

**PLAN of practical classes of Human Anatomy for 1st year students, 1st semester of 2025-2026**

№ LESSONS	TOPIC	WEEK
1 lesson	Anatomical terminology. Axes and planes. The skeleton and its parts. The vertebral column. Structure of the thoracic vertebra. Structure of the cervical and lumbar vertebrae. Sacrum and coccyx. Ribs and sternum.	<i>09.02 - 14.02</i>
2 lesson	The skeleton of the head is a skull. The brain skull. Bones of the brain skull: frontal, parietal and occipital.	<i>16.02 - 21.02</i>
3 lesson	Ethmoid and sphenoid bones. The temporal bone. Channels of the temporal bone, the beginning and places of opening.	<i>23.02 - 28.02</i>
4 lesson	Bones of the facial skull: upper jaw, palatine bone, coulter, zygomatic bone, lower nasal concha, nasal cavity, lacrimal bone, lower jaw, hyoid bone.	<i>02.03 - 07.03</i>
5 lesson	The skull as a whole: the relief of the outer and inner surfaces, the sutures of the skull, the roof of the skull. Eye socket, nasal cavity, bone base of the oral cavity. External base of the skull. Temporal, sub-temporal, and pterygoid-palatine fossae. Internal base of the skull.	<i>09.03 - 14.03</i>
6 lesson	Upper limb girdle bones: scapula, clavicle, free upper limb bone: humerus. Bones of the free upper limb: forearm and hand. Sesamoid bones.	<i>16.03 - 21.03</i>
7 lesson	Lower limb girdle bones. The pelvic bone. Bone of the free lower limb: femur. Bones of the free lower limb: lower leg and foot.	<i>23.03 - 28.03</i>
7 lesson	<b>FINAL LESSON: «OSTEOLOGY».</b>	<i>30.03 - 04.04</i>
9 lesson	Types of bone connections. Vertebral joints (intervertebral discs, ligaments, joints). Spinal column: curves, age-related features. Chest: shape and relationship with body type. Atlantococcipital and atlantoaxial joints. Joints of the skull bones: sutures and synchondrosis. Temporomandibular joint	<i>06.04 - 11.04</i>
10 lesson	Joints of the upper limb girdle bones: acromioclavicular and sternoclavicular joints. Shoulder and elbow joints. Joints of the forearm and hand bones: radiocarpal, joints of the forearm bones. Joints of the hand: inter-wrist, mid-wrist, carpal-metacarpal, inter-wrist, metacarpophalangeal, interphalangeal, carpal-metacarpal joint of the thumb.	<i>13.04 - 18.04</i>
11 lesson	Joints of the lower limb girdle bones. Joint of the pelvic bones: pubic symphysis, sacroiliac joint. The pelvis as a whole. Large and small pelvis. Joints of the bones of the free lower limb: hip joint. The knee joint. Connecting the lower leg bones. The ankle joint. Joints of the foot: joints of the bones of the tarsal, tarsal-metatarsal, inter-tarsal, metatarsophalangeal, interphalangeal joints. Arches of the foot and ligaments strengthening them.	<i>20.04 - 25.04</i>
12 lesson	<b>FINAL LESSON "ARTHROLOGY"</b>	<i>27.04 - 02.05</i>
13 lesson	Active part of the musculoskeletal system. Back muscles. Functions of the back muscles. Chest muscles: superficial and deep. The aperture. Abdominal muscles. Abdominal press. Topography of the abdominal areas. Rectus abdominis vagina. White belly line, umbilical ring. Inguinal canal. Weak points of the abdominal wall as anatomical prerequisites for the formation of hernias.	<i>04.05 - 09.05</i>
14 lesson	Neck muscles. Classification, superficial, supra-sublingual and sublingual, deep, sub-occipital. Topography of the neck muscles. "Triangles" of the neck. Neck fascia. Functions of the neck muscles. Head muscles. Classification of head muscles. Facial and masticatory mus-	<i>11.05 - 16.05</i>

	cles. Functions of facial and masticatory muscles.	
15 lesson	Upper limb muscles. Upper limb girdle and shoulder muscles. Topography: axillary fossa, axillary cavity, furrows and channels of the shoulder. Synovial sacs and vaginas of the upper limb girdle and shoulder muscles. Forearm and hand muscles. Topography: ulnar fossa, furrows and channels of the forearm and hand. Synovial sacs and tendon sheaths of the forearm and hand muscles	<i>18.05 - 23.05</i>
16 lesson	Lower limb girdle muscles. Thigh muscles. Topography: muscular and vascular lacunae, femoral and adductor canals. Lower leg and foot muscles.	<i>25.05 - 30.05</i>
17 lesson	Topography of the lower leg and foot area: popliteal fossa, shin-popliteal canal, upper and lower fibular muscular channels, lateral and medial plantar furrows. Weak points of the lower limb: femoral triangle, popliteal fossa, medial ankle area.	<i>01.06 - 06.06</i>
18 lesson	<b>FINAL LESSON "MYOLOGY"</b>	<i>08.06 - 13.06</i>

Заведующий кафедрой анатомии человека,  
к.м.н., доцент

В.Н.Жданович