension • Way in which blood pressure is measured • Way in which blood pressure can be affected by massage
34) Understand and explain the diseases and disorders of the circulatory system	To include the cause and effects of the following: <ul style="list-style-type: none"> • Anaemia • Varicose veins • Haemophilia • Arteriosclerosis • Atherosclerosis • HIV/Aids • High blood pressure (hypertension) • Low blood pressure (hypotension) • High cholesterol • Hepatitis ABC • Coronary thrombosis • Septicaemia • Haemorrhoids • Phlebitis • Thrombus • Leukaemia • Aneurism • Stress
LYMPHATIC SYSTEM	
35) Understand and explain the structure and functions of the Lymph	Describe the formation and composition of lymph and it's function to include: <ul style="list-style-type: none"> • Leucocytes • Lymphocytes • Waste products
36) Understand and explain the structure and function of the lymphatic system	To include: <ul style="list-style-type: none"> • Lymphatic Capillaries • Lymphatic vessels • Lymphatic nodes • Lymphatic ducts Describe the way in which Lymph is moved around the body
37) Understand and explain Lymphatic tissue	♦ Describe the structure function of all lymphatic tissue and the areas in which it can be found in the body: <ul style="list-style-type: none"> • Spleen • Lymph nodes • Tonsils • Peyer's Patches • Appendix
38) Understand and explain the position of the lymph nodes of the body	To include: <ul style="list-style-type: none"> • Superficial and deep cervical • Submandibular • Thoracic duct • Right lymphatic duct • Axillary • Supratrochlear • Inguinal • Popliteal • Superficial and deep cervical • Anterior Auricular • Posterior Auricular • Occipital
39) Understand and explain the interrelationship between the circulatory and lymphatic systems Muscular system Digestive system Immune system	To include: <ul style="list-style-type: none"> • Way in which blood becomes tissue fluid • Way in which excess tissue fluid is picked up by the lymphatic capillaries • Route which the lymph takes before it returns to the circulatory system
Pathology:	
40) Understand and explain the diseases and disorders of the lymphatic system	To include: <ul style="list-style-type: none"> • Oedema/Water retention • Hodgkin's disease • Lymphoedema

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Neurological System

Learning outcome	Underpinning knowledge
Students will be able to:	
41) Understand and explain the structure and functions of the following parts of the nervous system:	To include: <ul style="list-style-type: none"> • Neurone • Motor Neurone • Sensory Neurone • Mixed nerve • Dendrite • Axon • Synapse • Neurilemma • Nodes of Ranvier • White matter • Grey matter • Myelin Sheath • End feet/axon terminals • Ganglia • Reflex arc
42) Understand and explain the structure and functions of the Central Nervous System (CNS), the Peripheral and the Autonomic Nervous System (ANS)	To include: <ul style="list-style-type: none"> ◆ Central nervous system • Brain • Spinal cord ◆ Peripheral nervous system • 31 pairs of spinal nerves • 12 pairs of cranial nerves ◆ Autonomic nervous system • Sympathetic • Parasympathetic
43) Understand and explain the effect of stress on the nervous system	• Demonstrate the way in which stress affects the fear, fight, flight syndrome • Describe the way in which various parts of the sympathetic and parasympathetic nervous systems can be affected by stress and possible diseases and disorders caused by stress
44) Understand and explain the structure and function of the brain and spinal cord	To include: <ul style="list-style-type: none"> ◆ Brain • Meninges – Pia, Arachnoid and Dura mater • Cerebrospinal fluid • Cerebrum • Cerebellum • Pons varolii • Medulla Oblongata • Hypothalamus • Brain stem ◆ Spinal cord • White matter • Grey matter • Dura, Arachnoid and Pia mater • Cerebrospinal fluid
45) Understand and explain how a nerve impulse is created	To include: <ul style="list-style-type: none"> • Changes in temperature, pressure and chemicals • Potassium and sodium ions
46) Understand and explain the position and function of the spinal and cranial nerves	To include: <ul style="list-style-type: none"> • 8 cervical • 12 thoracic • 5 lumbar • 1 coccygeal ◆ 5th, 7th & 11th cranial nerves • Facial • Trigeminal • Accessory
47) Understand and explain the main plexus	To include: <ul style="list-style-type: none"> • Solar • Brachial • Lumbar
Pathology:	
48) Understand and explain the causes and effects of diseases and disorders of the nervous system	To include: <ul style="list-style-type: none"> • Neuritis • Bells Palsy • Neuralgia • Parkinsons Disease • Stress • Myalgic Encephalomyelitis (ME) • Cerebral Palsy • Multiple Sclerosis • Sciatica • Motor Neurone Disease

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Endocrine System

Learning outcome	Underpinning knowledge
Students will be able to:	
49) Understand and explain (with the aid of a diagram) the position of the main Endocrine glands, hormones secreted and the result of hypo and hyper secretion of each	<p>To include the following:</p> <ul style="list-style-type: none"> ◆ Pituitary <i>Posterior Lobe</i> • Oxytocin • Antidiuretic hormone (ADH or vasopressin) <i>Anterior lobe</i> • Prolactin • Human growth Hormone (HGH) • Thyroid Stimulating Hormone (TSH) • Adrenocorticotrophin hormone (ACTH) • Luteinising Hormone (LH) • Follicle Stimulating hormone (FSH) • Interstitial cell stimulating hormone (ICH) • Melanin Stimulating Hormone (MSH) ◆ Thyroid gland • Thyroxin • Triiodothyronine • Calcitonin ◆ Parathyroids • Parathormone ◆ Thymus • Secretion of T Lymphocytes ◆ Pineal • Releases melatonin ◆ Islets of Langerhans • Insulin • Glucagon • Glycogen ◆ Adrenal medulla • Adrenalin • Noradrenalin ◆ Adrenal cortex • Mineralocorticoids • Glucocorticoids • Sex hormones ◆ Ovaries • Oestrogen • Progesterone ◆ Testes • Testosterone
50) Understand and explain the effects of hormones on the body	<ul style="list-style-type: none"> • To include knowledge of the effects of specific hormones on the body at puberty, pregnancy, menopause and the menstrual cycle
51) Understand and explain the interrelationship of the endocrine system with other systems	<p>To include:</p> <ul style="list-style-type: none"> • Nervous system • Circulatory system • Digestive system • Reproductive system • Skin
Pathology:	
52) Understand and explain the causes and effects of various endocrine diseases and disorders	<p>To include:</p> <ul style="list-style-type: none"> • Addison's syndrome • Amenorrhoea • Cushings syndrome • Pre-menstrual Syndrome • Polycystic Ovarian Syndrome • Stress • Diabetes Mellitus • Diabetes Insipidus • Endometriosis

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Respiratory System

Learning outcome	Underpinning knowledge
Students will be able to:	
53) Understand and explain the structure of the respiratory system and the function of each organ	To include: • Nose • Nasal cavity • Larynx • Pharynx • Trachea • Bronchi • Bronchioles • Alveoli • Lungs • Pleura (visceral, parietal, pleural cavity) • Diaphragm • Intercostals
54) Understand and explain external respiration, i.e. the process and mechanism of breathing	To include: • Inhalation and the organs involved • Expiration and the organs involved • Process of diffusion in the alveoli
55) Understand and explain internal respiration	• Describe the way in which exchange of gases takes place between the cells and the circulatory system
56) Understand and explain the chemical control of the respiration	To include: • Position, function and role of the chemo-receptors
57) Understand and explain nervous control of respiration	To include: • Role of the brain, i.e. the pons varolii and medulla oblongata in the process of respiration
58) Understand and explain the structure and function of the pulmonary circulation	To include: • Structure and function of the heart • Pulmonary artery • Pulmonary vein • Lungs • Pulmonary alveoli • Process of gaseous exchange
59) Understand and explain the interrelationship of the respiratory system with other systems of the body	To include: • Circulatory system • Nervous system • Muscular system
Pathology:	
60) Understand and explain the causes and effects of diseases and disorders of the respiratory system	To include: • Bronchitis • Emphysema • Pleurisy • Pneumonia • Tuberculosis • Asthma • Rhinitis • Hay fever • Stress • Sinusitis

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Digestive System

Learning outcome	Underpinning knowledge
Students will be able to:	
61) Understand and explain the structure and function of the organs and accessory organs of the digestive system	To include: <ul style="list-style-type: none"> • Alimentary canal • Salivary glands • Tongue • Teeth Mouth • Epiglottis • Oesophagus • Stomach • Small intestine (Jejunum, Ileum, Duodenum) • Appendix • Large intestine • Rectum • Anus • Accessory organs • Liver • Gall bladder • Pancreas
62) Understand and explain the function of digestion	To include: <ul style="list-style-type: none"> • Peristalsis • Ingestion • Digestion • Absorption • Defecation
63) Understand and explain the process by which food stuffs are broken down by the alimentary canal during the digestive process	To include: <ul style="list-style-type: none"> • Action of Rennin, hydrochloric acid and pepsin in the stomach • Action of pancreatic juice, i.e. trypsin and trypsinogen, lipase, amylase on peptones, fats and polysaccharides • Action of bile on fat • Action of intestinal juice – maltase, sucrase, lactase on dissacharides
64) Understand and explain the process of absorption of nutrients	To include: <ul style="list-style-type: none"> • Process of absorption of nutrients by the villi and lacteals contained in the small intestine
65) Understand and explain the function and where in the digestive system you would find the following:	<ul style="list-style-type: none"> • Enzyme • Proteins • Peptones • Polypeptides • Amino acids • Carbohydrates • Dissacharides • Monosaccharides • Fats • Fatty acids
66) Understand and explain the interrelationship of the digestive system with other systems of the body	To include: <ul style="list-style-type: none"> • Circulatory • Endocrine • Lymphatic • Muscular • Nervous
Pathology:	
67) Understand and explain the causes and symptoms of the following diseases and disorders of the Digestive system	To include: <ul style="list-style-type: none"> • Appendicitis • Cirrhosis of the liver • Jaundice • Heartburn • Irritable bowel syndrome (IBS) • Ulcer • Hernia • Stress • Anorexia Nervosa • Bulimia • Constipation • Gall stones • Diabetes Mellitus • Diabetes Insipidus • Coeliac's disease

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Urinary System

Learning outcome	Underpinning knowledge
Students will be able to:	
68) Understand and explain the structure and function of the organs of the urinary system	To include: • Kidney (cortex and medulla) • Pelvis • Ureter • Bladder • Urethra
69) Understand and explain the process of filtration.	To include: • Functions of the Bowmans capsule • Filtration • Re-absorption • Secretion/micturition
70) Understand and explain the composition of urine	• 2% urea • 96% water • 2% other substances, e.g. ammonia, sodium, potassium, phosphates, chlorides, sulphates, and excess vitamins • Colour is formed from bilirubin (bile pigment)
71) Understand and explain urine production	To include: • Cold and hot weather • Activity and inactivity
72) Understand and explain the interrelationship of the urinary system with other body systems	To include: • Circulatory system • Endocrine system • Skeletal system • The Skin
Pathology:	
73) Understand and explain the causes and effects of the disorders and diseases of the Urinary system	• Cystitis • Kidney stones • Nephritis • Glomemlonephritis (Pyelonephritis)

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Reproductive System

Learning outcome	Underpinning knowledge
Students will be able to:	
74) Understand and explain the structure and function of the male and female reproductive systems	To include: <ul style="list-style-type: none"> • Prostate • Testes • Testicular vessels • Penis • Scrotum • Uterus • Fallopian tubes • Cervix • Ovary • Vagina • Labia
75) Understand and explain the menstrual cycle	To include: <ul style="list-style-type: none"> ◆ Three phases • Menstrual • Proliferative • Secretory • Formation of the Graafian follicle • Formation of the Corpus luteum
76) Understand and explain the structure and function of the breast	To include: <ul style="list-style-type: none"> • Fatty tissue • Ducts • Nipple • Areolar • Lobules
Pathology:	
77) Understand and explain the causes and effects of the diseases and disorders of the Reproductive system	To include: <ul style="list-style-type: none"> • Ectopic pregnancy • Amenorrhoea • Dysmenorrhoea • Pre-menstrual syndrome • Polycystic ovarian syndrome • Endometriosis • Mastitis