

Course Title	<b>HUMAN ANATOMY</b>				
Course Code	SSANA103-1				
Course Type	MANDATORY				
Level	BSc (Level 1)				
Year / Semester	1st / Fall				
Teacher's Name	Dr. Savvas Ioannou				
ECTS	6	Lectures / week	2	Laboratories / week	1
Course Purpose	<p>The aim of the course is a thorough understanding of the structure and function of the human body, with a focus on the main bones, muscles and organ systems. Students will recognize and describe anatomical structures, examine the different functions of organs, and apply their knowledge to understand the functionality of systems in order to develop the necessary skills to apply their anatomical knowledge in the Science of Physical Education and Sports.</p>				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the basic structure and function of the human body.</li> <li>• Know the physical composition of the human body, and specifically the nomenclature and structure of bones, muscles, organs, tissues, vessels, nerves and cells.</li> <li>• Explain the internal and external structure of the human body, as well as their correlation with the normal and pathological functions of tissues and organs.</li> <li>• Identify the main bones, muscles and vessels of the body and describe their location and role.</li> <li>• Examine the various systems of the human body, including the musculoskeletal, nervous, respiratory, digestive and circulatory systems.</li> <li>• Distinguish basic structures and organs based on their anatomical arrangement and function.</li> <li>• Apply anatomical concepts to understand how different forms of disease affect the human body.</li> </ul>				

	<ul style="list-style-type: none"> <li>Understand the basic principles of Anatomy in Sports Science and Physical Education.</li> </ul> <p>Upon completion of the laboratory part of the course, students are expected to be able to:</p> <ul style="list-style-type: none"> <li>Locate palpable anatomical elements in the shoulder zone</li> <li>Locate palpable anatomical elements in the elbow</li> <li>Locate palpable anatomical elements on the wrist and fingers</li> <li>It locate the palpable anatomical elements of the anterior surface of the trunk</li> <li>Locate the palpable anatomical elements of the skull</li> <li>Locate the palpable anatomical elements of the spine</li> <li>Locate palpable anatomical elements of the pelvic girdle</li> <li>Localize the palpable anatomical elements of the hip</li> <li>Localize the palpable anatomical elements of the knee</li> <li>Locate the palpable anatomical elements of the foot</li> </ul>		
Prerequisites	No	Corequisites	No
Course Content	<ul style="list-style-type: none"> <li>General construction of the body - Introduction to Anatomy, the main parts of the body into which it is divided internally and externally. The axes and planes are used in Anatomy and Kinesiology.</li> <li>Tissues of the body - The cell and basic tissues of the body (epithelial, supportive, muscular and nervous), their structure and function. The organs of the body, divided into organs of epithelial, supportive, muscular and nervous tissue.</li> <li>SUPPORTIVE SYSTEM: Nomenclature of bones (osteology) and joints.</li> <li>RESPIRATORY SYSTEM: The structure and organization of the respiratory system. Respiration, cellular respiration.</li> <li>CIRCULATORY SYSTEM: The structure and organization of the circulatory system. Heart, vessels, lymph and blood circulation.</li> <li>DIGESTIVE SYSTEM: The structure and organization of the digestive system.</li> <li>URINARY SYSTEM: The structure and organization of the urinary system.</li> <li>NERVOUS SYSTEM: The structure and organization of the nervous system.</li> </ul>		

	<ul style="list-style-type: none"> <li>• <b>MUSCULATURE:</b> Muscles of the head, neck and chest, abdomen, perineum, back, upper limbs, hand, lower limbs, tibia.</li> </ul> <p><b>Laboratory</b> using special models of basic body structures (e.g., bones and joints of the wrist, hip, internal genitalia, etc.), models of human bone skeleton, human body with muscles and human body with the ability to demonstrate organs, viscera, vessels, nerves and body systems. The aim is to better understand and consolidate the knowledge gained during the theory of the course.</p>
Teaching Methodology	<p><b>Theory</b> The teaching of the course includes lectures on the offer of the theoretical background. Detailed notes with powerpoint and material rich in images and videos are used in teaching.</p> <p><b>Laboratory</b> During the laboratory courses, students develop their practical skills in anatomical models so that they can identify anatomical structures and recall knowledge successfully and safely.</p>
Bibliography	<ul style="list-style-type: none"> <li>• Μπαλτόπουλος, Π. (2003). Ανατομική του ανθρώπου, δομή και λειτουργία (Τόμοι I και II)». Ιατρικές Εκδόσεις Πασχαλίδης.</li> <li>• Platzer, W., Fritsch, H., Kohnel, W., Kahle W., Frotscher, M., 2011. <i>Εγχειρίδιο Περιγραφικής Ανατομικής. 3<sup>η</sup> Βελτιωμένη έκδοση.</i> Nicosia: Broken Hill Publishers LTD</li> <li>• Τσακρακλίδης, Β. (2008). Βασική ανατομική με κλινικό πληθυσμό. Βήτα Ιατρικές Εκδόσεις.</li> <li>• Kluver, W. (2004). <i>Anatomy &amp; physiology made incredibly easy</i> (2nd ed.). Lippincott Williams &amp; Wilkins.</li> <li>• Weineck, J. (1998). Ανατομική της Άθλησης (Ελληνική επιμέλεια Νάτσης, Κ.). Εκδόσεις Σάλτο.</li> <li>• Tortora, G. (2001). <i>Anatomy of the Human Body</i> (7th ed.). Hellenic Publications. Athens.</li> <li>• Sobotta (2004). <i>Atlas of human anatomy</i> (21st ed.). Parisianos Publications. Athens.</li> <li>• Zhang, S. (1999). <i>An atlas of histology.</i> Springer.</li> </ul>
Assessment	<p><b>Continuous evaluation (50%):</b></p> <p>The ongoing evaluation shall include a combination of the following:</p> <ul style="list-style-type: none"> <li>• <b>Written assessment (30%),</b> and consists of multiple-choice, short-answer, open-ended questions and/or essay questions, which are aligned with the learning outcomes, in order to assess the theoretical knowledge acquired. The questions ensure that students demonstrate a</li> </ul>

	<p>deep understanding of the subject and apply their knowledge to solve problems or analyze scenarios.</p> <ul style="list-style-type: none"> <li>• <b>Online quizzes (10%):</b> <b>Online</b> quizzes can be used through the Moodle platform, to create quizzes with various question formats. These assessments are timed, and immediate feedback is provided to students. 5 quizzes are offered for self-assessment at the end of important modules.</li> <li>• <b>Class discussions:</b> Students participate in class discussions to assess their theoretical knowledge. Active participation is encouraged to hone their critical thinking skills, asking open-ended questions, and facilitating their dialogue.</li> <li>• <b>Laboratory assessment (10%):</b> It consists of assessing expected skills and competencies, critical thinking, problem-solving, and teamwork skills. During laboratory meetings, students are closely monitored as they deal with the practical tasks assigned to them, and notes are taken on actions, approach, and any relevant observations that demonstrate an understanding of the subject and the application of their skills. During the evaluation of laboratory work, constructive feedback is provided to students. Highlight their strengths and areas for improvement, linking them to learning outcomes to help students understand their progress and guide them in their further development. Depending on the nature of the laboratory work, peer review may be integrated, where students evaluate each other's work against the established criteria in order to promote self-reflection, collaboration and deeper understanding of the subject.</li> </ul> <p><b>Final exam (50%):</b> Comprehensive final exam to assess students' overall theoretical knowledge. These assessments cover a wider range of topics and learning outcomes from across the curriculum, to assess students' understanding and integration of knowledge in various areas.</p>
Language	Greek / English