

## **SYLLABUS**

**SUBJECT** HUMAN PHYSIOLOGY WITH ELEMENTS OF ANATOMY

**TEACHER** MIŁOSZ SZCZUDŁO, MSc

### **COURSE DESCRIPTION**

This course shows students how our body is built and exists with different kinds of situation depend on physical activity. The course included physiology of human efficiency. Program assumptions, bibliography. The role of central nervous system in control of different parts of the body. Muscles - structure and functions. Blood - constituents of human blood, physiology, functions. Cardiovascular system – functions. Respiratory system - structure and functions. Classification of physical activity. Metabolism and physiology of physical activity. The effect of physical activity on humans at different ages. Fatigue - types, identification, symptoms. Health effects of lack of physical activity. Human adaptability to environmental changes.

### **ECTS**

3 + 2

### **LEARNING OUTCOMES**

After this course students should be able to know human structure and life processes. They should be able to identify the operations and functions of cells, tissues and organs and the laws that govern these functions.

### **GRADING POLICY**

Attendance, presentation, activity, practice and writing test (This test included 31 questions. Student needs to answer for at least 16).

### **TIMETABLE**

To be prescribed

### **TEXTBOOK AND REQUIRED MATERIALS**

A. Michajlik, W. Ramotowski, *Anatomia i fizjologia człowieka* PZWL 2003

B. Sokołowski, *Zarys anatomii człowieka* AWF Kraków 2003

W. Z. Traczyk, *Fizjologia człowieka w zarysie* PZWL 2008

[A. Jaskólski, A. Jaskólska](#) *Podstawy fizjologii wysiłku fizycznego z zarysem fizjologii człowieka* AWF Wrocław 2002

[J. Górski](#), *Fizjologiczne podstawy wysiłku fizycznego. Podręcznik dla studentów akademii wychowania fizycznego i akademii medycznych* 2008, PZWL.

Timothy R. Ackland, Bruce C. Elliott, and John Bloomfield *Applied Anatomy and Biomechanics in Sport* (Hardcover - Aug 28, 2008) Publisher: Human Kinetics ISBN-10: 0736063382 ISBN-13: 978-0736063388

[Encyclopedia of International Sports Studies](#) - Paperback (Oct. 26, 2009) by Roger Bartlett, Chris Gratton, and Christer G. Rolf Publisher: Routledge; ISBN-10: 0415561477 ISBN-13: 978-0415561471  
[www.wikipedia.pl](http://www.wikipedia.pl)

**PREREQUISITES:**

Students have a basic knowledge of biology (secondary school level)