



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	440	B	046	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Anatomy II

Prerequisites

Secondary education

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Will understand and will be able to recognize and define the structure and functions of the torso, neck and head region: skeleton, muscles, nutrition and innervation.	Discussion, Exercise classes, Interactive lecture, Seminar, Simulation (engineering, technology or process simulation)	Control work, Examination
2	Will understand and will be able to recognize and define the structure and functions of the shoulder girdle, upper arm, forearm and hand region: skeleton, muscles, nutrition and innervation	Discussion, Exercise classes, Interactive lecture, Seminar, Simulation (engineering, technology or process simulation)	Control work, Examination
3	Will understand and will be able to recognize and define the structure and functions of the pelvis, thigh, calf and foot region: skeleton, muscles, nutrition and innervation	Discussion, Exercise classes, Interactive lecture, Seminar, Simulation (engineering, technology or process simulation)	Control work, Examination
4	Students will understand how the structures of the human body are connected, be able to describe muscle groups, systematically deepen their knowledge of anatomy and apply it in practice.	Discussion, Exercise classes, Individual project, Interactive lecture, Seminar	Individual project

Main aim

To provide knowledge and skills to use the achievements of modern anatomical science and to be able to analyze the structure and functions of the human body regions, to understand the anatomical and functional relationships of the human body structures. To enable critical evaluation of scientific and methodological health information and to reasonably apply it in practice.

Summary

The module will deepen knowledge of human anatomy by studying the structure and functions of the regions of the human body, the structures of the skeleton, muscles, nutrition and innervation, their arrangement to each other and functional connections. The acquired knowledge of human anatomy will enable students critically evaluate and analyze scientific and methodological information, reasonably apply it in practice, and independently deepen their knowledge of anatomy in the future.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Bendrojo universitetinio lavinimo

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Introduction to regional anatomy	
2.	Trunk region: skeleton, muscles, nutrition, innervation	
3.	Neck and head region: skeleton, muscles, nutrition, innervation	
4.	Shoulder girdle and humerus region: skeleton, muscles, nutrition, innervation	
5.	Forearm and hand region: skeleton, muscles, nutrition, innervation	
6.	Pelvic and thigh region: skeleton, muscles, nutrition, innervation	

№.	Sections and themes	Responsible lecturer
7.	Calf and foot region: skeleton, muscles, nutrition, innervation	
8.	Muscles chains	
9.	Practical application of anatomical knowledge	

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Marieb, Elaine N. Human anatomy & physiology (2001)	611 Ma443	1	No	
2.	Hall, Susan J. Basic biomechanics (1999)	612.7 Ha-182	1	No	
3.	Kinetic anatomy / Robert S. Behnke Champaign : Human Kinetics, 2006.	611.7	1	No	
4.	Milner, Clare E. Functional anatomy for sport and exercise : quick reference (2008)	611 Mi221	1	No	
5.	Delavier, Frédéric. Strength training anatomy (2001)	796.89 De-179	1	No	
6.	Nelson, Arnold G. Stretching anatomy : your illustrated guide to improving flexibility and muscular strength	612.7 Ne89	1	No	
7.	Svarbiausios anatomijos sąvokos lietuvių ir lotynų kalbomis : mokomoji priemonė / Pavelas Zachovajevas (2020)	611 Za 36	50	No	
8.	T. W. Myers. Anatomy Trains (2020)			No	
9.	https://www.visiblebody.com/ 3D virtualus anatomijos atlasas (2025)			No	
10.	Drake, R. L., Vogl, A. W., Mitchell, A. W., Tibbitts, R., & Richardson, P. (2014). Gray's Atlas of Anatomy E-Book. Elsevier Health Sciences			No	
11.	Loukas, M., Tubbs, R. S., Abrahams, P. H., Carmichael, S. W., & Gest, T. (2021). Gray's Anatomy Review E-Book. Elsevier Health Sciences			No	

Additional literature

№.	Title
1.	Frankel V.H., Nordin M. Basic biomechanics of the musculoskeletal system, Lippincott Williams & Wilkins, 2001
2.	Du, Y., Cai, X., Zheng, Y., Long, A., Zhang, M., Chen, M., Zhang, W., Zhu, J., Guo, J., & Yang, C. (2024). Research Advances and Trends in Anatomy from 2013 to 2023: A Visual Analysis Based on CiteSpace and VOSviewer
3.	Frankel V.H., Nordin M. Basic biomechanics of the musculoskeletal system, Lippincott Williams & Wilkins, 2001
4.	Delavier, Frédéric. Strength training anatomy (2001)
5.	Frich H., Kumner B., Putr R. (1990) Atlas of Human Anatomy. Karger.
6.	Nowinski, W. (2023). Advances in Neuroanatomy through Brain Atlasing
7.	Petekaya, E. (2020). The Most Cited Articles in Anatomy: An Update Study
8.	Topp K., Boyd B. Structure and Biomechanics of Peripheral Nerves: Nerve Responses to Physical Stresses and Implications for Physical Therapist Practice. Physical Therapy, 2006 vol. 86 no. 1, pp. 92-109

Coordinating lecturer

Position	Degree, surname, name	Schedule №.

Entitlement	Code
Department of Health Promotion and Rehabilitation	2006

Semester		Mode of studies	Structure				Total hours	Credits
			Theory	Seminars	Lab Works	Ind. work		
A	S	D	11	15	4	100	130	5

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
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№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
1.	1	1	0	6.	1	2	0
2.	2	2	0	7.	1	1	1
3.	2	1	1	8.	1	1	1
4.	1	2	0	9.	1	4	0
5.	1	1	1				
				Total:	11	15	4

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