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# Understand Your Physiology

The perfect learning supplement for every physiology student



Lt is a cloud-based learning platform that engages physiology students in active-learning through interactive lessons and inquiry.

Our **Understand Your Physiology Collection** is an online active-learning resource that comprises **160+** lessons, **3900+** questions, and **2000+** diagrams with which students interact.

These lessons cover principles and concepts of physiology, regulation and control, all body systems, and multi-system physiology through interactive questions and rich imagery.

- Each lesson is designed to be completed within 60 minutes
- Instant feedback helps students learn as they go
- Lessons can be completed online: anywhere, anytime
- No additional materials, plug-ins, or extra hardware required



Improved efficiency



Increased student engagement



Improved results in theory and overall comprehension



Increased student pass rates



### Professionally developed lessons

Developed by Professor Tony Macknight, Co-founder of ADInstruments, and reviewed by highly regarded educators Dee Silverthorn, Rob Carroll, and Ryan Downey, **Understand Your Physiology** provides comprehensive coverage of Physiology and has been designed to help students achieve better learning outcomes. It offers an interactive way to engage with the material, while promoting Physiology as a fun and enjoyable topic.

*“A great learning supplement that reinforces information from lectures.”*

- **Amie Yenser**,  
Assistant Professor,  
Physiology,  
Penn State Hazleton, USA





## How to use Understand Your Physiology



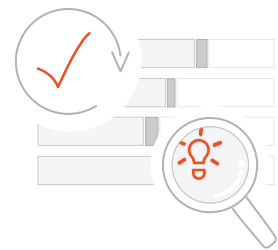
### Select lessons

Select from 160+ lessons, with 3900+ interactive questions and 2000+ diagrams. Each lesson is designed to be completed within 60 minutes.



### Complete lessons anytime, anywhere

Understand your Physiology is an online resource that is ideal for blended learning and distance learning. No extra material or equipment needed.



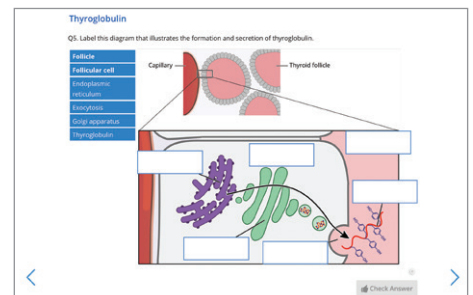
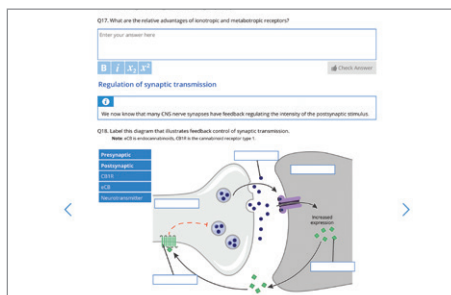
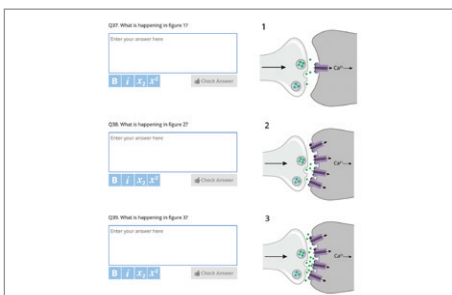
### Students learn as they go

Students actively engage in lessons by answering interactive questions and receive immediate feedback on every question.

## Interactive Questions and Diagrams

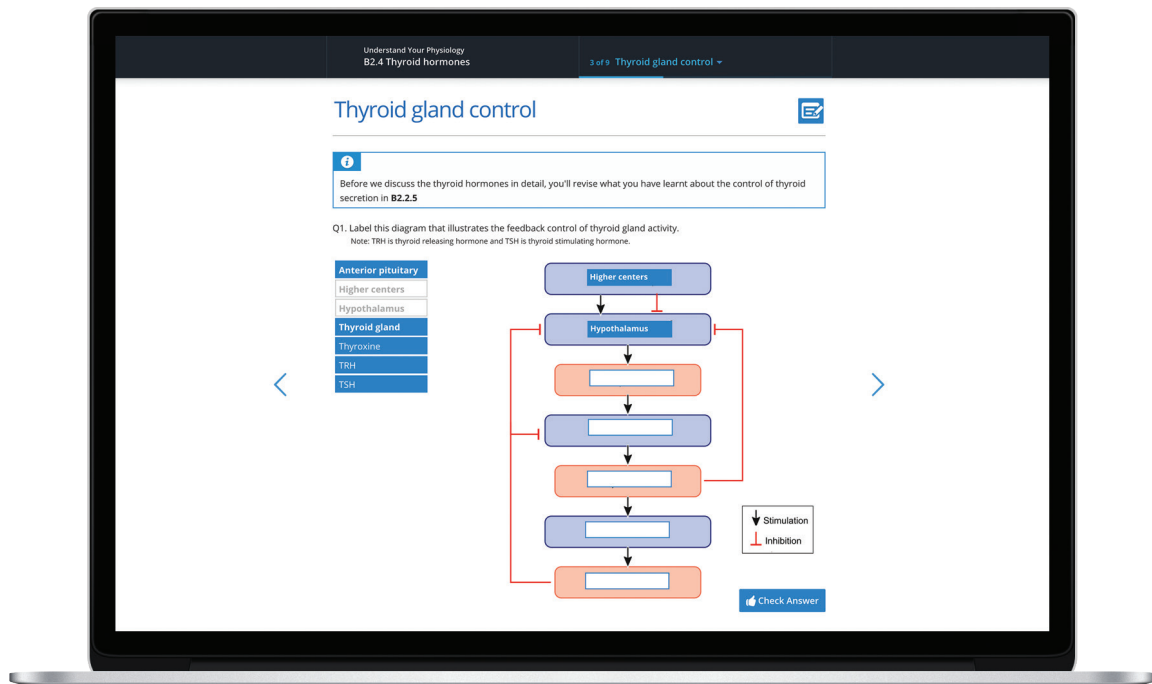
The heart of Understand Your Physiology is the interactive, visual, active-learning questions and diagrams. Question types range from label image, drag-and-drop, multiple-choice, table, annotate, and text questions. Each question contains instant feedback, so students are encouraged to dive into answering these questions and they can immediately check their answers, as they progress through the lesson. Students can reattempt each question multiple times to become familiar with the concept.

The images and diagrams are specific, and designed to show individual concepts to complement each question. Students are required to interpret and interact with the image or diagram to answer the question. In some lessons, students are led through a scaffolded series of images that break down a physiological pathway step by step.



## Online Learning Resource

Understand Your Physiology has been designed specifically to meet the requirements for blended learning. It is a learning resource from which instructors can acquire the material they need for the online component of such courses. Authoring within Lt is so simple and straightforward that any instructor can easily modify what is provided in Understand Your Physiology, so that it exactly meets their own requirements. It is also an excellent resource for programs where there is increased need for online material for distance learning.



# Understand Your Physiology Collection Overview

The collection is split into four parts, of which the main topics are listed below:



## Part A: Principles and Concepts 32 lessons

Covers the fundamental concepts that recur throughout any study of physiology, including:

- Homeostasis
- Structure and function
- Genes and proteins
- Energy
- Metabolism
- Membrane transport
- Communication
- Cells and epithelia
- Embryology
- Introduction to systems physiology



## Part C: Systems 71 lessons

Covers the other major systems of the body, including:

- Muscular system
- Blood
- Immune system
- Cardiovascular system
- Respiratory system
- Alimentary system
- Urinary system
- Fluid and electrolytes
- Integumentary system



## Part B: Regulation and Control 41 lessons

Covers the nervous, endocrine, and reproductive systems:

- Nervous system
- Endocrine system
- Reproductive system

*“Excellent learning supplement for physiology students”*

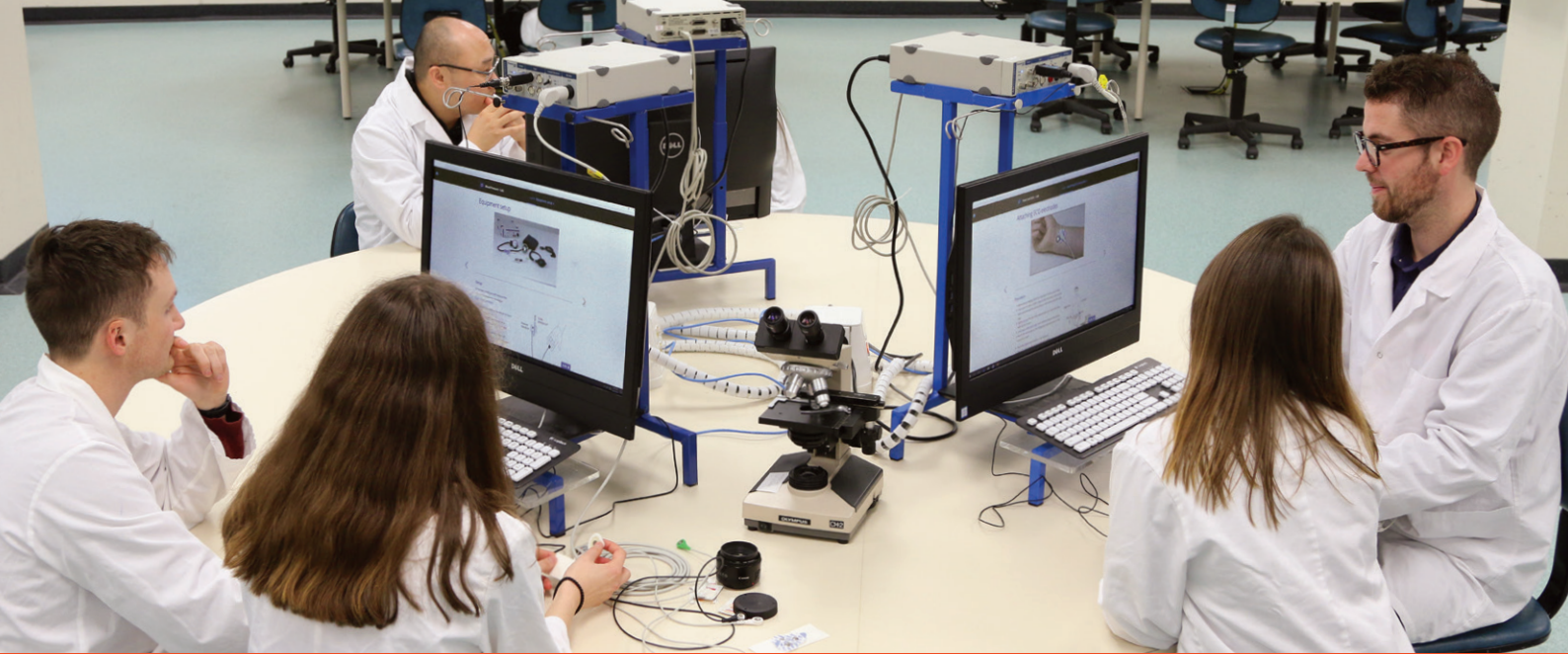


## Part D: Multisystem Physiology 16 lessons

Applies the knowledge that the student has acquired to understand topics that involve multiple body systems, including:

- Body temperature homeostasis
- Exercise physiology
- Life in extreme environments
- Pregnancy, childbirth, and lactation
- Physiology of aging
- Trace elements





## How can Lt help?

### Educators

#### Easy lesson authoring

Building media-rich lessons is simple. Drag-and-drop a range of content types to create interactive exercises, including multiple choice questions, short form written answers, and image annotation.

#### Collaborative

Share content and workload with your fellow educators and teaching assistants. Set varying levels of access to allow others to review content, add content, or publish revisions online.

#### Flexible grading

Automatically grade quizzes while keeping the flexibility to add feedback and positive reinforcement, and manually grade written assessments.

#### Onboarding

Our Instructional Design team can convert and edit your existing content and lessons to make them even better in Lt.

### Administration

#### Simple setup

Lt needs only an internet browser to allow course administration, authoring, and publishing. Our data acquisition app, used for sampling, installs in 30 seconds.

#### Analytics

Our analytics allow you to view class progress in each lesson and across your course, and provide valuable insights about where and how students are interacting with course material.

#### Secure and scalable

Totally secure, Lt is hosted on Amazon Web Service's encrypted servers with guaranteed 99% uptime and the ability to maintain speed as more students login to Lt.

### Students

#### Learn anywhere

Lt's cloud-based platform means students can learn on almost any device that connects to the internet. Whether they use iOS or android, tablet, mobile, or laptop, lessons will be resized and optimized to look great.

#### PowerLab integration

In the lab, students can record and view their own physiological signals live on screen with PowerLab and sampling panels in Lt that can record Pulse, Spirometry, ECG, Blood Pressure, and more.

#### Learn from real patients

For future health professionals, our patient cases allow students to follow a real patient from initial presentation to diagnosis and management. Expert healthcare professionals provide their views throughout the journey and students can practice note-taking and reflection.

#### Future proof

Lt is automatically updated with new features by our team of engineers, developers, and education specialists.

#### Getting started with Lt

#### Custom training and specialist support

Whether you need help with lab installation and setup, IT training, Lt training or specialized support, we can get you up and running even faster with an add-on package of training and support services.



**90-DAY  
FREE TRIAL**

Sign up now [adi.to/lit](https://adi.to/lit)

Visit our website or contact your local ADInstruments representative for more information

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