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| 1. Course title: **Human biology** | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): lecture | | | |
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| 4. Contact hours: 2 hoursper week | | 5. Number of credits (ECTS): 2 | | | |
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| 6. Preliminary conditions (max. 3):   * none | | | | | |
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| 7. Announced:fall semester, spring semester, both | | | | | |
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| 8. Limit for participants: 150 | | | | | |
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| 10. Responsible teacher (faculty, institute and department):  Dr. Wilhelm Márta (Faculty of Sciences, Institute of Sport Sciences and Physical Education, Dept. of Leisure Sports and Recreation) | | | | | |
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| 11. Teacher(s) and percentage: | | Dr. Márta WILHELM | | 100 % | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  Objectives: The lecture intends to introduce students to the characteristics of the human body. An overview is provided in the phenotypic variations of human kind, morphological features of the head/skull and body. The course gives an insight into the biological, anthropological differences between sexes, or before and after puberty.  **Learning outcomes**:   1. Describing factors determining a person’s phenotype 2. To analyze the different factors determining/ modifying a person’s phenotype. It is a very important point in the practice of a PE teacher or trainer. Without the proper knowledge it is impossible to create a correct and effective training program for a pupil, adolescent or adult. 3. Determining factors of body structure and body composition 4. Phases of human development, delineating the hormonal and structural changes of the body, especially around puberty | | | | | |
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| 14. Course outline   1. Anthropology among sciences 2. Phenotype and genotype. Effects of the environment. Determination of the phenotype. 3. Bones of the skull. Basic metrics, metric points on the skull (craniometry, kephalometry). Morphological typology 4. Morphological characterization of the skull Sexual characteristics of the skull. Atavism. 5. Important bones in the body. Metric points of the body and its morphological characterization. 6. Sexual characteristics of the body (dimorphysm). Atavism. 7. Process of developments and maturation. Body ratios throughout development from childhood to adulthood. 8. Chronological and biological age, Hormones regulating puberty and maturation.   Week 9 Puberty, sexual characteristics, sexual dimorphism Effects of the environment. Secular trends  Week 10 Body composition, constitution. Body fat percentage.  Week 11 Somatotypes. Computing and analyzing the body. Models of the body composition. | | | | | |
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| 15. Mid-semester works  Attending lectures is highly recommended.  6th week: Characterization of own skull.  7th week: Test from the knowledge of head and skull  12th week: Characterization of own body | | | | | |
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| 16. Course requirements and grading  Written exam is based on lectures, accessible electronic sources and lecture materials. Most common questions in the structure of end term examination are: describing notions, relations, recognizing figures, analysis, multiple choice questions.  2 home works (description of own head and own body), 1written test from the 1-6th weeks studies.  Acceptable level is at least 50%,  Written exam in the exam period.  Final score: 1/3 from the score of home works, 2/3 from the exam score:  Final marks:  0–49% not satisfactory  50–64% satisfactory  65–74% average  75–84% good  85–100% excellent | | | | | |
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| 17. List of readings  1. Jurmain, R, et al (2013). Introduction to Physical Anthropology. Belmont, CA: Cengage Learning  2. Mader, S.S. (1995): Human Biology. Wm. C. Brown publishers, USA  3. Marks, J. (1995) *Human Biodiversity: Genes, Race, and History*. New York: Aldine de Gruyter. | | | | | |
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| 18. Recommended texts, further readings  1.An electronic textbook is available from the lecturer. | | | | | |
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| **Date** | 9 May 2017 | **Prepared by** |  | | |
| Dr. Márta WILHELM  responsible teacher | | |
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| **Endorsed by** | | |  | | |
| Dr. Márk Váczi  program supervisor | | |