

	Course title	Anatomy for physical exercise and sports		
Code	Status	Semester	No. ECTS Credits	Intensity
None	Obligatory	I	6	2+0

Study programme : Undergraduate academic studies – PHYSICAL CULTURE AND HEALTHY LIFESTYLES (lasting 1 semester, i.e. 180 ECTS credits)

Prerequisites: There are no prerequisites required for signing up for this course

Course objectives: The course aims to introduce the student to the Anatomy of the Human Body

Learning Outcomes: Having passed this course, the student will be able to have the identifies of essential anatomical terminology; to acquire basic knowledge about the functioning of the musculoskeletal and muscular system.

Names of the teacher(s) and teaching assistant(s): Mirjana Bakić, MD, PhD

Teaching methods: Lectures, colloquium, consultations and exams

Syllabus:

Preparatory week	Preparation for and enrolment on the course
I week	Anatomy- Introduction, The collarbone, Scapular bone, Shoulder bone
II week	Spoon bone, Elbow bone, Hand bones
III week	Chest and spine bones
IV week	Pelvic bone, femur, calyx
V week	Tibia, fibula, foot bone
VI week	Skull and face bone
VII week	Arthrologia-introduction, joints of the upper extremity
VIII week	Joints of the head, chest and lower extremity COLLOQUIUM I
IX week	Myologia-introduction, division of the arm into areas, shoulder and upper arm muscles
X week	Forearm and hand muscles
XI week	Chest and abdomen muscles
XII week	Head and neck muscles
XIII week	Muscles of the sitting region and thighs
XIV week	The muscles of the lower leg and foot
XV week	Additional classes, consultations Colloquium II
XVI week	Final exam
Final week	Semester verification and registration of marks
XVIII-XXI week	Additional classes and makeup final exam

Student workload:

Weekly:

5 credits x 40/30 = 5 hours 20 minutes

Structure of the workload:

2 hours of theoretical lectures
1 hours 0 minutes of independent work,
including consultations

During the semester:

Lectures and final exam: 6 hours 40 minutes x 16 = 106 hours i 40 minutes
Necessary preparations before the start of the semester (administration, registration, certification) **2 x (6 hours i 40 minutes)= 13 hours i 20 minutes**
Total hours for the course: **5 x 30 = 150 hours**
Additional work for the preparation of the makeup final exam, including taking the makeup final exam from 0 to 30 hours

Structure of the workload:

106 h 40 min (teaching) + 13 h 20 min (preparation) + 30 h (additional work)

Requirements for students: Attendance, doing assigned thematic tasks, taking up exams and final exam

Consultations: On Tuesdays from 10 am to 11 am

Literature: Prof. dr M. Bošković: Anatomija čoveka

Forms of assessment: Taking up two exams (20 points each), attendance and activity in the class (10 points each) and taking up final exam (50 points) → the passing grade is achieved if the student cumulatively earns 51 points and regularly attends the classes.

Attendance at theoretical teaching - 10 points
Colloquium I- 20 points
Colloquium II- 20 points

Grading scale: E (50–59); D (60–69); C (70–79); B (80–89); A (90–100)

Name of the teacher who prepared this document: Mirjana Bakić, MD, PhD

Further comments: None