Teaching	**Anatomy**
Level and course of study	Bachelor's Degree in Sports Science (Bachelor's degree – class L-22)
Academic discipline (SSD)	BIOS-12/A – Anatomy
Course year	1
Academic year	2025-2026
Total number of credits	9
Prerequisites	
Teacher	Antonello Ciccarelli AREA: Bio-medical NICKNAME: Ciccarelli Antonello EMAIL: antonello.ciccarelli@unicusano.it
Presentation	The Anatomy module aims to provide the student with the skills necessary for a full understanding of the complexity of the human organism, the relationship between the different anatomical structures and their function and hints of anthropometry. The student must be able to acquire a correct anatomical terminology that will be very important in the interpretation and application that the graduate in motor science will then have to use in programming and management of motor and sports activities, and will also provide basic notions in the field of anthropometry Sports
Learning objectives	At the end of the course, the student will have to know and be able to describe: • The morphology and structure of the cell, the tissues, the classification of bones, joints and muscles that characterize anatomy in general • Locomotor system: recognize the individual bones with their characteristics, know the architecture of the joints and their movements and also a broad in-depth study of myology with particular regard to the agonist and antagonist muscle groups that act on movement. • The student will also have to know and be able to describe: the organs that characterize the head, neck, thoracic cavity and abdominal cavity, with particular reference to the cardio-respiratory, digestive, urinary and nervous systems. • The student will have to know notions of Anthropometry of sport
Prerequisites	Nobody
Results of	In summary, the expected learning outcomes are:

Expected learning	KNOWLEDGE AND UNDERSTANDING: The course aims to provide in-depth knowledge of the architecture and structure of the human body and the acquisition of peculiar anatomical-functional skills of the musculoskeletal system and of all the apparatuses and systems as well as some hints of anthropometry of sport APPLYING KNOWLEDGE AND UNDERSTANDING: The study of anatomy will provide the student with the basic knowledge to make the correlations between the structures of the human body, the related functions and the mechanisms that allow the communication, control and integration of body functions to facilitate the approach to subsequent courses that require morphological and anthropometric knowledge MAKING JUDGEMENTS: THE STUDENT WILL BE PROVIDED WITH ALL THE SKILLS FOR THE RECOGNITION OF THE ANATOMICAL STRUCTURES OF THE HUMAN BODY AND BASIC NOTIONS OF ANTHROPOMETRY COMMUNICATION SKILLS: At the end of the course, the student will have acquired an appropriate anatomical terminology and will be able to adapt the forms of communication to the interlocutors LEARNING SKILLS: Updating skills through the consultation of specific scientific publications in the sector and the use of the computer network. Ability to fully continue studies, using the knowledge acquired in the course.
Course structure	The Anatomy course includes 9 CFU, which corresponds to a study load of at least 175 hours by the student. The course is developed through **pre-recorded audio-video lessons**, **slides**, **handouts** and other supporting teaching resources. The study materials, which are available on the platform, contain all the elements necessary to deal with the study of the subject. The study load includes at least the following components: • **147 hours** of **teaching** for the viewing and study of **pre-recorded lessons** (7 hours of study for 1 hour of video-recorded lessons, of which 2 hours to listen to the lesson and 5 hours of self-study to assimilate the contents of the lesson, for a total of 21 hours of video-recorded lessons); • **28 hours of interactive teaching** on the forum (virtual classroom) aimed at carrying out exercises and exercises proposed by the teacher, called e-activities. These are exercises on specific parts of the program that prepare the student to take the final exam. There are also **self-assessment tests**, asynchronous - which accompany the pre-recorded lessons and allow students to ascertain the understanding and degree of knowledge of the contents of each of the lessons - and **final self-assessment exercises**, asynchronous - which correspond to exam tracks - which allow the student to verify the level of preparation achieved. This activity, which makes use of the tools provided in the platform, is also interactive and requires additional hours of study at the student's discretion. Finally, teaching makes use of synchronous tools such as **web-conference reception** and chats available on the platform in order to allow real-time interaction with enrolled students. .
Course programme	• **MODULE I – GENERAL ANATOMY AND LOCOMOTOR SYSTEM (THE SKELETON) – 3 HOURS OF VIDEO-RECORDED LESSONS FOR A COMMITMENT OF 21 HOURS OF STUDY** 1. Introduction to Anatomy 2. The Cell 3. The Fabrics 4. The Fabrics 5. The skeleton: spine, rib cage 6. Upper Limb, Lower Limb • **MODULE II – LOCOMOTOR SYSTEM (THE JOINTS) - 3 HOURS OF VIDEO-RECORDED LESSONS FOR A COMMITMENT OF 21 HOURS OF STUDY** 1. Generality 2. Spine, Shoulder 3. Elbow, Wrist, Hand 4. Pelvis, Hip 5. Knee 6. Ankle, Foot

- **MODULE III – LOCOMOTOR SYSTEM (THE MUSCLES) - 3 HOURS OF VIDEO-RECORDED LESSONS FOR A COMMITMENT OF 21 HOURS OF STUDY**

    1. Mm of Trunk
    2. Mm of the Spine
    3. Shoulder mm
    4. Arm & Forearm mm
    5. Mm of the Abdomen and Diaphragm
    6. Mm Hip, Thigh and Leg

- **MODULE IV – APPARATUS (CARDIOVASCULAR - RESPIRATORY) - 3 HOURS OF VIDEO-RECORDED LESSONS FOR A COMMITMENT OF 21 HOURS OF STUDY**

    1. Cardio-vascular system
    2. Cardio-vascular system
    3. Cardio-vascular system
    4. Respiratory system
    5. Respiratory system
    6. Respiratory system

- **MODULE V – APPARATUSES AND SYSTEMS (DIGESTIVE - URINARY - GENITAL - ENDOCRINE) - 3 HOURS OF VIDEO-RECORDED LESSONS FOR A COMMITMENT OF 21 HOURS OF STUDY**

    1. Digestive system
    2. Digestive system
    3. Different apparatus
    4. Urinary System
    5. Genital system
    6. Endocrine system

- **MODULE VI – APPARATUSES AND SYSTEMS (EYE – EAR – S.N.C.) - 3 HOURS OF VIDEO-RECORDED LESSONS FOR A COMMITMENT OF 21 HOURS OF STUDY**

    1. CNS (Central Nervous System)
    2. CNS (Central Nervous System)
    3. Eye
    4. Eye
    5. Ear
    6. Ear

- **MODULE VII – ANTHROPOMETRY OF SPORT – 3 HOURS OF VIDEO-RECORDED LESSONS FOR A COMMITMENT OF 21 HOURS OF STUDY**

    1. Anthropometry General
    2. Anthropometry and Sport
    3. Somatoanthropometric evaluation
    4. Morphomatomatogram
    5. Constitution and sporting activity
    6. Body constitution and performance

Study materials	• **42 Pre-recorded video lessons by the teacher divided into 6 modules** • **Teaching materials by the teacher (handouts, slides and more)** • **Recommended texts:** 1. **F. Martini, M. Timmons, R. Tallisch** "Human Anatomy" 7^ Edition – Edises ISBN 978-88-3319-025-9 2. **P. Carinci, E. Gaudio, G. Marinozzi et al.** "*Human Anatomy and Histology*", 2^ Edition - Elsevier ISBN 978-88-214-2692-6 ISBN eBook: 9788821434440 *3.* **R. Soames, N. Palastanga** *"Human Anatomy and Movement" 7^ Edition – Edra* ISBN 978-88-214-5127-0 eBook ISBN 978-88-214-5128.7
Assessment methods	The exam will normally consist of a **written test** or an **oral** test (a verification method that can be carried out at the headquarters in Rome) aimed at ascertaining the analytical skills, the property of language and the ability to rework the concepts acquired. The written test includes **30 multiple-choice questions** covering the entire course program (The 30 multiple-choice questions relating to the contents of the exam program are given the value of 1 point for correct answer) The oral test consists of an **interview** aimed at ascertaining the student's level of preparation. The latter normally unfolds in **2 questions** that concern the entire course program, each question has equal dignity and provides for a maximum grade of 30. In both examination methods, particular attention is given to the student's ability to re-elaborate, apply and present the material on the platform with language properties.
Criteria for the assignment of the final paper	The assignment of the **final paper** will take place on the basis of an interview with the teacher in which the student will express his or her specific **interests** in relation to some topic he or she intends to deepen; there are no **preclusions** to the request for assignment of the thesis and there is no **particular average** to be able to request it.