**COURSE OUTLINE**

**T – Theory**

| Unit | Time (Hrs) | Learning Outcomes | Content | Teaching/ Learning Activities | Assessment Methods |
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| I | 8 (T) | Define the terms relative to the anatomical position<br><br>Describe the anatomical planes<br><br>Define and describe the terms used to describe movements<br><br>Organization of human body and structure of cell, tissues membranes and glands<br><br>Describe the types of cartilage<br><br>Compare and contrast the features of skeletal, smooth and cardiac muscle | **Introduction to anatomical terms and organization of the human body**<br>• Introduction to anatomical terms relative to position – anterior, ventral, posterior dorsal, superior, inferior, median, lateral, proximal, distal, superficial, deep, prone, supine, palmar and plantar<br>• Anatomical planes (axial/ transverse/ horizontal, sagittal/vertical plane and coronal/frontal/oblique plane)<br>• Movements (flexion, extension, abduction, adduction, medial rotation, lateral rotation, inversion, eversion, supination, pronation, plantar flexion, dorsal flexion and circumduction<br>• Cell structure, Cell division<br>• Tissue – definition, types, characteristics, classification, location<br>• Membrane, glands – classification and structure<br>• Identify major surface and bony landmarks in each body region, Organization of human body<br>• Hyaline, fibro cartilage, elastic cartilage<br>• Features of skeletal, smooth and cardiac muscle<br>• Application and implication in nursing | • Lecture cum Discussion<br>• Use of models<br>• Video demonstration<br>• Use of microscopic slides<br>• Lecture cum Discussion<br>• Video/Slides<br>• Anatomical Torso | • Quiz<br>• MCQ<br>• Short answer |
| II | 6 (T) | Describe the structure of respiratory system<br><br>Identify the muscles of respiration and examine their contribution to the mechanism of breathing | **The Respiratory system**<br>• Structure of the organs of respiration<br>• Muscles of respiration<br>• Application and implication in nursing | • Lecture cum Discussion<br>• Models<br>• Video/Slides | • Short answer<br>• Objective type |

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| **III** | 6 (T) | Describe the structure of digestive system | **The Digestive system**<br>• Structure of alimentary canal and accessory organs of digestion<br>• Application and implications in nursing | • Lecture cum Discussion<br>• Video/Slides<br>• Anatomical Torso | • Short answer<br>• Objective type |
| **IV** | 6 (T) | Describe the structure of circulatory and lymphatic system. | **The Circulatory and Lymphatic system**<br>• Structure of blood components, blood vessels – Arterial and Venous system<br>• Position of heart relative to the associated structures<br>• Chambers of heart, layers of heart<br>• Heart valves, coronary arteries<br>• Nerve and blood supply to heart<br>• Lymphatic tissue<br>• Veins used for IV injections<br>• Application and implication in nursing | • Lecture<br>• Models<br>• Video/Slides | • Short answer<br>• MCQ |
| **V** | 4 (T) | Identify the major endocrine glands and describe the structure of endocrine Glands | **The Endocrine system**<br>• Structure of Hypothalamus, Pineal Gland, Pituitary gland, Thyroid, Parathyroid, Thymus, Pancreas and Adrenal glands | • Lecture<br>• Models/charts | • Short answer<br>• Objective type |
| **VI** | 4 (T) | Describe the structure of various sensory organs | **The Sensory organs**<br>• Structure of skin, eye, ear, nose and tongue<br>• Application and implications in nursing | • Lecture<br>• Explain with Video/ models/charts | • Short answer<br>• MCQ |
| **VII** | 10 (T) | Describe anatomical position and structure of bones and joints<br>Identify major bones that make up the axial and appendicular skeleton<br>Classify the joints<br>Identify the application and implications in nursing<br>Describe the structure of muscle | **The Musculoskeletal system:**<br>**The Skeletal system**<br>• Anatomical positions<br>• Bones – types, structure, growth and ossification<br>• Axial and appendicular skeleton<br>• Joints – classification, major joints and structure<br>• Application and implications in nursing | • Review – discussion<br>• Lecture<br>• Discussions<br>• Explain using charts, skeleton and loose bones and torso<br>• Identifying muscles involved in nursing procedures in lab | • Short answer<br>• Objective type |
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| | | Apply the knowledge in performing nursing procedures/skills | **The Muscular system**<br>• Types and structure of muscles<br>• Muscle groups – muscles of the head, neck, thorax, abdomen, pelvis, upper limb and lower limbs<br>• Principal muscles – deltoid, biceps, triceps, respiratory, abdominal, pelvic floor, pelvic floor muscles, gluteal muscles and vastus lateralis<br>• Major muscles involved in nursing procedures | | |
| **VIII** | 5 (T) | Describe the structure of renal system | **The Renal system**<br>• Structure of kidney, ureters, bladder, urethra<br>• Application and implication in nursing | • Lecture<br>• Models/charts | • MCQ<br>• Short answer |
| **IX** | 5 (T) | Describe the structure of reproductive system | **The Reproductive system**<br>• Structure of male reproductive organs<br>• Structure of female reproductive organs<br>• Structure of breast | • Lecture<br>• Models/charts | • MCQ<br>• Short answer |
| **X** | 6 (T) | Describe the structure of nervous system including the distribution of the nerves, nerve plexuses<br><br>Describe the ventricular system | **The Nervous system**<br>• Review Structure of neurons<br>• CNS, ANS and PNS (Central, autonomic and peripheral)<br>• Structure of brain, spinal cord, cranial nerves, spinal nerves, peripheral nerves, functional areas of cerebral cortex<br>• Ventricular system – formation, circulation, and drainage<br>• Application and implication in nursing | • Lecture<br>• Explain with models<br>• Video slides | • MCQ<br>• Short answer |