

**LESSON
PLAN
BASIC B.Sc. NUSING
SEMESTER I**

Subject code: 1**Subject: Anatomy****Faculty: Mrs. Jasmin Shijo**

UNIT	Topic	No. of lecture	Lecture serial
Introduction to Anatomical terms organization of the human body	• Anatomical terms	1	1
	▪ Systems	1	2
	• Human Cell structure	1	3
	• Tissues (including glands)	1	4
	• Regions, cavities	1	5
	• Membranes	1	6
Skeletal System	• Function of bones Typical bone	1	7
	• Bone-growth- healing of fracture	1	8
	• Skeleton – Axial, Appendicular	1	9
	• Bones- Classification	1	10
	• Joints – Classification, Typical Synovial joint	1	11
	• Alteration in Disease	1	12
	Application and implication in nursing	1	13
Muscular System	• Muscular tissue review	1	14
	• Typical skeletal muscle/Principles of lever	1	15
	• Classification-Shape, red & pale, prime mover, Antagonist, Synergist	1	16
	• Muscle groups & movements at a joint Head,	1	17
	face, neck, Back ,Upper Limb,	1	18
	Thorax, Abdominal, Pelvis, Perineum, Lower Limb	1	19
	• Alteration in Disease		20
• Application and implication in nursing	1		

Respiratory System	• Trachea, lung, pleura	1	21
	• Musculoskeletal frame & Muscles of respiration	1	22
	Mechanism of respiration	1	23
	• Alteration in Disease	1	24
	• Application and implication in	1	25

Digestive System	• Mouth- Tooth, mastication Salivary glands deglutition	1	26
	Esophagus , Peritoneum	1	27
	• Stomach & Intestines,	1	28
	• Liver, Biliary Apparatus, Pancreas	1	29
	• Alteration in disease	1	30
• Application and implication in nursing	1	31	
Cardiovascular System	• Heart & Pericardium	1	32
	• Blood ,Arterial & venous system(Systemic, Pulmonary, Hepatoportal Coronary)	1	33
	• Lymphatic System and Lymphoid tissue	1	34
	• Thymus	1	35
	• Lymph node & Lymph nodule	1	36
	• Spleen		
	Alteration in disease	1	37
• Application and implication in nursing			
Urinary System (Excretory)	• Kidney	1	38
	• Ureter,	1	39
	• Urinary Bladder	1	40
	• Urethra & continence	1	41
	• Alteration in disease		
	• Application and implication in nursing	1	42
Reproductive system	• Male reproductive organs	1	43
	• Female reproductive organs	1	44
	• Breast Application and implication in nursing	1	45
Endocrine System	• Pituitary & Supra renal glands	1	46
	• Thyroid &Parathyroid glands	1	47
	• Pancreas		
	Alteration in disease	1	48
• Application and implication in nursing			
Nervous System	• Somatic Nervous system Structure of brain , spinal cord	2	49-50
	, cranial nerves, spinal nerves	2	51-52
	• ANS & PNS	2	53-54
	• Ventricles, CSF & •Meninges		
	Alteration in disease	2	55-56
• Application and implication in nursing			

Sense organs	• S t r u c t u r e o f E y e	1	57
	• Ear	1	58
	• Nose & tongue	1	59
	• Skin	1	60

REFERENCES :

1. Waugh, Anne (2003), “ Ross & Wilson’s Anatomy & Physiology in health & illness’’ 10th ed., Churchill Livingstone.
2. Anthony & Thibodcon (2000), “Anatomy & Physiology for nurses’’ 11th ed., C.V. Mosby Co., London.
3. Greig, Rhind, “ Riddle’s Anatomy & Physiology’’, 7th ed., Churchill Livingstone.
4. Singh, I. B. (2005), “Anatomy & Physiology for nurses”, 1st ed., Jaypee.
5. Tortora, (2003), “Principles of Anatomy & Physiology,” 10th ed., Wiley inter.
6. Chaurasia, B.D. (2004), “Human Anatomy”, 4th ed., CBS publishers.

