

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200601] Anatomofisiologia I [3181200601] Anatomophysiology I		
Plano / Plan:	2007/2008		
Curso / Course:	Desporto e Atividade Física Sport and Physical Activity		
Grau / Diploma:	Licenciado		
Departamento / Department:	CDM - Ciências do Desporto e Motricidade		
Unidade Orgânica / Organic Unit:	Escola Superior de Educação de Viseu		
Área Científica / Scientific Area:	Ciências da Motricidade		
Ano Curricular / Curricular Year:	1		
Período / Term:	S1		
ECTS:	4		
Horas de Trabalho / Work Hours:	0108:00		
Horas de Contacto/Contact Hours:			
(T) Teóricas/Theoretical:	0000:00	(TC) Trabalho de Campo/Fieldwork:	0000:00
(TP) Teórico-Práticas/Theoretical-Practical:	0045:00	(OT) Orientação Tutorial/Tutorial Orientation:	0000:00
(P) Práticas/Practical:	0000:00	(E) Estágio/Internship:	0000:00
(PL) Práticas Laboratoriais/Practical Labs:	0000:00	(O) Outras/Others:	0000:00
(S) Seminário/Seminar:	0000:00		

Docente Responsável / Responsible Teaching

[2038] Francisco Emiliano Dias Mendes

Outros Docentes / Other Teaching

[2124] Ricardo Manuel Mateus Oliveira

Learning Outcomes of the Curricular Unit

1. Identify, classify and characterize bones of the human skeleton.
2. Identify, classify and functionally describe articulations of the human body.
3. Identify, classify and describe insertions of skeletal muscles.
4. Identify and describe joint motion and muscular activity.
5. Understand guiding principles of human anatomy of the locomotor system.

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Syllabus (Lim:1000)

1. Human Anatomy - general definitions: human skeleton; anatomical position, directions and planes; essential movements.
2. Osteology and Arthrology: scapula; upper limb; pelvis; lower limb; vertebral column; thoracic cavity; head.
3. Myology: shoulder and axillary regions; upper limb (arm, forearm and hand); hip; lower limb (thigh, leg, foot); abdominal and back.

Demonstration of the syllabus coherence with the curricular units' learning objectives

The curricular unit start with a approach to some necessary anatomy definitions that will consent student to better understand the human musculoskeletal system (syllabus 1). Objectives 1 and 2 are achieved by point 2 of the syllabus and objectives 3 and 4 are achieved by point 3 of the syllabus. Osteology, Arthrology and Myology syllabus will provide students knowledge about anatomical structures and functions. At the end students will be able to understand the human ability to move using muscular and skeletal systems (objective 5).

Teaching Methodologies (Including evaluation; Lim:1000)

At the beginning of each theoretical lesson there is always a review of the topics covered in the previous class, focused on the most important elements, proceeding then to answer questions submitted by students. The structure of each class should contain elements of increasing difficulty, should be done pauses and change of pace from exposure as well as moments of questioning students. The theoretical class has as auxiliary of exposure an iconography updated and illustrative with the appropriate visual aids and a skeleton. The materials used in class are available on the digital platform (moodle).

Evaluation Normal assessment: 2 written test (50%+50%); Approved: at least 9,5.

Special Evaluation: students should do the assignments describe in normal assessment. If they are unable to do the evaluation moments, they should contact the professor in the first fortnight of classes.

Exam and/or Final Exam

Demonstration of the coherence between the teaching methodologies and the learning outcomes

Curricular unit process develops through theoretical classes where the physio-morphology of physical activity is rationalized allowing students to understand morphologic and functional interaction as cause of all activity. The theoretical exposition is accompanied by the manipulation of bones and the skeleton as well as images and videos visualization, helping students to understand and realize the information. To achieve learning outcomes it's important to draw on practical examples and questioning of students during lessons keeping them in the problems under study. The description of anatomic and histological aspects emphasize functional overview fitting sport professionals profile. The students beyond of theoretical knowledge, must be able to apply and tailor them to everyday life, acquiring structural knowledge for their education in sports sciences and for their professional future.

The curricular unit evaluation is organized and equitably distributed in two different moments.

Bibliografia / Bibliography (Lim:1000)

Esperança, J.A. (2017). Anatomia Humana da Locomoção. 5ª Edição. LIDEL - Edições Técnicas. Lisboa.

Standring, S. (2022). Gray's Basic Anatomy. 3th Edition. Elsevier.

Pezarat Correia, P. & Espanha, M. (2020). Aparelho Locomotor: Anatomofisiologia dos Sistemas Nervoso, Osteoarticular e Muscular. 3ª Edição. Edições FMH. Lisboa.

Kenney, W.L., Wilmore, J.H. e Costill, D.L. (2021). Physiology of Sport and Exercise. 8ª Edição. Human Kinetics.

Correia, P., Pascoal, A., Cabri, J., Silva, P., & Espanha, M. (2006). Aparelho Locomotor e Análise do Movimento: Estudos Práticos para Anatomofisiologia e Cinesiologia. Edições FMH. Lisboa.

Muscolino, J. (2023). Kinesiology: The skeletal system and muscle function. 4th Edition. St. Louis: Mosby Elsevier.