

BASI MORFOLOGICHE E FUNZIONALI DELLA VITA (INU022)

1. language

Italian.

2. course contents

Coordinator: Prof. TOESCA DI CASTELLAZZO AMELIA

Year Course: 1st

Semester: Annual

CFU/UFC: 8

Modules and lecturers:

- ANATOMIA UMANA (INU024) - 4 CFU - SSD BIO/16 - Prof. Amelia Toesca Di Castellazzo
- FISILOGIA UMANA (INU025) - 3 CFU - SSD BIO/09 - Prof. Maria Vittoria Podda
- ISTOLOGIA (INU023) - 1 CFU - SSD BIO/17 - Prof. Alessio D'Alessio

3. BIBLIOGRAPHY

F.H. Martini "Fondamenti di Anatomia e Fisiologia", EdiSES

F.H. Martini et al. "Anatomia Umana", EdiSES

A. Vercelli et al. "Anatomia Umana funzionale", Ed. Minerva Medica

G.A. Thibodeau K.T. Patton "Anatomia e Fisiologia", Elsevier

G.J. Tortora "Principi di Anatomia e Fisiologia", Casa Editrice Ambrosiana

M. McKinley - V.D. O'Loughlin "Anatomia Umana", Ed. Piccin

F.H. Netter "Atlante di Anatomia Umana - Infermieristica" Casa Ed. Edra

CL Stanfield, WJ Germann "Fisiologia", EdiSES

"Istologia" di Monesi, Ed. Piccin

S. Adamo ed altri. "Elementi di Istologia e cenni di Embriologia", Ed. Piccin

It is necessary for the student to have a reference text of their choice from the recommended ones or another text, after approval by the lecturer, for each discipline. It is optional to choose an Anatomy and Physiology textbook or two separate texts, one for each discipline. It is optional to choose an Anatomy atlas.

4. LEARNING OBJECTIVES

The aim of the course is to provide the student with the basic knowledge prerequisite to the study of clinical disciplines necessary to ensure the correct application of diagnostic and therapeutic prescriptions. In particular, the Histology module aims to provide knowledge of differentiated cells and their organisation in tissues, the Anatomy module of the organisation of the different systems and organs of the human body, the Physiology module of the functions of the different organs and the general mechanisms of functional control under normal conditions in order to understand any pathological changes observed and to be aware of the health procedures required in the performance of the profession.

Knowledge and understanding - (Dublino 1) At the end of the course the student must demonstrate that he/she has acquired a full knowledge of differentiated cells, to establish a correlation between structure and function, and their organisation into tissues and the latter into organs. The student must also demonstrate to knowledge the organisation of the different systems of the human body, the microscopic and macroscopic organisation of the single organs with the main topographical relationships and the relationship between structure and function of the organ. The student must demonstrate that he/she has acquired the main knowledge of the vital functions of man, necessary for understanding the functioning of the various organs and systems, their

regulatory mechanisms and the main processes of integration and homeostatic control.

Applying knowledge and understanding – (Dublino 2). At the end of the course, the student must be able to apply the acquired knowledge of the function of tissues and anatomical structures to recognize the requirements of the assisted person at different ages and in different situations and to identify the most appropriate responses with professional competence in the healthcare field.

Making judgements - (Dublino 3) At the end of the course, the student must have developed autonomous abilities in integrating the knowledge and competences learned in order to recognize the differences between body organs and their function under physiological and non-physiological conditions.

Communication skills – (Dublino 4) At the end of the course, the student should be able to identify tissues and anatomical structures and describe their functional characteristics using the correct terminology; he/she should also be able to express him/herself clearly and unambiguously. He/she should be able to relate to medical doctors, colleagues, other health operators, patients and their relatives in order to transmit the acquired knowledge in the most appropriate and effective ways, autonomously and in a spirit of team collaboration.

Learning skills – (Dublino 5) At the end of the course, the students should be able to self-assess their skills, increase their knowledge and update themselves independently by using texts, scientific articles and online platforms.

5. prerequisiteS

It is necessary for the student to have knowledge of basic science subjects, especially chemistry, physics and biology.

6. TEACHING METHODS

The teaching of the course consists of lessons with the aid of projected images and films. Lectures are given by providing application perspectives for each individual discipline. In the lessons, all topics present in the program are covered, inserting, when possible, clinical information and giving particular emphasis to the most relevant and essential aspects for the formation of a future nurse and in order to provide the student with a complete overview of the knowledge to be acquired and the correct method of study. During lectures, students are stimulated to actively participate through questions on the topics of the current or previous lectures and encouraged to express themselves using the correct terminology. The Physiology module includes a practical demonstration of blood pressure measurement.

7. OTHER INFORMATION

The Morphological and Functional Bases of Life course takes place in the 1st and 2nd semester of the 1st year of the degree course with an exam at the end of the 2nd semester.

Teachers are available for information on the course and clarification of lessons with an appointment made by e-mail or, if a quick request is required, at the end of the lectures.

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8. METHODS FOR VERIFYING LEARNING AND FOR EVALUATION

The evaluation is focused to verify the full and correct knowledge of the content of the three modules and the student's ability to reason and to describe structures and functions using the correct terminology. There is a final written exam with multiple-choice questions for each discipline followed by an oral test if the written test is passed. The evaluation is expressed in thirtieths, the mark being the weighted average of the marks obtained in the three individual modules and a minimum mark of 18/30 is required to pass each test. The student may obtain the maximum mark of 30/30 if the weighted average is at least 29.5/30. In order to obtain honours, the student must achieve a mark of 30/30 in the three modules of the course and in all the intermediate tests.

During the course there are optional and not propaedeutic written intermediate tests. For the Anatomy module, two intermediate written tests are scheduled, Locomotor System and Neuroendocrine System, with evaluation expressed in thirtieths and value 1/3 of the final evaluation of the Anatomy module. The written tests are not propaedeutic. The Anatomy written tests, based on figures and questions with multiple-choice or completion answers, require mostly notional study with some clinical references. For the Physiology module is scheduled one intermediate written test (cellular neurophysiology, skeletal muscle physiology and autonomic nervous system) based on questions with multiple-choice answers with a value expressed in thirtieths and 1/3 of the final mark for the Physiology module. To attend the Morphological and Functional Bases of Life exam the student must have passed all the intermediate written tests. The mark obtained in the Anatomy and Physiology intermediate written tests is valid until the examination session in February 2026.

9. program

<HUMAN ANATOMY>

Organisation of the human body: anatomical position, reference planes, terms of direction, anatomical nomenclature, levels of organisation of the human body, body regions and cavities.

Skeletal system. Vertebral column, bones of the skull, thorax, pelvis, upper limb, lower limb.

General notes on joints: definition, fixed and mobile joints.

Muscular system. Main muscles of the head, neck, trunk, upper and lower limbs, diaphragm muscle, respiratory muscles, muscles of the abdominal wall, inguinal canal, general notes on the muscles of the pelvic floor.

Cardiovascular system. Heart: topography, relationships, external and internal conformation, conduction system, coronary arteries and veins. Pericardium. Systemic and pulmonary circulation; aorta and main branches (branches of the aortic arch, thoracic aorta, abdominal aorta), main arterial vessels of the head, neck, thorax, abdomen and limbs; main venous vessels of the head, thorax, abdomen, upper and lower limbs, portal vein and portal-cava anastomosis.

Lymphatic system. Generalities on lymph and lymphatic vessels, topography and structure of lymph Nods, spleen, thymus, tonsils.

Respiratory system. Relations, external and internal conformation, general notes on the microscopic structure, vessels of nose and nasal cavities, nasopharynx, larynx, trachea, bronchi and bronchial tree, lungs. Pleura.

Digestive system. Relationship, external and internal conformation, outline of the microscopic structure, vessels of the oral cavity and its annexes (tongue, teeth), pharynx, esophagus, stomach, small intestine, large intestine. Major salivary glands, liver and biliary tract, pancreas (relationships, external and internal conformation, vessels).

Urinary apparatus. Relations, external and internal conformation, vascularisation of kidneys, ureters, bladder, male and female urethra.

Reproductive system. Relationships, structure, vessels of testis, epididymis, vas deferens, prostate, seminal vesicles, uterus, ovaries, tubes, vagina.

Peritoneum: general organisation and behaviour in the abdominal and pelvic cavity.

Endocrine glands. Relationship, structure, vessels of pituitary gland, thyroid, parathyroid, pancreas, epiphysis, adrenal glands.

Nervous system. Central nervous system: meninges and cerebrospinal fluid circulation, cerebral ventricles; organisation of spinal cord, brainstem, hypothalamus, thalamus, cerebellum, brain; main sensory and motor pathways. Peripheral nervous system: general organisation, cranial nerves, spinal nerves, main nerves of the limbs. Autonomic nervous system: general organisation.

Sense organs. Generalities on the eye and ear.

Notes on the skin.

Notes on the mammary gland.

<PHYSIOLOGY>

Introduction to physiology and the concept of homeostasis.

Nervous system. Excitability, electrogenesis, membrane potential. Ion channels. Action potential.

Propagation of the action potential. Synapses and synaptic transmission. Neurotransmitters.

Membrane receptors and signal transduction. Functional organisation of the central and peripheral nervous system. Notes on sensory systems and motor control. Functions of glial cells. Neurotransmitters and functions of the autonomic nervous system. Skeletal muscle physiology: motor unit, neuromuscular junction, excitation-contraction coupling, the mechanism of muscle contraction. Physiology of smooth muscle. Physiology of the Cardiovascular System. Functional organisation of the cardiovascular system. Electrical activity of the heart: pacemaker cells, conduction tissue, functional characteristics of myocardial cells. Electrocardiogram. Cardiac cycle. Cardiac valve function. Haemodynamics: blood flow, pressure, vessel resistances and their regulation. Blood pressure measurement. Exchange of water and solutes between capillaries and tissues. Blood functions and haemostasis. Physiology of the Respiratory System. Functional organisation of the respiratory system. Functions of the pleura and surfactant. Ventilation and lung volumes. Gas exchange in the lungs: diffusion of O₂ and CO₂ across the respiratory membrane. O₂ and CO₂ transport in the blood. Water compartments and the renal system. Renal function. Glomerular filtration and renal clearance. Active and passive tubular reabsorption and regulatory mechanisms. Excretion. Homeostatic functions of the kidney. Micturition. Functional organisation of the gastrointestinal system. Digestion, nutrient and water absorption. Gastrointestinal secretion and its regulation. Gastrointestinal motility and its regulation. References to nutrition and metabolism. Endocrine system. Hormones: classification and function. Hypothalamic-pituitary system and target glands.

<HISTOLOGY>

General information on the cell and cell differentiation. Epithelial tissue. Covering epithelia: generalities, organization, classification, and description of the various types of epithelia. Cytological features and cellular specializations. Cell polarity. Intercellular junction systems. Glandular epithelia: exocrine and endocrine glands. Connective tissue. Cellular elements and intercellular substance (fibers and matrix). Types of connective tissue proper: embryonic connective tissue, loose fibrillar connective tissue, dense fibrillar connective tissue, reticular connective tissue, elastic connective tissue, adipose connective tissue. Blood and Haemopoietic Tissues. Plasma and figured elements. Bone marrow. Supporting Connective Tissues. Cartilage Tissue. Hyaline, Elastic and Fibrous Cartilage. Perichondrium. Compact and Spongy Bone Tissue. Periosteum and Endosteum. Intra-membranous and endochondral ossification. Generalities on bone remodelling and repair of bone tissue. Muscle Tissue: Histological organization of smooth, skeletal, and cardiac muscle. Mechanism of muscle contraction. Nervous Tissue: general characteristics. Neurons, nerve fibers and synapses. Neuroglia. Notes on nerve impulse conduction. Overview of the histological organisation of the reproductive system.