

Course Unit	Anatomohistofisiology I		Field of study	-	
Bachelor in	Nursing		School	School of Health	
Academic Year	2023/2024	Year of study	1	Level	1-1
Type	Semestral	Semester	1	ECTS credits	5.0
Code	9500-811-1101-00-23				
Workload (hours)	135	Contact hours	T -	TP 60	PL -
			TC -	S -	E -
			OT -	O -	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Mario Alberto Preto Rodrigues

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. To identify topographical regions.
2. To relate anatomical structures based on anatomic plans.
3. To describe microscopic and macroscopic structure of osteo-articular and integumentary systems.
4. To describe histology of muscle contraction and the attachments and actions of main skeletal muscles.
5. To describe histological, anatomical aspects of heart and blood vessels, physiological events of cardiac cycle and of hemodynamics.
6. To describe blood cells and their functions.
7. To describe anatomical and histological aspects of respiratory system components and physiological aspects of pulmonary ventilation, gas transport and exchange in pulmonary and systemic capillaries.
8. To describe anatomical, histological and physiological aspects of each gastrointestinal tract segment and of pancreas and liver, namely hepatic functions on bile secretion and metabolism.

### Prerequisites

Before the course unit the learner is expected to be able to:  
Not eligible

### Course contents

1 Introduction: Topographical regions. Anatomic plans. 2 Osteoarticular, muscle and integumentary systems: Skin. Skeletal tissues. Bones. Joints. Physiology of muscle contraction. 3 Cardiovascular System: Anatomy and histology. Cardiac cycle. Hemodynamics. 4 Haemolymphoid system: Blood. Lymphoid tissue. Immunity. 5 Respiratory System. Anatomy and histology. Physiology 6 Alimentary system. Anatomy and histology. Gastrointestinal physiology. Hepatic functions

### Course contents (extended version)

1. INTRODUCTION TO ANATOMY STUDY
  - Topographical regions
  - Anatomical position. Plans. Concepts: cranial/caudal, dorsal/ventral, medial/lateral.
2. OSTEOARTICULAR SYSTEM
  - Skeletal tissues: bone and cartilage. Histogenesis of bone. Growth plate.
  - Vertebral column: vertebrae, sacrum, coccyx. Main bone characteristics.
  - Skeleton of thorax: thoracic vertebrae, sternum and ribs.
  - Skull. Orbit and nasal cavity. Bony palate. Cranial bones.
  - Upper limb: scapula, clavicle, humerus, radius, ulna, carpal bones, metacarpal bones, phalanges.
  - Lower limb: innominate bone, femur, tibia, fibula, patella, tarsal and metatarsal bones, phalanges.
  - Concept of joint. Functional aspects.
  - Non-synovial joints: suture, synchondrosis, syndesmosis, symphysis and gomphosis.
  - Synovial joints: articular cartilages, fibrous capsule, articular disc or meniscus.
  - The movement. Rotation axes. The movements on synovial joints.
3. MUSCULAR SYSTEM
  - Cytological aspects of muscle fibre
  - Physiology of muscle contraction.
  - Attachments and actions of main skeletal muscles.
4. CARDIOVASCULAR SYSTEM
  - Histological aspects of blood vessels and their relation with functional aspects.
  - The heart anatomy: cardiac chambers and valvular complexes.
  - Myocardium. Electrical events: depolarization and repolarization. Conducting system of myocardium.
  - Systole and diastole. Cardiac cycle.
  - Hemodynamics. Arterial pressure. Microcirculation.
  - Localization of main blood vessels of arterial and venous systems.
5. HAEMOLYMPHOID SYSTEM
  - Blood cells and their functions. Plasma
  - Haemopoiesis. Marrow bone. Physiological aspects of erythropoiesis.
  - Primary and secondary lymphoid tissue. Functions of B and T lymphocytes on immunological response.
  - Blood groups. ABO and Rh systems. Others systems: Kell, Duffy, Kidd, Lutheran, Lewis, P.
  - Haemostasis
6. RESPIRATORY SYSTEM
  - Anatomical aspects: nasal cavity, pharynx, larynx, trachea, bronchi, bronchioles, lungs.
  - Histological aspects: respiratory epithelium, respiratory membrane.
  - Pulmonary ventilation, gas exchange and transport in the blood. Regulation
7. ALIMENTARY SYSTEM
  - Oral cavity and salivary glands. Oesophagus. Stomach: gastric mucosa. Small and large intestine.
  - Pancreas. Histological structure. Enzyme component and aqueous component of pancreatic juice.
  - Liver. Structure of hepatic lobule. Blood circuitry in hepatic lobule. Hepatic function.
  - Physiology. Motility. Enzymatic activity. Absorption. Endocrine and paracrine mediators.
8. INTEGUMENTARY SYSTEM
  - Epidermis and dermis. Hair follicles. Sweat and sebaceous glands. Nails.

### Recommended reading

1. Drake RL, Vogl AW, & AWM, Mitchell (Eds. ). (2010). Gray's Anatomia para Estudantes (2ª ed. ): Rio de Janeiro: Editora Elsevier.
2. Netter FH ( 7 Ed. ). (2019). Atlas de Anatomia Humana: Editora Elsevier
3. Koepfen M. Bruce, Berne & Levy Fisiologia (2018). Fisiologia. (7ª ed. ): GEN Guanabara Koogan
4. Rod R. Seeley, Trent D. Stephens, Philip Tate. (2016) Anatomia e Fisiologia: 10ª ed. - Mc Graw-Hill
5. www. anatomy. tv

### Teaching and learning methods

Theoretical-practical lessons are brief expositions of study subjects based on images, followed by interaction between groups of pupils. Tutorial lessons and individual work of the students are based on the search of answers for proposed questions oriented by the teacher using bibliography. The classes are full supported with live transmission using zoom.

### Assessment methods

1. Alternative 1 - (Regular, Student Worker) (Final)
  - Final Written Exam - 100% (Final exam - normal season)
2. Alternative 2 - (Regular, Student Worker) (Supplementary)
  - Final Written Exam - 100% (appeal exam for aproval or grades improvement)
3. Alternative 3 - (Regular, Student Worker) (Special)
  - Final Written Exam - 100% (Special Season. All the subject's program items are included.)
4. Mid and final term exams - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 50% (1st mid term exam: Topographic regions, bones, muscles and joints.)
  - Intermediate Written Test - 50% (2nd mid term exam: Blood, Cardiovascular, immunity, respiratory and digestive systems.)

### Language of instruction

1. Portuguese
2. Portuguese, with additional English support for foreign students.

### Electronic validation

Mario Alberto Preto Rodrigues	Maria Cristina Martins Teixeira	Ana Maria Nunes Português Galvão	Adília Maria Pires da Silva Fernandes
12-11-2023	06-12-2023	06-12-2023	07-12-2023