<table>
<tr><td>Subject</td><td colspan="3">Functional anatomy</td></tr>
<tr><td rowspan="2">Type</td><td>Type</td><td>Semester</td><td>ECTS</td></tr>
<tr><td>MANDATORY (M)</td><td>I</td><td>6</td></tr>
<tr><td>Lecturer</td><td colspan="3">Dr.Sc. Jetmir Sejdiu</td></tr>
<tr><td>Goals and objectives</td><td colspan="3">This course aims to provide students with knowledge regarding the various functional systems of the human body in a systemic and regional approach. In addition, the course intends to familiarize students with the anatomical structures of human body and their functional importance, as well as, provide the anatomical basis for the analysis of movement.</td></tr>
<tr><td>Learning outcomes</td><td colspan="3">On the completion of this course students will:
✓ Demonstrate an understanding of the morphology and the structure of the cell, tissues, and the classification of the bones, joints and the muscles, which characterize the anatomy of human body.
✓ Be able to recognize the individual bones and their characteristics, know the architecture of the joints and their movements and also they should know about myology, with particular regard to the agonist and antagonist muscles groups that react during the movement and the relationship of these with other organs.
✓ Know the morpho-functional evolutionary parameters and the indices of the various anatomical regions.
✓ Know to describe the organs that characeterize the head, neck, thorax and abdomen with the particular focus on the cardio-respiratory apparatus and the nervous system.
✓ Learn the relationships, the structure, and the innervation of the organs that make up each apparatus and /or system.</td></tr>
<tr><td>Content</td><td colspan="3"><table>
<tr><td>Week</td><td>Topics</td></tr>
<tr><td>1</td><td>Syllabus Presentation</td></tr>
<tr><td>2</td><td>Introduction to human anatomy. Terminology and levels of organization.</td></tr>
<tr><td>3</td><td>Osteology. Bones and their role. The structure of joints. The axes of motion of the various joints and the normal angle of motion.</td></tr>
<tr><td>4</td><td>Syndesmology. The stabilizing structures of a joint and the muscles involved in various movements. Analysis of motion-limiting structures in the outermost positions of the joints and spine.</td></tr>
<tr><td>5</td><td>Myology. Muscle activity (types of contraction and their characteristics), prime movers, muscle strength in various movements in the extremities and back.</td></tr>
<tr><td>6</td><td>Open and closed kinetic chains. Practical training exercises related to the recognition of the angle of joint mobility and the function of various muscles.</td></tr>
<tr><td>7</td><td>Nervous system.</td></tr>
<tr><td>8</td><td>Mid-exam – 1</td></tr>
<tr><td>9</td><td>Cardio-respiratory system.</td></tr>
<tr><td>10</td><td>Gastrointestinal system</td></tr>
<tr><td>11</td><td>Urogenital system.</td></tr>
<tr><td>12</td><td>Vascular and Lymphatic system.</td></tr>
<tr><td>13</td><td>The system of sensory organs.</td></tr>
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	14	Endocrine system.	
	15 Mid-exam – 2		
Teaching/learning methods	Activity		Weight (%)
	Lectures		40%
	Laboratory		40%
	Research		10%
	Independent and group learning		10%
Methods of Evaluation	**Methods of evaluation:**		%
	Participation		50%
	a) Medium-term exam-1		20%
	b) Medium term exam – 2		20%
	Course design (developing a training program for a certain group)		10%
Sources	**Sources**		**Number**
	Lectures		1
	Presentations		1
	Web of Science		1
	PubMed		1
	Scopus		1
ECTS Workload	**Activity**	**Weekly hours**	**Workload**
	Lectures	3	36
	Lab	1	12
	Course project	n/a	42
	Independent work	n/a	60
Literature	Milner C. (2008). Functional anatomy for sport and exercise.		
Ethical standards	This course follows the UBT College Code of Ethics, requiring all students to behave accordingly. Any instance of academic misconduct, including but not limited to fraud, plagiarism, or other forms of dishonesty, will lead to significant penalties like failure of specific assessment or the entire course, as well as further disciplinary measures in line with UBT College's academic integrity policies.		
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