

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

Anatomy

COURSE CODE:

N116

E.C.T.S. CREDITS

4

RESPONSIBLE FOR THE COURSE:

NAME	George Godolias		
POSITION	Professor		
SECTOR	Exercise and Health		
OFFICE	Rehabilitation Lab Office		
TEL. / E-MAIL	25310 - 39662	ggodolia@phyed.duth.gr	
CO-INSTRUCTORS	Vivian Malliou, Associate Professor		

SEMESTER:

1 st	<input checked="" type="checkbox"/>	2 nd	<input type="checkbox"/>	3 rd	<input type="checkbox"/>	4 th	<input type="checkbox"/>
5 th	<input type="checkbox"/>	6 th	<input type="checkbox"/>	7 th	<input type="checkbox"/>	8 th	<input type="checkbox"/>

COURSE TYPE:

Obligatory	<input checked="" type="checkbox"/>
Direction	<input type="checkbox"/>
Specialization	<input type="checkbox"/>
Prerequisite for specialization	<input type="checkbox"/>
Elective (<i>open</i>)	<input type="checkbox"/>

HOURS (per week):

2

DIRECTION (only for 3rd & 4th year courses):

SPECIALIZATION (only for 3rd & 4th year courses):

LANGUAGE OF TEACHING:

Greek

English

AIM OF THE COURSE (content and acquired skills):

The course aims to teach students the basic anatomical systems with emphasis on muscle and antagonistic system of the human body. Special reference is made to describe the position of bones and muscles in the lower - upper limbs and trunk of the human body.

COURSE CONTENTS (*outline – titles of lectures*):

1. Introduction to anatomy, cells and tissues.
2. Nervous system - Cardiovascular system.
3. Respiratory system - Digestive system.
4. Urinary system - Reproductive system.
5. Endocrine system - Aimolemfoforo system.
6. Antagonistic system (hull - morphology – joints).
7. Axial skeleton (spine - sides - shield – skull).
8. Upper skeleton.
9. Skeleton legs I.
10. Skeleton legs II.
11. Muscular system
12. Muscle types.
13. Torso muscles.

TEACHING METHOD(S) (*lectures – labs – practice etc.*):

The course includes lectures on specific anatomical maps and views reported in the systems of the human body.

ASSESSMENT METHOD(S):

1. Mid-term exams (60%)
2. Final exams (40%)

LEARNING OUTCOMES:

Upon completion of this course students will be able to:

1. Know and describe the function of the nervous, cardiovascular, respiratory, digestive, urinary, reproductive, endocrine and aimolemfoforo systems.
2. Describe in detail the operation of the antagonistic system and specifically the morphology of the joints, skeletal, spine - sides, chest - and the skull.
3. Describe in detail the function of the muscular system of the torso and the legs.

LEARNING OUTCOMES – CONTINUED:

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Knowledge and ability to describe the function of the nervous, cardiovascular, respiratory, digestive, urinary, reproductive, endocrine and aimolemfoforo system.	Lectures, demonstrations and commentary of digital material, home study.	Intermediate written tests of cognitive assessment.	40
Ability to describe in detail the operation of the antagonistic system and specifically the morphology	Lectures, demonstrations and commentary of digital material, home study.	Intermediate written tests of cognitive assessment.	40

of the joints, skeletal, spine - sides, chest - and the skull.			
Ability to describe in detail the function of the muscular system of the torso and the legs.	Lectures, demonstrations and commentary of digital material, home study.	Intermediate written tests of cognitive assessment.	40
		TOTAL	120

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Kougioumtzidis, Ch. (2010). Anatomy publishing. Athens: Piperis.
2. Hatzibougias, I. (2010). Anatomical elements. Athens: Maniatogiannis publications.
3. Moore, K. (1998). Clinical anatomy I. Athens: Paschalidis.
4. Moore, K. (1998). Clinical anatomy II. Athens: Paschalidis.
5. Standring, S. (2008). Gray's anatomy. New York: Churchill Livingstone.
6. Class notes posted on the e-class.