

## Lesson Plan

**Name of the Faculty** : Rahul Jangra  
**Discipline** : MLT  
**Year** : 1<sup>st</sup>  
**Subject** : ANATOMY AND PHYSIOLOGY-I

**Lesson Plan Duration:** From September 2023 To December 2023

**Work Load (Lecture/Practical) per week (n hours):** Lecture= 03, Practical= 04

Week	Theory		Practical	
	Lecture Day	Topic (including assignment / test)	Practical Day	Topic
1 <sup>st</sup>	1	Introduction Anatomy & Physiology	1	Study of various parts of body through demonstration
	2	Levels of organization, parts of human body Structure and functions of animal cell.		
	3	Major body division and sectional divisions		
2 <sup>nd</sup>	4	Various definitions related to anatomy and physiology.	2	Cranial cavity (Brain) Thoracic cavity (Heart and lungs)
	5	Assignment and test		
	6	Basic tissue of the body (Gross structure and functions).		
3 <sup>rd</sup>	7	Epithelial tissue, structure and function	3	Abdominal cavity (Liver, Gallbladder, spleen, kidney, stomach & intestines) Pelvic cavity (Reproductive organs)
	8	Connective tissue, structure and function		
	9	Muscular tissue, structure and Function.		
4 <sup>th</sup>	10	Nervous tissue, structure and function	4	Demonstration of basic tissues of the body Epithelial tissue Connective tissue Muscular tissue Nervous tissue
	11	Gross structure, function and classification.		
	12	Bones of appendicular and axial skeleton		
5 <sup>th</sup>	13	Bones of Pectoral girdle and upper limbs	5	Demonstration of various parts of bones Bones of upper limb - Humerus, radius, ulna, fibula and articulated hand - Scapula and clavicle
	14	Bones of Pelvic girdle and lower limbs		
	15	Joints & Articulations: Types of joints (Structural and functional classification).		

6 <sup>th</sup>	16	Bones forming major synovial joints (Shoulder, Elbow, wrist, hip, knee, ankle and intervertebral joints).	6	Bones of lower limb - Pelvic/hip bone and femur, tibia, fibula and articulated foot. Bones of Skull and mandible Sternum and ribs Bones of vertebral column
	17	Properties of muscular tissue. Classification, structure and functions of muscles		
	18	- Skeletal muscle		
7 <sup>th</sup>	19	- Smooth muscle	7	Demonstration of major joints of the body Joints of upper limb - Shoulder joint - Elbow joint - Wrist joint
	20	- Cardiac muscle		
	21	Assignment and test		
8 <sup>th</sup>	22	Anatomy of heart: External & Internal features of heart, Chambers of heart	8	Joints of lower limb - Hip (pelvic) joint - Knee joint - Ankle joint intervertebral joints
	23	External & Internal features of heart		
	24	Chambers of heart		

9 <sup>th</sup>	25	Blood vessels attached to various chambers of heart, Coronary vessels & Major arteries and Veins of body	9	Demonstration of structural differences between: - Skeletal muscle - Smooth muscle and - Cardiac muscle
	26	Circulation of Blood: Pulmonary, Coronary and Portal circulation.		
	27	Blood Pressure: Definition of blood pressure, various terms used in Blood pressure, Factors affecting & controlling Blood pressure.		
10 <sup>th</sup>	28	Test	10	Demonstration of heart
	29	Methods and Apparatus for recording blood pressure		
	30	Introduction to ECG: Basic principles, normal electrocardiogram & grids of ECG paper, electrographic leads, cardiac cycle and Junctional tissues. Patient preparation for ECG recording & care and maintenance of ECG machine.		
11 <sup>th</sup>	31	Assignment and test	11	Demonstration of Radial pulse examination.
	32	Introduction to Respiratory system and Organs of respiration: Upper and lower respiratory tract		
	33	Nose and Paranasal sinuses		
12 <sup>th</sup>	34	Nasopharynx and larynx	12	Demonstration of Blood pressure Estimation
	35	Trachea, bronchi		
	36	Lungs		
13 <sup>th</sup>	37	Lungs	13	Demonstration of ECG recording
	38	Functions and mechanism of Respiratory system		
	39	Gas exchange in lungs.		
14 <sup>th</sup>	40	Control of respiration.	14	Demonstration of various parts of respiratory system
	41	Basal Metabolic Rate (BMR)		
	42	Respirometry: Procedure, clinical applications & Importance		

15 <sup>th</sup>	43	Assignment and test	15	Revision of practicals.
	44	Solving of previous question papers		
	45	Solving of previous question papers		