

**CENTRAL UNIVERSITY OF KERALA**  
DEPARTMENT OF YOGA STUDIES  
M.Sc. YOGA THERAPY

**MYG5203 Human Biology II**

Course Code	MYG5203	Semester	II
Course Title	<i>Human Biology II</i>		
Credits	4	Type	Core

**Course Description**

**This course oriented to develop in the knowledge in human body system that enhances the employability as a Yoga Therapist of the student undergoing this course.** The course provides a deep understanding about the anatomy and physiology of human body. The knowledge about the body system is essential for doing yoga therapy effectively. The course discusses each system in detail and how it is significant in the yoga therapy.

**Course Outcome**

- **After completing this course students get knowledge about the anatomical and physiological functions of the human body.**
- **Ability to Synchronising the modern concept of human body along with the practice of yogic techniques.**
- Basic knowledge about yoga therapy.
- **Ability to understand health condition of person**
- **The course will improve the skill in the application of Yoga Therapy.**

**Course Structure**

The following is a detailed syllabus MYG5203 Human Biology II

**Module:**

This module is focussed in human anatomy and physiology. First and second unit teaches anatomy and physiology of nervous system and special senses. Third unit teaches functions of endocrine system. Fourth unit teaches excretory system and fifth unit teaches reproductive system.

**Unit I. Nervous system. (14 hours)**

- Anatomy and Physiology of Nervous system.
- Classification of Central nervous system and Peripheral nervous system.
- Autonomous nervous system , Sympathetic and Parasympathetic mechanisms.

**Unit II. Special senses. (10 hours)**

- Introduction to Special senses, Structure and functions of Eye.
- Structure of function of Ear and Balance.
- Structure and function of Nose and Tongue.

**Unit III. Endocrine system (14 hours)**

- Anatomy of Glands , Hormones and Action.
- Functions of Pineal Gland, Thyroid Gland.
- Functions of Pancreas, Adrenaline.

**Unit IV. Excretory system.****(12 hours)**

- Anatomy of Excretory system, Functions of Excretory system.
- Glomerulus, renal tubules, compositions of urine, micturition.
- Function of Skin, Temperature regulation.

**Unit V. Reproductive system****(10 hours)**

- Male Reproductive System and Female Reproductive System.
- Major Functions of Reproductive System.
- Menstrual Cycle and Basics of Pregnancy.

**Testing & Evaluation****Internal Assessment - 40 marks.**

Internal examination I - 15 marks, internal examination II - 15 marks, Assignments 10

**End semester examination - 60 marks**

Objective type questions -10 marks, short notes – 30 marks, essay - 20

**References**

1. Evelyn C Peace, Anatomy and Physiology for Nurses, Jaypee Brothers, New Delhi, India 1997.
2. Gore M.M, Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala-2003.
3. Ross and Wilson Anatomy and Physiology, 11<sup>th</sup> edition, Churchill Livingstone, London, 2019.
4. Dr. Shambu Lingam, Prema Sembu Lingam, Essentials of Medical Physiology, Jaypee Brothers, and Medical Publishers Pvt. Ltd., New Delhi -2012.