



Course syllabus

Faculty of Social Sciences

Department of Sport Science

1IV201 Människans anatomi, 7,5 högskolepoäng

1IV201 Human Anatomy, 7.5 credits

Main field of study

Sport Science

Subject Group

Sport Science

Level of classification

First Level

Progression

G1N

Date of Ratification

Approved 2017-01-11

Revised 2017-01-11 by Faculty of Social Sciences. Standard text added.

The course syllabus is valid from autumn semester 2021

Prerequisites

General entry requirements for university studies.

Objectives

After completing the course, students shall be able to:

- account for the fundamental anatomy of the musculoskeletal system
- account for the fundamental anatomic structure and function of the skeletal muscle
- explain how the anatomic structures of the musculoskeletal system function during various kinds of physical activities
- account for various kinds of sports injuries in connection with physical activity and how these may be treated

Content

Knowledge concepts in theory as well as in practice within the fundamental anatomy of the musculoskeletal system are analysed and evaluated. Students are also given the opportunity to develop the skills and ability to analyse how the anatomic structures of the musculoskeletal system function at various types of physical activity.

The course discusses the following areas:

- The anatomy of the musculoskeletal system (skeleton, joints, ligaments, muscles)
- The fundamental anatomic structure and function of the skeletal muscle
- The structure and function of the skeleton
- Planes and axes of movement
- Functional anatomy
- Injury prevention

Type of Instruction

Teaching consists of lectures, practical sessions and seminars.

Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

Examination of the course objectives takes place by means of a written exam and three practical sessions including associated written assignments. The written examination is assessed by the grades Fail, Pass or Pass with Distinction. The practical sessions including the written assignments are assessed by the grades Fail or Pass. In order to receive a grade of Pass, the course objectives must be attained. To be awarded a grade of Pass with Distinction in the course, the grade of Pass with Distinction is required for the written examination and a grade of Pass for the other examination assignments.

A retake of the examination is provided in accordance with the Local Regulations for First-Cycle and Second-Cycle Courses and Examination at Linnaeus University.

Should the university determine that a student is entitled to special educational support due to impairment, the examiner may provide the student with an adapted test or the student may carry out the examination in an alternative way.

Course Evaluation

A course evaluation is carried out either during or at the end of the course. Results and analysis of the evaluation are presented to the students who have completed the course and to the students at the following course date. The course evaluation is conducted anonymously.

Credit Overlap

The course cannot be included in a degree along with the following course/courses of which the content fully, or partly, corresponds to the content of this course: 11V101 Sports Science - Physical Activity, Health and Outdoor Recreation I, 7.5 credits, Module 4 Human Anatomy and Physiology.

Other

Any additional costs that may arise in connection with the course are paid for by the students themselves. This course is included in the sport science programme - Physical Activity, Health and Outdoor Recreation.

Required Reading and Additional Study Material

Behnke, Robert S. & Glad, Anette. (Latest edition). *Anatomi för idrotten*. Sockholm: SISU Idrottsböcker AB, (320 p.)

Wirhed, Rolf. (Latest edition). *Anatomi med rörelselära och styrketräning*. Uppsala: Harpoon Publications AB, (150 p.)

Compendiums and scientific articles also included, approximately 200 pages.