



**AYDIN ADNAN MENDERES UNIVERSITY  
GRADUATE SCHOOL OF HEALTH SCIENCES  
PHYSICAL EDUCATION AND SPORTS  
PHYSICAL EDUCATION AND SPORTS  
PHYSICAL EDUCATION AND SPORTS MASTER  
COURSE INFORMATION FORM**

|  |  |              |             |        |                                |          |   |            |   |
|--|--|--------------|-------------|--------|--------------------------------|----------|---|------------|---|
| Course Title                                     | Functional Anatomy in Sport  |              |             |        |                                |          |   |            |   |
| Course Code                                      | BSÖ594   | Course Level |             |        | Second Cycle (Master's Degree) |          |   |            |   |
| ECTS Credit                                      | 7  | Workload     | 176 (Hours) | Theory | 3                              | Practice | 0 | Laboratory | 0 |
| Objectives of the Course                         | The aim of this course is learning general concepts of anatomy and anatomic terminology, general and special knowledge about bones, joints and muscles, circulatory, respiratory, digestive, genitourinary, nervous systems and sensory organs.  |              |             |        |                                |          |   |            |   |
| Course Content                                   | Introduction to anatomy, general concepts in anatomy, general and special terms of anatomy. General knowledge on bones, vertebral column and vertebrae, thorax, skull bones and the whole skull, bones of the upper and lower extremity. General knowledge about joints, types of joints, joints of the cranium, upper and lower extremity, vertebral column and pelvis. General and special knowledge on the muscular system. General knowledge on the circulatory system, anatomy of the heart, vessels and nerves of the heart, arterial, venous and lymphatic systems, topographic anatomy of the circulatory system. General knowledge on the respiratory system, nose, larynx, bronchi, lungs, pleura and anatomy of the mediastinum. Anatomy of the mouth, teeth and its masticatory function, clinical and functional anatomy of the alimentary organs. Functional and clinical anatomy of the kidneys, ureters, urinary bladder, male and female genital organs; topographic anatomy of the genitourinary system. Topographic anatomy of the endocrine organs. Anatomy of the skin, smell, eye, ear and taste organs. General knowledge about the nervous system, central nervous system, brain membranes, anatomy of the brain, cerebellum, pons and spinal cord. General knowledge on the peripheral nervous system, anatomy of the peripheral and autonomic nervous systems. |              |             |        |                                |          |   |            |   |
| Work Placement                                   | N/A  |              |             |        |                                |          |   |            |   |
| Planned Learning Activities and Teaching Methods | Explanation (Presentation), Individual Study   |              |             |        |                                |          |   |            |   |
| Name of Lecturer(s)                              |  |              |             |        |                                |          |   |            |   |

#### Assessment Methods and Criteria

| Method              | Quantity | Percentage (%) |
|---------------------|----------|----------------|
| Midterm Examination | 1        | 40             |
| Final Examination   | 1        | 60             |

#### Recommended or Required Reading

|   |   |
|---|---|
| 1 | Anatomi Cilt 1 ve Cilt 2 (Kaplan Arıncı, Alaıttın Elhan) - Sobotta İnsan Anatomisi Atlası Cilt 1 ve Cilt 2 (Kaplan Arıncı) - Temel Klinik Anatomi (Moore Çevirisi) (Alaıttın Elhan) - Sistematik Anatomi (Figen Gövsa Gökmen) |
|---|---|

| Week | Weekly Detailed Course Contents |  |
|------|---------------------------------|--|
| 1    | Theoretical                     | Introduction to anatomy and anatomic terminology   |
| 2    | Theoretical                     | Bones of the upper and lower extremity, vertebral column and thorax  |
| 3    | Theoretical                     | Bones of the neurocranium and splanchnocranium   |
| 4    | Theoretical                     | Joints of the axial ve appendicular skeleton   |
| 5    | Theoretical                     | Head, neck muscles   |
| 6    | Theoretical                     | Body, thorax and abdomen muscles   |
| 7    | Theoretical                     | Muscles of the upper and lower extremity   |
| 8    | Theoretical                     | Midterm Exam   |
| 9    | Theoretical                     | Anatomy of the heart, arteries of the head, neck and upper extremity   |
| 10   | Theoretical                     | Arteries of the body and lower extremity, veins and lymphatic system   |
| 11   | Theoretical                     | Mouth, pharynx, oesophagus and stomach anatomy, anatomy of the small and large intestines, liver, pancreas and hepatic portal vein |
| 12   | Theoretical                     | Nasal cavity and pharynx, anatomy of the larynx, trachea, lungs and mediastinum  |
| 13   | Theoretical                     | Anatomy of the urinary system  |
| 14   | Theoretical                     | Anatomy of the male and female genital systems and endocrine system  |
| 15   | Theoretical                     | Spinal cord and brain stem anatomy, anatomy of the brain, cerebellum, ventricles and membranes of the brain                        |
| 16   | Theoretical                     | Final Exam   |



**Workload Calculation**

| Activity                              | Quantity | Preparation | Duration | Total Workload |
|---------------------------------------|----------|-------------|----------|----------------|
| Lecture - Theory                      | 14       | 5           | 5        | 140            |
| Individual Work                       | 4        | 4           | 4        | 32             |
| Midterm Examination                   | 1        | 1           | 1        | 2              |
| Final Examination                     | 1        | 1           | 1        | 2              |
| Total Workload (Hours)                |          |             |          | 176            |
| [Total Workload (Hours) / 25*] = ECTS |          |             |          | 7              |

\*25 hour workload is accepted as 1 ECTS

**Learning Outcomes**

|    |  |
|----|--|
| 1  | Understanding introduction to anatomy, general concepts in anatomy, anatomic nomenclature and anatomical positions   |
| 2  | Understanding the skeletal system and all bones of the body.   |
| 3  | Understanding general information about joints, types of joints and structure of joints of the human body.   |
| 4  | Acquiring general and special information on muscular system and somatic muscles.  |
| 5  | Understanding the circulatory system, shape and location of the heart, vessels and nerves of the heart, pericardium, arterial, venous and lymphatic systems, topographic anatomy of the circulatory system, general and special terms of the circulatory system. |
| 6  | Understanding the anatomy of the respiratory system and its separate parts.  |
| 7  | Understanding the anatomy and topography of the genitourinary system.  |
| 8  | Understanding the topographic anatomy and morphologic features of the endocrine organs.  |
| 9  | Understanding anatomy of the skin, smell, eye, ear and taste organs.   |
| 10 | Acquiring general information on the nervous system and special knowledge of its separate parts.   |

**Programme Outcomes (Physical Education and Sports Master)**

|   |   |
|---|---|
| 1 | Uses application and problem solving skills in interdisciplinary studies.   |
| 2 | Develops basic scientific knowledge and attitude appropriate to body and sport.   |
| 3 | Interpret the results of test development and measurement for the development of individuals in physical education and sport. |
| 4 | Explains the scientific methods in physical education and sports.   |
| 5 | to follow national and international developments in the field and maintain professional development.                         |
| 6 | Beden eğitimi ve spor örgütlerinin örgüt iklimi ve kültürünü tanımlar.  |

**Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High**

|    | L1 | L2 | L3 | L4 | L5 | L6 | L7 | L8 | L9 | L10 |
|----|----|----|----|----|----|----|----|----|----|-----|
| P1 | 4  | 5  | 3  | 5  | 4  | 5  | 4  | 5  | 4  | 5   |
| P2 | 4  | 4  | 5  | 5  | 5  | 4  | 4  | 5  | 5  | 4   |
| P3 | 5  | 4  | 5  | 3  | 5  | 3  | 5  | 3  | 4  | 3   |
| P4 | 3  | 3  | 4  | 4  | 3  | 4  | 5  | 3  | 3  | 3   |
| P5 | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5   |
| P6 | 4  | 4  | 3  | 3  | 4  | 3  | 4  | 4  | 4  | 4   |

