



Course syllabus

Faculty of Social Sciences

Department of Sport Science

1IV216 Människans rörelseanatomi, 7,5 högskolepoäng

1IV216 Human Exercise Anatomy, 7.5 credits

Subject Group

Sport Science

Level of classification

First Level

Progression

G1N

Date of Ratification

Approved by Faculty of Social Sciences 2022-11-14

The course syllabus is valid from autumn semester 2023

Prerequisites

General entry requirements for university studies.

Objectives

Upon completion of the course, students shall be able to:

- account for the fundamental anatomy and functions 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.

Content

The course discusses the human anatomy with special emphasis on the human body in movement. Major emphasis is also placed on the structure and function of the human body, focusing on the skeleton, joints, muscles and other tissue of importance to the musculoskeletal system. Elements in a perspective of the anatomy of the musculoskeletal system are also applied, where the students will gain a basic understanding of how the body is designed and function at various kinds of movement.

The course includes the following components:

- 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

Type of Instruction

Teaching consists of lectures, seminars and practical sessions.

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 one written exam and three practical sessions including associated written assignments. Two of the practical sessions are completed in groups and one individually.

The written examination is assessed by the grades of 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 as well as to new 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 Sport Science - Physical activity, Health, Outdoor recreation I, module 4, 7.5 credits, and 11V201 Human Anatomy, 7.5 credits.

Other

The course is included in the Sport Science Programme.

Required Reading and Additional Study Material

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

Compendiums on circa 100 pages and scientific publications comprising circa 40 pages are also included.

