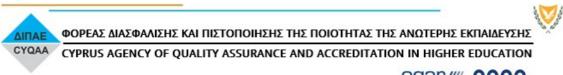
Course title	Anatomy of Movement		
Course code	MEDI126		
Course type	ectures		
Level	Diploma		
Year / Semester	st Year / 1st Semester		
Teacher's name	Polyviou Antonis		
ECTS	Lectures / week 3 Laboratories / week		
Course purpose and objectives	The purpose of the course is to provide students with the necessary knowledge as it relates to the development and function of the organs that make up the human body with a focus on the muscular and muscular system, transmitting fundamental knowledge on anatomy and kinesiology. Emphasis is also placed on the movement and the basic human anatomy and the analysis of bones, joints and muscles as they relate to the execution of various body movements and exercises.		
Learning outcomes			





Prerequisites	Required
Course content	 Direction, types, planes and axes of motion Bones – osseous tissue Joints of the skeleton Skeletal muscles and muscle mechanisms Trunk – spine Trunk – abdominal and back muscles Upper extremity – shoulder girdle/elbow/wrist Lower extremity – hip/knee/foot Kinesiology analysis of simple movements and exercises Muscle agonists and antagonists when performing various movements
Teaching methodology	The content of the course is taught through lectures with the help of a computer, video projector, electronic presentations and multimedia and the use of a whiteboard. Active student participation is ensured through guided discussions.
Bibliography	 Αγγελούσης, Ν., και Γιάκας, Ι. (2015). Βασικές έννοιες αθλητικής εμβιομηχανικής [Basic concepts of sports biomechanics]. Kallipos, Open Academic Editions. Ανακτήθηκε από https://hdl.handle.net/11419/5961 Blandine Calais – Germain, (2020). Ανατομία της κίνησης [Anatomy of Movement], Εκδόσεις: Σάλτο, ISBN: 9789602781906 Δούκας, Ν. Μ. (2005). Κινησιολογία [Movement]. Ιατρικές Εκδόσεις Λίτσας English Bibliography Tucker, L., and Foulston, J. (2002). An introductory guide to Anatomy and Physiology. KES College. Kingston, B. (2002). Understanding muscles: A practical guide to muscle function. Nelson Thornes. ISBN: 0-7487-4318-9 Stone, R. J. and Stone, J. A. (2009). Atlas of skeletal muscles. 6th Edition. McGraw - Hill Higher Education. ISBN: 978-0-07-128359-5 Floyd, R. T., Thompson, C. W. (2001). Manual of structural Kinesiology. McGraw-Hill. ISBN: 0-07-118191-1
Assessment	 Attendance and class participation: 10% Intermediary written examination: 40% Final written examination: 50%
Language	Greek or English