



**Health and Sports Science Module Handbook**  
**Faculty of Sports Science Universitas Negeri Makassar**

<b>Module designation</b>		<b>Anatomy</b>				
Semester(s) in which the module is taught		1				
Person responsible for the module		Dr. Mutmainnah B, M.Kes, SpKJ Dr. Arimbi, S.Or, M.Pd Darul Husnul, S.Or, M.Kes				
Language		Bilingual (Bahasa and English)				
Relation to curriculum		Compulsory				
Teaching methods		3 parallel classes consist of 35 students/class: 1) Lecture (Face to face lecture): 3 hours x 14 weeks 2) Practical class: 3 hours x 14 weeks				
Workload	Total workload	196 hours				
		Face to face teaching	Structured activities	Independent study	Exam	total
	Lecture	42	10	10	4	66
	Practical class	42	42	42	4	130
	Total					196
Credit points		3 credits				
Required and recommended prerequisites for joining the module		None				
Module objectives / intended learning outcomes		<p>By the end of this course, students will be able to:</p> <ol style="list-style-type: none"> <li>1. Explain how to use directional and regional terminology, body planes and sections.</li> <li>2. Identify all of the bones composing the axial skeleton and their bony landmarks.</li> <li>3. Identify all of the bones composing the appendicular skeleton and their bony landmarks.</li> <li>4. Identify the major articulations of the human body.</li> <li>5. Identify, locate origin and insertion, explain primary moving actions, and nerve supply of the major appendicular and some of the axial skeletal muscles.</li> <li>6. Identify the most relevant landmarks of the surface anatomy.</li> </ol>				



**Health and Sports Science Module Handbook**  
**Faculty of Sports Science Universitas Negeri Makassar**

<p>Content</p>	<ul style="list-style-type: none"> <li>a. Anatomical Position. Regional and Directional Terms. Body Planes and Sections. Abdominal Quadrants.</li> <li>b. Axial Skeleton: Skull</li> <li>c. Axial Skeleton: Vertebral Column and Thoracic Cage</li> <li>d. Appendicular Skeleton: Pectoral girdle and upper limbs</li> <li>e. Appendicular Skeleton: Pelvic girdle and lower limbs</li> <li>f. Appendicular Skeleton: Pectoral girdle and upper limbs</li> <li>g. Muscles – Part I: From Masseter to Rectus Abdominis</li> <li>h. Muscles – Part I: From Pectoralis Major to Anconeus</li> <li>i. Muscles – Part I: From Pronator Teres to Hypothenar Eminence</li> <li>j. Muscles – Part I: Surface Anatomy of the upper body</li> <li>k. Muscles – Part II: From Iliopsoas to Adductor Magnus</li> <li>l. Muscles-Part II: From Gluteus Maximus to Semimembranosus</li> <li>m. Muscles – Part II: From Tibialis Anterior to Extensor Digitorum Brevis</li> <li>n. Muscles – Part II: Surface Anatomy of the lower body</li> </ul>
<p>Exams and assessment formats</p>	<p><b>Assignments</b></p> <p>There are five assignments throughout this course. All assignments are group assignments where each group consist of 4-5 students. All assignments consist of labeling exercises and other practical exercises that will help the student set all the information in an organized manner.</p> <ul style="list-style-type: none"> <li>• Assignment 1: Anatomical position. Regional and Directional terms. Body Sections and Planes. Abdominal Quadrants.</li> <li>• Assignment 2: Axial Skeleton.</li> <li>• Assignment 3: Appendicular Skeleton.</li> <li>• Assignment 4: Muscles Part I.</li> <li>• Assignment 5: Muscles Part II.</li> </ul> <p><b>Weight: 25%</b></p> <p><b>Practical Test</b></p> <p>There are five (5) total exams or lab practical tests in this course. Each practical test will assess comprehensive knowledge over the chapters covered for that particular exam including identification and labeling of anatomical structures on images presented during the test. Every practical will last 60 minutes and consists on 40 labeling, multiple-choice, matching, short answer, and true/false questions.</p> <ul style="list-style-type: none"> <li>• Practical Test 1: Anatomical position. Regional and Directional terms. Body Sections and Planes. Abdominal Quadrants.</li> </ul>



**Health and Sports Science Module Handbook**  
**Faculty of Sports Science Universitas Negeri Makassar**

	<ul style="list-style-type: none"><li>• Practical Test 2: Axial Skeleton.</li><li>• Practical Test 3: Appendicular Skeleton.</li><li>• Practical Test 4: Muscles Part I.</li><li>• Practical Test 5: Muscles Part II.</li></ul> <p><b>Weight: 75%</b></p>
Study and examination requirements	Students are expected to attend all classes as there will be assignments on some occasions, unless circumstances prevent them from attending and an email was sent prior to class. Final grading will be based on students' attendance, their assignments, and their final practical exams or tests.
Reading list	<p>Marieb, E., Brady, P., &amp; Mallatt, J. (2019). Human Anatomy Global Edition 9<sup>th</sup> Edition. Pearson.</p> <p>Drake, R., Vogl, W., Mitchell, A. W. M., Tibbitts, R., &amp; Richardson, P. (2020). Gray's Atlas of Anatomy 3<sup>rd</sup> Edition. Elsevier.</p> <p>Rogers, Kara. (2011) Bone and muscle: structure, force, and motion. Human Kinetics.</p>