

HUMAN ANATOMY AND KINESIOLOGY

1	Course Title:	HUMAN ANATOMY AND KINESIOLOGY
2	Course Code:	BED1015
3	Type of Course:	Compulsory
4	Level of Course:	Second Cycle
5	Year of Study:	1
6	Semester:	1
7	ECTS Credits Allocated:	5.00
8	Theoretical (hour/week):	4.00
9	Practice (hour/week):	0.00
10	Laboratory (hour/week):	0
11	Prerequisites:	None
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Prof. Dr. Ramiz Arabacı
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	ramizar@uludag.edu.tr, tlf: 02242940685 Uludağ Üniversitesi, Spor Bilimleri Fakültesi, Nilüfer / BURSA
17	Website:	
18	Objective of the Course:	The aim of course was to gain the theoretical and practical knowledge and skills on human body cells, tissues, organs and body systems planes, axes, joint movements, functions of muscle during contraction and analysis of sports movements by students of physical education and sports department
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	
	1	Able to explain the anatomical terms
	2	To understand the functions and structures of cells and tissues
	3	To understand the organization of the human body - in terms of structure and shape
	4	To understand and explain the body systems
	5	To understand skeletal system
	6	To understand muscle system of body
	7	To interpret and explain sporting movements to aspects of kinesiology
	8	To explain Leverage systems
	9	Able to understand and explain the impact of Exercise and physical activity on muscle-skeletal structure.
	10	Willingness to participate in seminars and meetings related to the course
21	Course Content:	
	Course Content:	
Week	Theoretical	Practice
1	Concepts of sports anatomy and kinesiology. Examination of cell structure	

2	Examination of the structure of the cardiovascular system			
3	Examination of the structure of the respiratory system. Organization of the nervous system and neural control of movement			
4	Examination of the structure of the digestive system Examination of the structure of the endocrine system			
5	The analysis of urinary system Examination of the reproductive system. Examination of the skin and organs to help			
6	Examination of skeletal system - the structure of the human skeleton (bone, body and spine structures).			
7	Examination of the upper extremities of the skeletal system - scapula, humerus, radii, ulna, wrist nd hand. Examination of the lower extremities of the the skeletal system - coxa, femur, tibia, fibula, food and ankle			
8	General evaluation			
9	Examination of the skull and facial bones of the skeletal system Examination of joint types and structures.			
10	Muscular system - muscle structure, motion planes, axes of motion and Nomenclature of			
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical 12	Hip, knee and ankle joint movements,	14	4.00	56.00
Practicals/Labs		0	0.00	0.00
Self study and preparation 13	Trunk and neck joint movements	7	4.00	28.00
Homeworks		1	28.00	28.00
Projects 14	Investigation of leverage systems and	0	0.00	0.00
Field Studies		7	3.00	21.00
Midterm Exams	and stretching work outs on muscles.	1	1.00	1.00
Others		7	3.00	21.00
Final Exams		1	1.00	1.00
Total Work Load				157.00
Total work load/ 30 hr				5.20
ECTS Credit of the Course				5.00

22	Textbooks, References and/or Other Materials:	1. Weineck J. Spor Anatomisi, 1998. 2. Dere F., Yücel B., Spor Eğitimi İçin Fonksiyonel Anatomi, Adana, 1994. 3. Özdemir E., Özdemir R., Hareket Sisteminde Fonksiyonel Anatomi, Ankara, 1998. 4. Solomon Ep., İnsan Anatomisi ve Fizyolojisine Giriş, 1997. 5. Demirel H, Koşar N., İnsan Anatomisi ve Kinesiyolojisi, Ankara, 2002. 6. Hole JV. Human anatomy and Physiology. 6 th Edition, Dubuque Iowa, Wm. C. BrownPublishers. 1993. 7. Yessis M. Kinesiyoloji of Exercise. İndianopolis. Masters Pres. 1992. 8. Lutgans K., Wlls, F.K. Kinesyology. 7th Edition. Philadelphia. Saundors College Publishing.1982. 9. Erkoç R. İnsan anatomisi ve Fizyolojisi. 2. Baskı, ankara, Başbakanlık Basım Evi, Gençlik ve Spor Bakanlığı Eğitim Dairesi Yayınları, No:6. 1974. 10. Jensen, C.R., Schultz GW, Bangerter BL. Applied Kinesiology and Biomechanics. 2 nd Edition. New York. Mc Graw-Hili. 1984. 11. Açıkada C. Biyomekanikte kinetik ve kinematik analiz. Spor Bilimleri dergisi, 2(1): 10-26. 12. Çimen A.: Anatomi, Uludağ Üniversitesi Basım Evi, 1987. 13. Kaya Y: İnsan Anatomisi ve Kinesyoloji, Marmara Yayın Evi, 2003 İstanbul
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23	Assesment		
TERM LEARNING ACTIVITIES		NUMBE R	WEIGHT
Midterm Exam		1	30.00
Quiz		0	0.00
Home work-project		1	10.00
Final Exam		1	60.00
Total		3	100.00
Contribution of Term (Year) Learning Activities to Success Grade			40.00
Contribution of Final Exam to Success Grade			60.00
Total			100.00
Measurement and Evaluation Techniques Used in the Course			
24	ECTS / WORK LOAD TABLE		

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	0	0	0	4	0	0	0	0	0	0	4	0	0	0	0	0
ÖK4	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0
ÖK5	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0
ÖK6	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0

ÖK7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK9	5	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0
ÖK10	0	0	0	0	0	0	0	0	0	0	0	0	4	5	4	3
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			