Jan Amos Komeński STATE UNIVERSITY OF APPLIED SCIENCES in Leszno

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Course syllabus for ERASMUS+ incoming students

Course Title	
Palpatory Anatomy	
Academic Teacher	Zuzanna Maćkowiak , PhD
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ECTS credits	3
Number of hours	75
Course code	INT-IZKFF-PA-26

Course description

This course develops the ability to identify and differentiate selected superficial and deeper anatomical structures through palpation and to relate palpable landmarks to functional movement. It integrates anatomical terminology, a three-dimensional understanding of the musculoskeletal system, movement observation, and safe and ethically appropriate practical examination.

Students practice locating among others; bony landmarks, joints, muscles, tendons, ligaments, vessels, internal organs, and selected peripheral nerves, among other things. The course is practice-oriented and supports further learning in physiotherapy, physical activity, and other health-related disciplines.

Learning outcomes - course content

Upon successful completion of the course, students will be able to:

Knowledge

- The student knows the terminology of human anatomy and can explain the principles, indications, and limitations of anatomical palpation.
- Describes the location and anatomical relationships, with particular emphasis on bones, joints, muscles, tendons, ligaments, and peripheral nerves.
- Demonstrates knowledge of palpation of internal organs located in the abdominal cavity.

Skills

- The student is able to apply a systematic palpation procedure using appropriate hand positioning, pressure, patient positioning, and anatomical landmarks.
- Recognize and differentiate selected anatomical structures in specific segments of the spine, trunk, upper and lower limbs, and verify findings against anatomical landmarks.
- Uses precise anatomical terminology and clearly explains the procedure to a partner.

Social Competences

- Demonstrate professional conduct, respect for consent and privacy, sensitivity to discomfort, and adherence to hygiene and safety rules during practical exercises.

Course Content

- Basic palpation anatomy: touch, palpation techniques, anatomical terminology, consent, safety and hygiene.
- Palpation and tissue differentiation.
- Spine, thorax, and pelvis: bony landmarks and soft tissues.
- Upper limb: shoulder girdle, upper arm, elbow, forearm, wrist, and hand; major bony landmarks, muscles, and tendons.
- Lower limb: hip, thigh, knee, lower leg, ankle, and foot; major bony landmarks, muscles, and tendons.

Teaching and Assessment Methods

Interactive lectures and demonstrations; pair work; identification of anatomical landmarks; practical tasks; feedback; assessment of practical skills based on accuracy, technique, terminology, and professional conduct.

Student workload (self-study description)

Contact classes – 30 hours:

• Lectures/seminars: 10 hours

• Supervised practical classes: 20 hours

Independent and guided study – 45 hours:

• Preparation for classes and reading assigned chapters: 15 hours

• Independent practice of anatomical terminology, landmarks and palpation sequences using approved learning resources: 15 hours

• Preparation for the practical assessment and consolidation of course material: 15 hours

Self-study should focus on reviewing regional anatomy, learning the location and relationships of palpable structures, and reflecting on the accuracy and limitations of practical findings.

Literature

Basic Literature

1. Muscolino, J. E. (2022). The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns, and Stretching (3rd ed.). Elsevier. ISBN 978-0-323-76136-9.
2. Bauer, R., & Wolfram, S. (2024). Atlas of Palpation. Springer. https://doi.org/10.1007/978-3-662-69186-1

3. Cael, C. J. (2023). Functional Anatomy: Musculoskeletal Anatomy, Kinesiology, and Palpation for Manual Therapists (2nd ed.). Jones & Bartlett Learning. ISBN 978-1-284-23480-0.

Supplementary Literature

1. Reichert, B., & Stelzenmüller, W. (2021). Palpation Techniques: Surface Anatomy for Physical Therapists (3rd ed.). Thieme. ISBN 978-3-13-242987-1.
2. Atkins, E., Goodlad, E., & Chan-Braddock, S. (2022). A Practical Approach to Musculoskeletal Medicine: Assessment, Diagnosis and Treatment (5th ed.). Elsevier. ISBN 978-0-7020-8408-9.