

**GUIA DE FUNCIONAMENTO
DA UNIDADE CURRICULAR
(GFUC)**

MODELO
PED.007.03

POLI ESCOLA SUPERIOR EDUCAÇÃO COMUNICAÇÃO DESPORTO TÉCNICO GUARDA	SUBJECT DESCRIPTION	MODELO PED.012.03
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<i>Course</i>	Sport					
<i>Subject</i>	Functional Anatomy					
<i>Academic year</i>	2023-2024	<i>Curricular year 1</i>	1nd	<i>Study period</i>	1st semester	
<i>Type of subject</i>	Compulsory	<i>Student workload (H)</i>	Total: 135	Contact: 60	<i>ECTS</i>	5
<i>Professor(s)</i>	Nuno Miguel Lourenço M. Cameira Serra; Raúl Bartolomeu					
<input type="checkbox"/> <i>Area/Group Coordinator</i> <input type="checkbox"/> <i>Head of Department</i>	<i>(select)</i>		Carolina Júlia Félix Vila-Chã			

COMPLETED SUBJECT DESCRIPTION

1) LEARNING OBJECTIVES

At the end of this UC, the student must be capable to:

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- a) Analyze and interpret accurately the osteoarticular, muscular, cardiovascular and respiratory systems;
- b) Analyze and describe the motor behavior based on anatomical principles;
- c) Know the anatomical constitution of the vertebral column, shoulder girdle, upper limb, pelvic girdle and lower limb;
- d) To know the main movements and kinetic chains of the trunk, upper and lower limbs;
- e) Apply palpation techniques, identifying the main musculoskeletal structures through the tuberosity's and depressions on the surface of the human body;
- f) Develop research and interpretation skills, allowing him/her to critically evaluate the information based on the recent data.

2) PROGRAMME

A- Osteology. Descriptive standards and plans of the human body.

Bone growth.. Observation, identification and description of the axial skeleton and peripheral

B- Arthrology. Descriptive information on functional and morphological aspects. Structural constituents of the joints. Anatomical description of the major joints.

C- Myology. Basic Histology muscle tissue.

Skeletal Muscles - Distribution, nomenclature and muscle actions.

D. Cardiovascular System. Anatomy of the heart muscle. Blood circulation.

E-Respiratory System. Anatomy of the respiratory system.

F- Surface anatomy. Technical Considerations. Identification of major musculoskeletal structures. Head and neck and shoulder girdle. Upper limb. Trunk and pelvic girdle. Lower limb.

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3) COHERENCE BETWEEN PROGRAMME AND OBJECTIVES

This course, developed through the syllabus, aimed to provide the students with anatomical knowledge to allowing them to understand and describe human movement. Based on this assumption the selected contents are intended to achieve the defined objectives (Table 1)

Table 1 - Demonstration of the syllabus coherence with the curricular unit's objectives.

Syllabus content	⇒	Learning objectives
Module A,B,D,E		paragraph a) c) e e)
Module A, B e C		paragraph b), c) and d)
Module C	⇒	paragraph f)
Module F		paragraph e)

4) MAIN BIBLIOGRAPHY

- Correia P.P (2012). *Aparelho locomotor: função neuromuscular e adaptações à atividade física*. Edições FMH, Lisboa
- Espanha M., Correia P. (2010). *Aparelho Locomotor: anatomofisiologia dos sistemas nervoso, osteoarticular e muscular*. Edições FMH, Lisboa.
- Espanha M., Silva P., Pascoal A., Correia P., Oliveira R. (2012). *Anatomofisiologia - Tomo III. Funções da Vida Orgânica Interna*. Edições FMH, Lisboa.
- Esperança Pina, J.A (2010). *Anatomia Humana da Locomoção* (4ª ed.). Lidel, Lisboa
- Floyd, R. T. (2017): *Manual of structural kinesiology* (20 th ed.). McGraw-Hill Higher Education.
- Kapandjii, I.A. (2009) – *Fisiologia Articular* - Vol. 1, 2 e 3. (6ª ed.). Editora Manole Lda.
- Milner, C (2019): *Functional Anatomy for Sport and Exercise* (2nd ed.). Routledge.
- Netter, F.H. (2018). *Atlas of Human Anatomy*, (7th ed.). Elsevier.

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5) TEACHING METHODOLOGIES (INCLUDING EVALUATION)

Teaching methodologies

The course unit consists essentially in theoretic-practical sessions, being mainly developed through the lecture method. The methods and teaching techniques applied were: expository method with the observation models and viewing short films illustrative of the systems studied and the method of group interaction for the purpose of consolidation/ systematization of content covered and their applicability in different sports

Evaluation rules

The evaluation is conducted in accordance with the "Regulation Scheme Frequency and Student Assessment." The normal mode of evaluation will be by frequency. The evaluation focuses on the frequency of student performance in the following components / evidence:

- Two evaluation tests – (50% each) - The test classification must be, in the minimum, of 10 in each. If this minimum grade is not achieved there will be an exam.

6) COHERENCE BETWEEN TEACHING METHODOLOGIES AND OBJECTIVES

The methodologies chosen were selected in order to maximize the acquisition of the contents associated with each objective: (1) Exposure of content (orally and through digital means) - this methodology is used to display the content associated with all learning objectives; (2) Application of knowledge in practical classes using methods based on group interaction and completion of selective quiz. This methodology was used to consolidate the acquisition of contents associated to the objectives defined in the subparagraphs c), d) and e).

7) ATTENDANCE

It is according to the regime in place at ESECD.

8) CONTACTS AND OFFICE HOURS

Email: nserra@ipg.pt

Attendance : tuesday 10:00 13:00

9) OTHERS

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Nothing to declare.

DATE

10 de outubro de 2023

SIGNATURES

Professor

[Signature line]

(signature)

Area/Group Coordinator

Carolina Vila-Chã

(signature)

Manoel Rui de Sousa M. Costa L.