EXERSCI 103
Human Anatomy
(15 points)
(Semester 1, City Campus)

Who should take this course?
If you are interested in how your skeleton and muscles work, this is the course for you. This course is designed to lay the foundation for future studies in anatomy, pathology, biomechanics, rehabilitation, exercise physiology, and more!

Learning Outcomes
By the end of this course, students will be able to:
• Demonstrate an understanding of anatomical movements and planes, types of bones, joints and muscles, and main features of bones, major muscle groups and peripheral nerves
• Identify and describe using models, diagrams and themselves the main features of bones, ligaments and major muscle groups
• Identify and explain the origins and insertions of the muscles of the limbs and trunk and the group actions of muscles on movement of the human body
• Understand and describe the peripheral nervous system and the muscles innervated by the main branches of the brachial and lumbosacral plexi
• Effectively communicate anatomical language by using correct terminology
• Identify and use appropriate resources to support inquiry and autonomous learning of human anatomy
• Recognise and describe the Māori world view applicable to human anatomy/mātai tinana

Learning and Teaching
Students are expected to attend two 1-hour lectures each week, and eight 2-hour laboratory sessions over the course of the semester. There are also tutorials available (one 1-hour tutorial every fortnight) for extra help.

Teaching Staff

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**Assessment**

Lab quizzes 20%
(8 laboratory quizzes, with marks from the best 5 scores counted)
Quiz 10%
Mid-term test 20%
Final exam 50%

*subject to change*

**Student Feedback**

Student satisfaction with quality of the course: 95%
Teaching in tutorials was effective: 93%
Course content was well organised: 99%

18.03.2021