

Didactic Resources for Anatomy and Physiology

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Abstract

Teaching Anatomy and Physiology in Secondary Education can be supported by a wide range of resources that help students study the structures of the human body and understand their functions. This paper presents a teaching proposal that combines different types of resources according to the content and learning activities.

The proposal includes written and graphic materials, such as worksheets, diagrams, drawings, and anatomical illustrations; audiovisual resources, including images, animations, and videos; and manipulative resources, such as anatomical models and cut-outs for identifying structures and exploring their spatial relationships. Digital and interactive resources include videos with embedded questions, interactive worksheets, self-correcting exercises, educational games, three-dimensional digital anatomical models, and simulations. Practical resources include the observation and identification of anatomical structures and Anatomy and Physiology practical activities, which allow students to relate theoretical content to direct observation and practical work.

These resources can be used independently or combined within the same teaching unit. Their integration provides different ways to explore anatomical structures and physiological processes and connects theoretical content with visual, manipulative, interactive, and practical learning experiences.

This proposal provides a flexible framework for selecting and combining teaching resources for Anatomy and Physiology in Secondary Education and can be adapted to different content and available materials.

Keywords: anatomy; physiology; science education; secondary education; teaching resources