

Course Title	Anatomy I				
Course Code	PHYS103				
Course Type	Compulsory				
Level	Bachelor (Level 1)				
Year / Semester	1 st / Fall				
Instructor's Name	Dr George Miltiadous				
ECTS	6	Lectures / week	2	Laboratories/week	2
Course Purpose	The main objectives of the course are the study and analysis of the location and function of the musculoskeletal system as well as to provide students the detailed description of the anatomy and function of the muscles, bones, joints and ligaments that constitute the human body and their function				
Learning Outcomes	<p>It is expected that upon completion of the course, students will be able to:</p> <ul style="list-style-type: none"> • Understand the functioning of the central and peripheral nervous system, its ramifications as well as the interventions • describe and understand the function of muscles, bones, ligaments and joints of the shoulder girdle • identify topographically, describe and understand the function of muscles, bones, ligaments and elbow joints • describe and understand the function of muscles, bones, ligaments and joints of the wrist and fingers • describe and understand the function of muscles, bones, ligaments and joints of the anterior surface of the trunk • describe and understand muscle function, Bones, ligaments and joints of the skull • describe and understand the function of muscles, bones, ligaments and joints of the spine • describe and understand the function of muscles, bones, ligaments and joints of the pelvic zone • describe and understand the function of muscles, bones, ligaments and joints of the hip • describe and understand the function of muscles, bones, ligaments and joints of the knee • and understand the function of muscles, bones, ligaments and joints of the foot <p>Upon completion of the laboratory part of the course, the students are expected to be able to:</p> <ul style="list-style-type: none"> • Identify the palpable anatomical elements in the shoulder girdle 				

	<ul style="list-style-type: none"> • Locate the palpable anatomical elements in the elbow • Locate the palpable anatomical elements on the wrist and fingers • Identify the palpable anatomical elements of the anterior surface of the trunk • Identify the palpable anatomical elements of the skull • Identify the palpable anatomical elements of the spine • Identify the palpable anatomical elements of the pelvic girdle • Identify the palpable anatomical elements of the hip • Identify the palpable anatomical elements of the knee • Identify the palpable anatomical elements of the lower limb 		
Prerequisites	None	Co-requisites	None
Course Content	<p>Description:</p> <ul style="list-style-type: none"> • Introduction to the contentions and nervous system • Bones, joints, ligaments and muscles of the shoulder girdle • Bones, joints, ligaments and muscles of the ribs • Bones, joints, ligaments and muscles of the sternum • Bones, joints, ligaments and muscles of the elbow • Bones, joints and muscles of the wrist and fingers • Bones, joints and muscles of the skull • Bones, ligaments and muscles of the spine • Bones, joints, ligaments and muscles of the pelvic zone • Bones, joints, ligaments and muscles of the hip • Bones, joints, ligaments and muscles of the knee • Bones, joints, ligaments and muscles of the foot 		
Teaching Methodology	<p>Theory</p> <p>The course is delivered to the students through lectures, using computer-based presentations programmes. Case Studies, Discussion, Questions / Answers are also used depending on the content of the lecture. Lecture notes and presentations are available online for use by students in combination with textbooks. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p>Laboratory</p> <p>During the laboratory courses, students develop their clinical skills in skill trainers and patient simulators so that they can successfully and safely apply them in a real clinical environment.</p>		

<p>Bibliography</p>	<p>Textbooks: Platzer, W., Fritsch, H., Kohnel, W., Kahle W., Frotscher, M., 2011. Εγχειρίδιο Περιγραφικής Ανατομικής. 3^η βελτιωμένη έκδοση. Nicosia: Broken Hill Publishers LTD</p> <p>Moore, K., Dalley, A., Agur, A., 2016. Κλινική Ανατομία. 3η έκδοση. Nicosia: Broken Hill Publishers LTD</p> <p>Netter H.F., Hansen T.J., Benninger B., et al. 2010. Atlas of Human Anatomy. MO: Saunders</p> <p>Snell, R., 2012. Clinical anatomy by regions. 9th Edition. Philadelphia, Lippincott Williams & Wilkins, a Wolters Kluwer business</p> <p>Drake, R., Vogl, W., Adam, W., Mitchell, M., 2006. Gray's Ανατομία. Τόμοι I, II, Εκδόσεις Πασχαλίδη</p>
<p>Assessment</p>	<p><u>Continuous Assessment (50%):</u></p> <p>The assessment may include any combination of the following:</p> <ul style="list-style-type: none"> • Written and/or oral, and it consists of multiple – choice, short answer, open ended questions and/or essay questions, that align with the learning outcomes, in order to assess the theoretical knowledge gained. The questions ensure that students will demonstrate a deep understanding of the subject matter and apply their knowledge to solve problems or analyse scenarios. • Assignments and projects provide opportunities for students to apply their theoretical knowledge in practical ways. The assignments are designed in a way that require critical thinking, research, analysis, and synthesis of information. Projects can be individual, self directed learning or group-based and should align with the learning outcomes. Students are evaluated on the quality of their work, the depth of understanding displayed, and their ability to effectively communicate their ideas. Assignments and projects may be individual or group work. • Use of case studies or problem-solving exercises to assess how students can apply theoretical knowledge to real-life situations. Students are presented with scenarios that require analysis, critical thinking, and the application of theoretical concepts and they are assessed based on their ability to perform verbal presentations, viva voce examinations, identify and evaluate relevant information, propose solutions, and provide justifications for their choices. • Online quizzes or interactive assessments: Online quizzes or interactive assessments, reflective writing can be used through the Moodle platform, to create quizzes with various question formats. These assessments can be self-paced or timed, and immediate feedback can be provided to students. • Classroom discussions and debates: Students engage in classroom discussions and debates to assess their theoretical knowledge. Active participation is encouraged to hone their

	<p>critical thinking skills by posing open-ended questions and facilitating dialogue.</p> <ul style="list-style-type: none"> • Peer and self-assessment: Students are assigned to review and provide feedback on each other's work, encouraging them to critically evaluate their peers' understanding and provide constructive suggestions. <p>Laboratory evaluation consists of assessment of the expected skills and competences, critical thinking, problem-solving and teamwork skills. During the laboratory sessions, students are closely observed as they engage in the assigned tasks and note is taken regarding the actions, approach and any relevant observations that demonstrate their understanding of the subject matter and application of skills. After assessing the laboratory work, constructive feedback is provided to students. Their strengths and areas for improvement are highlighted, linking them back to the learning outcomes in order to help students understand their progress and guide them towards further development. Depending on the nature of the laboratory work, peer assessment can be incorporated, where students evaluate each other's work based on the established criteria in order to promote self-reflection, collaboration, and a deeper understanding of the subject matter.</p> <p>Final Exam (50%): comprehensive final exam, to assess students' overall theoretical knowledge. These assessments cover a broader range of topics and learning outcomes from the entire program of study, to gauge the students' understanding and integration of knowledge across different areas.</p>
Language	Greek / English