Foundations of Health and Medical Practice

The first module of the year is an introductory module; its aim is to provide you with a foundation of the knowledge and skills for later modules, as well as introduce you to university learning styles through a wide variety of teaching. This module consists of roughly 53 sessions.

Topics Covered

- **Genetics** – RNA/DNA, translation/transcription, mitosis/meiosis, proteins.
- **Embryology** – fertilisation, implantation, gastrulation, neurulation, differentiation.
- **Haematology** – blood groups & transfusion, anaemia, coagulation.
- **Histology** – tissues, organs, connective tissue.
- **Anatomy** – anatomy lab, body axis, vertebrae, lymphatic system.
- **Enzymes** – classification, catalysis, activity, rate, regulation.
- **Homeostasis** – mechanisms, importance.
- **Inspirational lecture/ clinical lectures** – vary yearly e.g. death & dying, medical imaging.

Learning Methods

- Lectures – usually a one-hour teaching session.
- PBL – problem-based learning, with a tutor in a small group.
- CAL – computer-assisted learning, in dry lab rooms with a tutor.
- SPL – self paced learning, homework tasks that you can tackle at your own pace.

Lectures introduce you to concepts and new ideas which you will then go on to solidify and develop in CAL and PBL sessions; SPLs are for self-testing your learning.

Resources

- Dean MC & Pegington J. Core Anatomy for students Vol 2, The thorax, abdomen, pelvis and perineum.
- Young B, Stevens A & Lowe JS. Wheater's Functional Histology.
- Rang HP, Dale MM, Ritter JM & Flower R. Pharmacology.
- Pocock G, Richards CD and Richards DA Human Physiology.
- https://www.youtube.com/watch?v=rN3lep6roRI   / https://www.youtube.com/watch?v=nQU5aKKDwmo&t=6s

Tips

- Module may seem scattered, but this is to introduce you to a variety of topics and learning styles.
- Embryology is difficult to grasp, use visual aids to understand gastrulation.
- Experiment with a variety of methods for lectures to see what feels best for you.
- Memorise the coagulation cascade in chunks.

For more details, visit the module Moodle page.