Programme of practical classes in Human Anatomy for First-Year Medical Students winter semester 2026/2027

No.	Date Groups 1-4	Topic
1.	5 Oct	Health and safety regulations. Course credit requirements. Introduction to the subject. Body axes and planes. General structure of bones. Types of bone connections. Divisions of the skeleton.
2.	8 Oct	Regions of the upper limb. Bones of the upper limb. Joints of the upper limb.
3.	12 Oct	Muscular system, muscle types and vector analysis of muscle action. Muscles and fasciae of the upper limb. Actions of the upper limb muscles.
4.	15 Oct	Vessels of the upper limb: arteries, veins, lymph nodes and lymphatic vessels.
5.	19 Oct	Nervous system and structure of a spinal nerve. Brachial plexus: structure, location, and its short and long branches. Clinical signs of nerve palsies.
6.	22 Oct	Topographic structures of the upper limb: axillary fossa, axillary cavity, medial and lateral bicipital grooves, cubital fossa, radial and ulnar grooves of the forearm, ulnar canal (Guyon's canal), carpal tunnel, and neurovascular bundles of the upper limb.
7.	**26 Oct**	**Upper limb colloquium - practical and theoretical parts.**
8.	29 Oct	Upper limb colloquium retake. Regions and planes of the thorax and back. Bones and joints of the vertebral column. Bones and joints of the thoracic cage.
9.	30 Oct (Friday)	Muscles and fasciae of the thorax. Mammary gland. Diaphragm: structure and action. Muscles and fasciae of the back.
10.	5 Nov	Heart and pericardial sac. Vessels of the thorax: arteries, veins, lymph nodes and lymphatic vessels.
11.	9 Nov	Respiratory tract: trachea, bronchi and lungs. Pleura.
12.	16 Nov	Somatic innervation of the thorax and back. Autonomic innervation of the thorax. Mediastinum: location, divisions and contents. Topographic structures of the thorax and back: suboccipital triangle, interlobar triangle, triangle of auscultation, lumbar triangle, and lumbar tendinous space.
13.	**19 Nov**	**Thorax colloquium - practical and theoretical parts.**
14.	23 Nov	Thorax colloquium retake. Lines, regions and planes of the abdomen. Muscles and fasciae of the abdomen. Topography of the anterolateral abdominal wall: rectus sheath and inguinal canal. Hernias. Peritoneum: location, development and topography.
15.	26 Nov	Vessels of the abdominal and pelvic cavities: abdominal aorta and its branches, internal iliac artery, inferior vena cava, internal iliac veins, and lymph nodes and lymphatic vessels of the abdomen and pelvis.
16.	30 Nov	Somatic innervation of the abdomen and pelvis. Lumbar plexus: structure, location, and its short and long branches within the abdomen and pelvis. Clinical signs of nerve palsies. Autonomic innervation of the abdomen and pelvis: coeliac plexus, intermesenteric plexus, superior hypogastric plexus and inferior hypogastric plexus. Pudendal nerve. Pelvic splanchnic nerves.
17.	3 Dec	Abdominal organs: spleen, pancreas, liver, biliary tract, abdominal part of the oesophagus and stomach; their blood supply and innervation.
18.	7 Dec	Abdominal organs: small and large intestines - topography, blood supply and innervation. Retroperitoneal organs: kidney, suprarenal gland and ureter.
19.	10 Dec	Bones, joints and ligaments of the bony pelvis. Pelvic planes and diameters. Regions of the perineum. Pelvic diaphragm and urogenital diaphragm. Connective-tissue neurovascular plate. Divisions of the pelvic canal. Connective-tissue spaces of the pelvis. Ischioanal fossa, pubic recess, pudendal canal, superficial and deep perineal pouches, and greater and lesser sciatic foramina.
20.	14 Dec*	Male genital organs, urinary bladder and male urethra (90 min).
21.	17 Dec*	Female genital organs, urinary bladder and female urethra (90 min).
22.	**7 Jan**	**Abdomen and pelvis colloquium - practical and theoretical parts.**
23.	11 Jan	Abdomen and pelvis colloquium retake. Regions of the lower limb. Bones of the lower limb. Joints of the lower limb.
24.	14 Jan	Muscles and fasciae of the lower limb. Actions of the lower limb muscles.
25.	18 Jan	Vessels of the lower limb: arteries, veins, lymph nodes and lymphatic vessels.
26.	21 Jan	Lumbar and sacral plexuses: structure, location, and their short and long branches within the lower limb. Clinical signs of nerve palsies.
27.	25 Jan	Topographic structures of the lower limb: obturator canal, greater and lesser sciatic foramina, common lacuna, femoral triangle, femoral canal, adductor canal, popliteal fossa, fascial compartments of the leg, and tarsal tunnel.
28.	**28 Jan**	**Lower limb colloquium - practical and theoretical parts.**
29.	**1 Feb***	**Lower limb colloquium retake.**
30.	**3 or 4 Feb***	**End-of-semester assessment (45 min).**

*** = 90 min.**

Time table:
Groups 1, 2 - Monday 7:00-9:15; Thursday 7:00-9:15
Groups 3, 4 - Monday 9:30-11:45; Thursday 9:30-11:45