

UNIVERSITY OF EDUCATION, WINNEBA
DEPARTMENT OF HEALTH, PHYSICAL EDUCATION, RECREATION AND SPORTS
COURSE OUTLINE (2007 / 2008 ACADEMIC YEAR SEMESTER I)

COURSE CODE : PES 113
COURSE TITLE : HUMAN ANATOMY AND PHYSIOLOGY
LECTURER : EMMANUEL OSEI SARPONG
NO. OF CREDITS : TWO (2)
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MENTOR : MR. J. C. AMUI

RATIONALE

To introduce student-teachers to the importance of Human Anatomy and Physiology to the teaching of Physical Education which will go a long way help improve upon the performance and health of athletes they will handle.

OBJECTIVE

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

- (i) Explain the meaning of human anatomy and physiology.
- (ii) Explain the importance of human anatomy & physiology.
- (iii) Mention the types of joint and their classification.
- (iv) Discuss the group action of muscles.
- (v) Classify food.
- (vi) Explain the types of muscle contraction and their effectiveness in providing movement.

STRATEGIES

Lecture, discussions and seminars to be used to achieve the stated objectives.

EXAMINATIONS

Students will be assessed periodically in the course of the semester. Students will be informed before hand if there is going to be assessment. There will be and end of semester examination in addition to the continuous assessment. Students who fail to do their assignments or show up for continuous assessment will not be allowed to make up except on medical grounds with a medical report from a recognized physician.

ATTENDANCE

Attendance will be checked at the end of each lecture session. Students are expected to attend all sessions. Subsequent absences shall attract a point deduction from total points made in course work.

TARDINESS

Lateness to lectures will not be tolerated. Students who come late twice for lectures will be counted as being absent.

Evaluation procedures

Continuous Assessment (quizzes, assignment, etc)	=	40%
End of Semester Examination	=	60%

ACADEMIC DISHONESTY

Academic dishonesty will not be allowed. Any form of academic misconduct (Cheating etc) will not be tolerated. All cases of confirmed or suspected dishonesty will be referred to the Departmental Academic Board and eventually to the University Academic Board.

GRADING

A- 80-100	B+ 75-74	B= 70-74	C+ = 65-69
D+ = 55-59	D= 50-54	E= 49 and below	

TOPICAL OUTLINE

- Week I: The concept and scope of human anatomy and Physiology.
Meaning
Types
Importance
- Week II: THE BODY AS A WHOLE
- Organization of body parts.
 - Anatomical Terms.
 - Regions of the body.
- Week III: THE BODY AS A WHOLE
- Planes and sections of the body.
 - Body cavities and membranes.
- Week IV: Cells; Tissues; Organs, Systems.
- Week V: Identification of the skeletal system (Axial and Appendicular)
- Week VI: Types of Joints and their classifications.
- Week VIII: Group action of muscles (synergist, prime movers and antagonist)
- Muscular structure
 - Origin and insertion
- Week IX: Muscles of the Upper and Lower parts of the body (especially the appendicular skeleton).
- Week X: Circulatory System
- Week XI: Origin and Conduction of heart beat.
- Cardiac cycle
- Week XII: Respiratory System (Mechanism of breathing)
- Week XIII: Digestive System.
Classification of foods.
- Week XIV: Digestive System (Class Discussion)

REFERENCE

1. Bension, J. H. Gunstream, S. E. Talaro A, Talaro K. P. (1999): Anatomy and Physiology. Laboratory Textbook 7th Ed. McGraw-Hill Dubuque, 1A.
2. Fox, S. I. (2004): A Laboratory Guide to Human Physiology: Concepts and Clinical Applications 10th Edition. McGraw-Hill, New York, USA.
3. Fox, S. I. (1999): Human Physiology. 6th Edition. McGraw-Hill London, England.
4. Frohlich, E. D. (1997): Rypins' question & answers for basic sciences review 3rd Ed. Lippincott - Raven Publishers, New York.
5. Mader, S. S. (2004): Human Biology. 8th Edition. McGraw-Hill Madrid, Spain.
6. Mader, S. S. (2005): Understanding Human Anatomy and Physiology. 5th Edition. McGraw-Hill, Sydney Australia.
7. Saladin, K. S. (1998): Anatomy and Physiology. The Unity of form and function. McGraw-Hill, New York.