

# STUDY GUIDE

**Course Name: General Anatomy-1**

**Course Code: 1207211**



## Course Coordinators

**Male section:** Prof Liaqat Ali Minhas  
**Female section :** Prof Anitha Oommen

## Course Identification

<b>1. Credit hours</b>	<b>5</b>
<b>2. Level/year at which this course is offered</b>	<b>2<sup>nd</sup> year – 1<sup>st</sup> semester</b>
<b>3. Pre-requisites for this course</b>	<b>Pass 1<sup>st</sup> year</b>

## Course Contributors

<b>Specialty</b>	<b>Name of the contributor</b>	<b>Email ID</b>
Anatomy	Dr Saad Hassan Elshafy	saad.hassan91@yahoo.com
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Dr Hassan	drhasananat@gmail.com	

## Actual Learning Hours

No	Activity	Learning Hours
<b>Contact Hours</b>		
1	Lecture	47 hours
2	Laboratory	28 hours
3	Tutorial	-
4	Others (specify)	-
	<b>Total</b>	<b>75</b>
<b>*Other Learning Hours</b>		
1	Study	170
2	Assignments	
3	Library	30
4	Projects/Research Essays/Theses	-
5	(specify) Others	-
	<b>Total</b>	<b>200 hours</b>

## Course Objectives

- a. Recognize the topographic anatomy of the regions of abdomen, pelvis, perineum, thorax, upper and lower extremities
- b. Analyze the information of the general plan of lymphatic drainage of the body, regional lymph nodes.
- c. Differentiate between different structures of the human body (bones, muscles, nerves and vessels)
- d. Correlate the structure to functions of different organs

## Course Learning Outcomes

CLOs		Aligned-PLOs
1	<b>Knowledge:</b>	
1.1	State the different components of each part of the human body	K1
1.2	Recognize the structures of upper and lower limbs including skin, facia, muscles, vessels, nerves and bone and their surgical importance.	K1
2.3	Describe the contents of thorax, abdomen and pelvis and their relations.	K1
2	<b>Skills:</b>	
2.1	Recognize the topographic anatomy of the regions of abdomen, pelvis, perineum, thorax and extremities by actual dissection, plastinated specimens and 3D visual system.	S1



## Course Content

No	List of Topics	1
1	Introduction (Definition, Branches of anatomy, organization of human body and approaches to study anatomy).	1
2	Terminology (Anatomical terms)	1
3	Skin, Fascia and Muscles	1
4	Bone and Cartilage	1
5	Joints, Ligaments, Bursae and Synovial Sheaths	1
6	Blood vessels and Lymphatic system: Membranes (Mucous and Serous)	1
7	Overview of Nervous system	1
8	Pectoral Region	1
9	Mammary Gland	1
10	Boundaries and contents of axilla (Axillary artery and vein)	1
11	Brachial Plexus, Axillary Lymph nodes	1
12	Muscles and nerves of the back	1
13	Shoulder region	1
14	Anterior and posterior compartment of arm	1
15	Cubital Fossa & Front of forearm	1
16	Practical: Anatomy of the arm , Cubital Fossa and Anterior compartment of Forearm	1
17	Palm of the hand	1
18	Superficial veins and lymphatic of upper limb	1
19	Thoracic cage	1
20	Muscles and nerves of the thorax	1

21	Blood and lymph vessels of thorax	1
22	Overview of the contents of thorax, surface anatomy of thorax	1
23	Mediastinum	1
24	Anatomy of diaphragm	1
25	Anterior abdominal wall	1
26	Rectus sheath & Inguinal canal and inguinal hernia	1
27	Male external genitalia	1
28	Overview of abdominal viscera	1
29	Posterior abdominal wall (I)	1
30	Posterior abdominal wall (II) & Surface anatomy of abdomen	1
31	Functions and Orientation of the Pelvis. Boundaries of True and false pelvis: Sex differences of the Pelvis	1
32	Nerves of the pelvis	1
33	Structures of the pelvic wall (Muscles, Ligaments and Fascia)	1
34	Blood vessels and lymphatic of pelvis	1
35	Definition, boundaries and division of perineum	1
36	Contents of anal triangle	1
37	Urogenital triangle – Male	1
38	Urogenital triangle – Female	1
39	Front of thigh –I and bone	1
40	Front of thigh - II & Medial side of thigh	1
41	Gluteal region	1
42	Posterior compartment of thigh	1
43	Popliteal fossa	1

44	Front of leg and dorsum of foot	1
45	Lateral and posterior compartment of leg	1
46	The sole of foot	1
47	Superficial veins and lymphatic of lower limb	1
<b>Practicals</b>		
48	Practical: Anatomical position, planes, terms and bones	1
49	Practical: Skin, Fascia & Muscles	1
50	Practical: Bone and Cartilage, &joints	1
51	Practical: Blood vessels and Lymphatic system	1
52	Practical: Bones of the Upper Limb	1
53	Practical: Pectoral Region	1
54	Practical: Axilla &Brachial plexus	1
55	Practical: Back regions	1
56	Posterior compartment of forearm & dorsum of hand	1
57	Practical: Shoulder region	1
58	Practical: Posterior Compartment of Forearm and Hand	1
59	Practical: Osteology of thorax, Intercostal spaces, muscles and nerves	1
60	Practical: vessels and lymphatic of thorax	1
61	Practical: Mediastinum, Thoracic contents and diaphragm	1
62	Practical: Anterior abdominal wall and rectus sheath	1
63	Practical: Scrotum, testis and spermatic cord	1
64	Practical: Arrangement of Abdominal viscera, Posterior Abdominal Wall	1
65	Practical: Bones of pelvis	1
66	Practical: Pelvic wall, BVs, Nerves and lymphatic	1

67	Practical: Boundaries of perineum (1 hour)	1
68	Practical: Contents of anal triangle	1
69	Practical: Urogenital triangles of Male & Female	1
70	Practical: Bones of the lower limb	1
71	Practical: Front of the thigh and medial side of the thigh	1
72	Practical: Gluteal region	1
73	Practical: Back of thigh and popliteal fossa	1
74	Practical: Anterior, lateral compartment of leg and dorsum of the foot	1
75	Practical: Posterior compartment of leg and sole of foot	1
<b>Total</b>		<b>75</b>

### Teaching strategies and Assessment Methods for Students

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
<b>1.0</b>	<b>Knowledge</b>		
1.1	State the different components of each part of the human body	- Direct instructional (Lectures)	- Written exams ( MCQs & SAQs).
1.2	Recognize the structures of upper and lower limbs including skin, fascia, muscles, vessels, nerves and bone and their surgical importance.	- Direct instructional (Lectures)	- Written exams ( MCQs & SAQs).
1.3	Describe the contents of thorax, abdomen and pelvis and their relations.	- Direct instructional (Lectures)	- Written exams ( MCQs & SAQs).
<b>2.0</b>	<b>Skills</b>		



Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
2.1	Recognize the topographic anatomy of the regions of abdomen, pelvis, perineum, thorax and extremities by actual dissection, platinated specimens and 3D visual system.	- Direct instructional (Demonstration)	OSPE

### Assessment Tasks for Students

#	Assessment task*	Week Due	Percentage of Total Assessment Score
1	Midterm	6 <sup>th</sup> Week	25%
2	Assignment	10 <sup>th</sup> Week	15%
3	Final exam	End of semester	40%
4	OSPE	End of semester	20%

Course blueprint (% of total summative marks in blue print is to be given in the range)

## Teaching and Assessment Blueprint

<b>Course Title:</b>	<b>General Anatomy – I</b>
<b>Course Code:</b>	<b>1207211</b>

Topics	Teaching strategies	Assessment methods	Knowledge			Skill			Competency			% of total contact hours	% of total summative marks
			K1	K2	...	S1	S2	...	C1	C2	...		
Introduction (Definition, Branches of anatomy, organization of human body and approaches to study anatomy).	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Terminology (Anatomical terms)	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Skin, Fascia and Muscles	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Bone and Cartilage	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Joints, Ligaments, Bursae and Synovial Sheaths	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Blood vessels and Lymphatic system: Membranes (Mucous	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7

Topics	Teaching strategies	Assessment methods	Knowledge			Skill			Competency			% of total contact hours	% of total summative marks
			K1	K2	...	S1	S2	...	C1	C2	...		
and Serous)													
Overview of Nervous system	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Pectoral Region	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Mammary Gland	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Boundaries and contents of axilla (Axillary artery and vein)	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Brachial Plexus, Axillary Lymph nodes	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Muscles and nerves of the back	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Shoulder region	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Anterior and posterior compartment of arm	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Cubital Fossa & Front of forearm	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Posterior compartment of forearm & dorsum of	Lecture	Written	K1	-	-	-	-	-	-	-	-	1.33	1.7

Topics	Teaching strategies	Assessment methods	Knowledge			Skill			Competency			% of total contact hours	% of total summative marks
			K1	K2	...	S1	S2	...	C1	C2	...		
hand		exams											
Palm of the hand	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Superficial veins and lymphatic of upper limb	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Thoracic cage	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Muscles and nerves of the thorax	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Blood and lymph vessels of thorax	Lecture	Written exams	K1	-	-	-	-	-	-	-	-	1.33	1.7
Overview of the contents of thorax, surface anatomy of thorax	Lecture	Written exams	K1	-	-		-	-	-	-	-	1.33	1.7
Mediastinum	Lecture	Written exams	K1	-	-		-	-	-	-	-	1.33	1.7
Anatomy of diaphragm	Lecture	Written exams	K1	-	-		-	-	-	-	-	1.33	1.7
Anterior abdominal wall	Lecture	Written exams	K1	-	-		-	-	-	-	-	1.33	1.7
Rectus sheath & Inguinal canal and	Lecture	Written	K1	-	-		-	-	-	-	-	1.33	1.7



Topics	Teaching strategies	Assessment methods	Knowledge			Skill			Competency			% of total contact hours	% of total summative marks
			K1	K2	...	S1	S2	...	C1	C2	...		
inguinal hernia		exams											
Male external genitalia	Lecture	Written exams	K1	-	-		-	-	-	-	-	1.33	1.7
Overview of abdominal viscera	Lecture	Written exams	K1	-	-		-	-	-	-	-	1.33	1.7
Posterior abdominal wall (I)	Lecture	Written exams	K1	-	-		-	-	-	-	-	1.33	1.7
Posterior abdominal wall (II) & Surface anatomy of abdomen	Lecture	Written exams	K1	-	-		-	-	-	-	-	1.33	1.7
Functions and Orientation of the Pelvis. Boundaries of True and false pelvis: Sex differences of the Pelvis	Lecture	Written exams	K1	-	-		-	-	-	-	-	1.33	1.7
Nerves of the pelvis	Lecture	Written exams	K1	-	-		-	-	-	-	-	1.33	1.7
Structures of the pelvic wall (Muscles, Ligaments and Fascia)	Lecture	Written exams	K1	-	-		-	-	-	-	-	1.33	1.7
Blood vessels and lymphatic of pelvis	Lecture	Written exams 3	K1	-	-		-	-	-	-	-	1.33	1.7
Definition, boundaries and division of	Lecture	Written exams	K1	-	-		-	-	-	-	-	1.33	1.7

Topics	Teaching strategies	Assessment methods	Knowledge			Skill			Competency			% of total contact hours	% of total summative marks
			K1	K2	...	S1	S2	...	C1	C2	...		
perineum													
Contents of anal triangle	Lecture	Written exams	K1									1.33	1.7
Urogenital triangle – Male	Lecture	Written exams	K1									1.33	1.7
Urogenital triangle – Female	Lecture	Written exams	K1									1.33	1.7
Front of thigh –I and bone	Lecture	Written exams	K1									1.33	1.7
Front of thigh - II & Medial side of thigh	Lecture	Written exams	K1									1.33	1.7
Gluteal region	Lecture	Written exams	K1									1.33	1.7
Posterior compartment of thigh	Lecture	Written exams	K1									1.33	1.7
Popliteal fossa	Lecture	Written exams	K1									1.33	1.7
Front of leg and dorsum of foot	Lecture	Written exams	K1									1.33	1.7
Lateral and posterior compartment of leg	Lecture	Written exams	K1									1.33	1.7

Topics	Teaching strategies	Assessment methods	Knowledge			Skill			Competency			% of total contact hours	% of total summative marks
			K1	K2	...	S1	S2	...	C1	C2	...		
The sole of foot	Lecture	Written exams	K1									1.33	1.7
Superficial veins and lymphatic of lower limb	Lecture	Written exams 3	K1									1.33	1.7
Anatomical position, planes, terms and bones	Lab. based	OSPE				S1						1.33	<b>0.71</b>
Skin, Fascia & Muscles	Lab. based	OSPE				S1						1.33	<b>0.71</b>
Bone and Cartilage, & joints	Lab. based	OSPE				S1						1.33	<b>0.71</b>
Blood vessels and Lymphatic system	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Bones of the Upper Limb	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Pectoral Region	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Axilla & Brachial plexus	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Back regions	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Shoulder region	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Anatomy of the arm , Cubital Fossa and Anterior compartment of Forearm	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Posterior Compartment of Forearm and Hand	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Osteology of thorax, Intercostal spaces,	Lab. based	OSPE				S1						1.34	<b>0.71</b>

Topics	Teaching strategies	Assessment methods	Knowledge			Skill			Competency			% of total contact hours	% of total summative marks
			K1	K2	...	S1	S2	...	C1	C2	...		
muscles and nerves													
vessels and lymphatic of thorax	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Mediastinum, Thoracic contents and diaphragm	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Anterior abdominal wall and rectus sheath	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Scrotum, testis and spermatic cord	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Arrangement of Abdominal viscera, Posterior Abdominal Wall	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Bones of pelvis	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Pelvic wall, BVs, Nerves and lymphatic	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Boundaries of perineum (1 hour)	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Contents of anal triangle	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Urogenital triangles of Male & Female	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Bones of the lower limb	Lab. based	OSPE				S1						1.34	<b>0.71</b>
Front of the thigh and medial side of the thigh	Lab. based	OSPE				S1						1.34	<b>0.71</b>



Topics	Teaching strategies	Assessment methods	Knowledge			Skill			Competency			% of total contact hours	% of total summative marks
			K1	K2	...	S1	S2	...	C1	C2	...		
Gluteal region	Lab. based	OSPE				S1						1.34	0.71
Back of thigh and popliteal fossa	Lab. based	OSPE				S1						1.34	0.71
Anterior, lateral compartment of leg and dorsum of the foot	Lab. based	OSPE				S1						1.34	0.71
Posterior compartment of leg and sole of foot	Lab. based	OSPE				S1						1.34	0.71

<b>Course Coordinator</b>	Prof Liaqat Ali Minhas Prof Anitha Oommen
<b>Department</b>	Anatomy
<b>Date</b>	

### Learning Resources (Copy and paste the table from courses specification)

<b>Required Textbooks</b>	Richard S Snell. Clinical Anatomy By Regions: 9th Edition.
<b>Essential References Materials</b>	
<b>Electronic Materials</b>	Computer-based programs/CD, professional standards , regulations and software
<b>Other Learning Materials</b>	Power points.

## Course quality evaluation

Evaluation Areas/Issues	Evaluators	Evaluation Methods
Effectiveness of teaching and assessment	Students	Indirect assessment
Extent of achievement of course learning outcomes	Instructor	Direct assessment
	Students	Indirect assessment
Quality of learning resources	Student	Indirect assessment

After the end of the course, please give your **FEEDBACK** through the following QR code:

