



UNIVERSITY OF SHKODRA
“Luigj Gurakuqi”
Faculty of Natural Sciences
Department of Preclinical Subjects

Course name: 3.1 – Normal human anatomy

Head of the course / Lecturer (Dr. Maranaj Marku)

Loads:	Nr. credit	Number of teaching hours in the classroom				
		Lectures	Seminar	Laboratory	Practice	Total
	5	36	12	12	0	60

Academic year: 2025-2026 **Semester:** 1& 2

Subject type: (required)

Study program: Bachelor - General Nursing

Email address of the course head/teacher: maranaj.marku@unishk.edu.al

Code of Ethics: (Students are expected to adhere to the tenets set forth in the Code of Ethics, particularly those pertaining to academic integrity. This entails refraining from any form of academic dishonesty, including the copying of exam answers, the use of another individual's work without attribution, the fabrication of data, and the violation of the human and professional dignity and integrity of fellow students, academic and support staff)

SUMMARY AND LEARNING OUTCOMES: Normal human anatomy is the science that deals with the study of the human body, its shape and structure, under normal conditions. Students in this course receive a general and basic education according to systems starting from the skeletal, muscular, articular, digestive, respiratory, cardiovascular, central and peripheral nervous systems, etc.

BASIC CONCEPTS: At the end of the course, students are expected to: Know the basic structures of the human body.
The relationships of anatomical formations to each other.
Be able to apply the knowledge gained to make accurate judgments in clinical cases.

SUBJECT TOPICS explanation (about a paragraph) of each lecture topic by week, accompanied by relevant literature (detailed with pages)

First semester

First week

Brief history, overview, anatomical variations, anatomical terminology.
Anatomical position, anatomical plans and lines, general terms, parts and regions of the body, anatomical systems of the body. pp. (19-73)

Second week

The skeletal system, its development, its classification. Skull bones. pp. (19-73)

Third week

Vertebral column. Bones of the thorax. pp. (19-73)

Fourth week

Bones of the lower limbs. Bones of the upper limbs. pp. (19-73)

Week five

Connection of the bones of the skull, connections of the vertebral column, connections of the bones of the thorax.

Connections of the bones of the upper limbs and lower limbs. p. (19-73)

Week six

Muscular system, muscles of the head and neck. pp. (73-107)

Week seven

Muscles of the back and chest. Muscles of the abdomen and muscles of the upper limbs.

Muscles of the lower limbs. pp. (73-107)

Week eight

Digestive system: Mouth, pharynx, esophagus and stomach. pp. (107-137)

Week nine

Digestive system; Small intestine, large intestine, liver and bile ducts. pp. 107-137)

Week ten

Pancreas, peritoneum, and peritoneal space. pp. 107-137)

Week eleven

Respiratory system: Nose, larynx, trachea and bronchi. pp. (137-150)

Week twelve

Lungs, pleura, pleural space and mediastinum. pp. (137-150)

Second semester

First week

Cardiovascular system: Heart, arteries, pulmonary trunk, aorta, arteries of the head and neck.
pp. (171-190)

Cardiovascular system: Heart, arteries, pulmonary trunk, aorta, arteries of the head and neck.
pp. (171-190)

Second week

Arteries of the upper limbs, arteries of the trunk, arteries of the lower limbs.pg (171-190)

Third week

Pulmonary veins, superior vena cava, veins of the head and neck, veins of the upper limbs.

Azygos vein, inferior vena cava, portal vein, veins of the lower limbs. pp. (190-197)

Fourth week

Urinary system: Kidneys, ureters, urinary bladder, urethra. pp. (190-197)

Week five

Female and male genital system.pg (190-197)

Week six

CNS: spinal cord, brain, brainstem.pg (190-197)

Week seven

Cerebellum, diencephalon, cerebrum

Limbic system, sensory pathways, motor pathways, meninges, ventricular system.pg (190-197)

Week eight

SNP: cranial nerves, spinal nerves, somatic reflex arc p. (198-206)

Week nine

Autonomic nervous system: sympathetic nervous system. pp. (207-212)

Parasympathetic nervous system, reflex arc pp. (213-215)

Week ten

Endocrine system: Pituitary gland, pineal gland p. (215-228) Thyroid gland, parathyroid glands,
adrenal glands, pancreatic islets. p. (215-228)

Week eleven

The organ of vision, the eye, the organ of hearing and balance, pp. (230-238)

Week twelve

Sense organs: ear, nose, tongue. pp. (238-246)

Skin and related structures. pp. (248-255)

FORM OF KNOWLEDGE TESTING

ATTENDANCE:

Lecture attendance is mandatory at 75%

Seminars attendance is mandatory at 75%

Laboratory attendance is mandatory at 100%

CONTINUOUS TESTING:

For the assessment of practical skills:

The final student assessment is made with 100 points.

- ☐ Assessment during the year 20 points: 5 points active participation in seminars and laboratories; 10 points course assignment and 5 points minitest
- ☐ Assessment at the end of the course is an exam with 80 points: 30% are quizzes, 30% are supplementary and 20% are elaboration

LITERATURE (literature represents the list of publications that the student must read during the course, divided into)

a) Basic mandatory literature::

Lectures prepared by the teacher.

Prof.As. Nikollaq Leka, Prof.Sofika Qamirani, Prof.As. Artur Hafizi, Prof. Sazan Gabrani, Prof.Skwnder Topi, Prof.Drita Totozani,. Anatomia e njeriut. Njohuri bazw. Botimi i katwrt 2017

b. Recommended literature:

Grays Anatomy, The Anatomical Basis of Clinical Practise, 42th edition; Susan Standring; Churchill Livingstone Elsevier. 2018

FINAL REMARKS FROM THE SUBJECT TEACHER: (space where the teacher presents opinions, recommendations, observations, limitations, reservations related to the development of the subject in question during the academic year, if any, as well as the elements of the Code of Ethics according to point 2.10 of this decision)

Regular attendance of classes by students is essential for acquiring knowledge and skills in the subject, therefore attendance is mandatory.

Head of the Department

Doc. Dr. Julian Kraja



UNIVERSITY OF SHKODRA
“Luigj Gurakuqi”
Faculty of Natural Sciences
Department of Preclinical Subjects



Co-funded by
the European Union

Course name: 3.1 – Normal human anatomy

Head of the course / Lecturer (Dr. Maranaj Marku)

Loads:	Nr. credit	Number of teaching hours in the classroom				
		Lectures	Seminar	Laboratory	Practice	Total
	5	36	12	12	0	60

Academic year: 2025-2026 **Semester:** 1& 2

Subject type: (required)

Study program: Bachelor - General Nursing

Email address of the course head/teacher: maranaj.marku@unishk.edu.al

Code of Ethics: (Students are expected to adhere to the tenets set forth in the Code of Ethics, particularly those pertaining to academic integrity. This entails refraining from any form of academic dishonesty, including the copying of exam answers, the use of another individual's work without attribution, the fabrication of data, and the violation of the human and professional dignity and integrity of fellow students, academic and support staff)

SUMMARY AND LEARNING OUTCOMES: Normal human anatomy is the science that deals with the study of the human body, its shape and structure, under normal conditions. Students in this course receive a general and basic education according to systems starting from the skeletal, muscular, articular, digestive, respiratory, cardiovascular, central and peripheral nervous systems, etc.
They must develop the ability to use anatomical terminology in standard international language.
To promote understanding of the application of anatomical knowledge in the global context.
Promoting digital atlases and international platforms for anatomy.

BASIC CONCEPTS: At the end of the course, students are expected to: Know the basic structures of the human body.
The relationships of anatomical formations to each other.
Be able to apply the knowledge gained to make accurate judgments in clinical cases.

SUBJECT TOPICS explanation (about a paragraph) of each lecture topic by week, accompanied by relevant literature (detailed with pages)

First semester

First week

Brief history, overview, anatomical variations, anatomical terminology.
Anatomical position, anatomical plans and lines, general terms, parts and regions of the body, anatomical systems of the body. pp. (19-73)

Second week

The skeletal system, its development, its classification. Skull bones. pp. (19-73)

Third week

Vertebral column. Bones of the thorax. pp. (19-73)

Fourth week

Bones of the lower limbs. Bones of the upper limbs. pp. (19-73)

Week five

Connection of the bones of the skull, connections of the vertebral column, connections of the bones of the thorax.

Connections of the bones of the upper limbs and lower limbs. p. (19-73)

Week six

Muscular system, muscles of the head and neck. pp. (73-107)

Week seven

Muscles of the back and chest. Muscles of the abdomen and muscles of the upper limbs.

Muscles of the lower limbs. pp. (73-107)

Week eight

Digestive system: Mouth, pharynx, esophagus and stomach. pp. (107-137)

Week nine

Digestive system; Small intestine, large intestine, liver and bile ducts. pp. 107-137)

Week ten

Pancreas, peritoneum, and peritoneal space. pp. 107-137)

Week eleven

Respiratory system: Nose, larynx, trachea and bronchi. pp. (137-150)

Week twelve

Lungs, pleura, pleural space and mediastinum. pp. (137-150)

Second semester

First week

Cardiovascular system: Heart, arteries, pulmonary trunk, aorta, arteries of the head and neck. pp. (171-190)

Cardiovascular system: Heart, arteries, pulmonary trunk, aorta, arteries of the head and neck. pp. (171-190)

Second week

Arteries of the upper limbs, arteries of the trunk, arteries of the lower limbs.pg (171-190)

Third week

Pulmonary veins, superior vena cava, veins of the head and neck, veins of the upper limbs.

Azygos vein, inferior vena cava, portal vein, veins of the lower limbs. pp. (190-197)

Fourth week

Urinary system: Kidneys, ureters, urinary bladder, urethra. pp. (190-197)

Week five

Female and male genital system.pg (190-197)

Week six

CNS: spinal cord, brain, brainstem.pg (190-197)

Week seven

Cerebellum, diencephalon, cerebrum

Limbic system, sensory pathways, motor pathways, meninges, ventricular system.pg (190-197)

Week eight

SNP: cranial nerves, spinal nerves, somatic reflex arc p. (198-206)

Week nine

Autonomic nervous system: sympathetic nervous system. pp. (207-212)

Parasympathetic nervous system, reflex arc pp. (213-215)

Week ten

Endocrine system: Pituitary gland, pineal gland p. (215-228) Thyroid gland, parathyroid glands, adrenal glands, pancreatic islets. p. (215-228)

Week eleven

The organ of vision, the eye, the organ of hearing and balance, pp. (230-238)

Sense organs: ear, nose, tongue. pp. (238-246)

Week twelve

Skin and related structures. pp. (248-255)

Use of digital images "Visible Body", Complete Anatomy", "Primal Pictures" software

FORM OF KNOWLEDGE TESTING

ATTENDANCE:

Lecture attendance is mandatory at 75%
Seminars attendance is mandatory at 75%
Laboratory attendance is mandatory at 100%

CONTINUOUS TESTING:

For the assessment of practical skills:

The final student assessment is made with 100 points.

- ☐ Assessment during the year 20 points: 5 points active participation in seminars and laboratories; 10 points course assignment and 5 points minitest
- ☐ Assessment at the end of the course is an exam with 80 points: 30% are quizzes, 30% are supplementary and 20% are elaboration

LITERATURE (literature represents the list of publications that the student must read during the course, divided into)

a) Basic mandatory literature::

Lectures prepared by the teacher.

Prof.As. Nikolla Leka, Prof.Sofika Qamirani, Prof.As. Artur Hafizi, Prof. Sazan Gabrani, Prof.Skwnder Topi, Prof.Drita Totozani,. Anatomia e njeriut. Njohuri bazw. Botimi i katwrt 2017

b. Recommended literature:

Grays Anatomy, The Anatomical Basis of Clinical Practise, 42th edition; Susan Standring; Churchill Livingstone Elsevier. 2018

FINAL REMARKS FROM THE SUBJECT TEACHER: (space where the teacher presents opinions, recommendations, observations, limitations, reservations related to the development of the subject in question during the academic year, if any, as well as the elements of the Code of Ethics according to point 2.10 of this decision)

Regular attendance of classes by students is essential for acquiring knowledge and skills in the subject, therefore attendance is mandatory.

Erasmus+ KA2 Capacity Building in the field of Higher Education Strengthening capacities and digital competences in biomedical education through internationalization at home BIOSINT 101082863-BIOSINT-ERASMUS-EDU-2022-CBHE Project number: 101082863-BIOSINT-ERASMUS-EDU-2022-CBHE

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or European Education and Culture Executive Agency (EACEA). Neither the European Union nor the granting authority can be held responsible for them.

Head of the Department
Doc. Dr. Julian Kraja