

Syllabus of the training module at the university level

Name of the Faculty	School of Medicine in English UJ CM
Name of the unit responsible for the module	Department of Histology UJ CM
Name of the module	Histology with cytophysiology
Module Code	
Language of training	English
Training effects for the module	<p><u>In terms of knowledge, the student is familiar with:</u></p> <ul style="list-style-type: none"> • <u>the histological nomenclature;</u> • <u>the cellular structures and their functional specializations, the fundamental processes in living cells;</u> • <u>components, microarchitecture and functional importance of the extracellular matrix</u> • <u>the microarchitecture of tissues, organs and systems and their functional specializations.</u> <p><u>In terms of skills, the student:</u></p> <ul style="list-style-type: none"> • <u>operates the optical microscope, including the use of immersion;</u> • <u>identifies in images from optical and electron microscope histological structures corresponding with organs, tissues, cells and cellular structures</u> • <u>describes and interprets their histological structure and interprets the relationship between structure and function;</u> • <u>uses histological nomenclature in speech and writing</u>
Type of module (mandatory/facultative)	mandatory
Year of studies	1-6
Semester	1
Name of the person/persons leading the module	Prof. Jan A. Litwin
Name of the person/persons examining or granting a credit if it is not a person conducting this module	ditto
Method of realization	Activities with direct participation of teacher and students
Prerequisites and additional needs	
Type and number of training courses hours that require direct participation of the academic teacher and students when such activities are provided for such module	<p>Lecture: 48 hours</p> <p>Exercises: 62 hours</p>
Number of ECTS credits allocated to the module	11
Balance of ECTS	<p>Participation in the lecture: 48 h</p> <p>Participation in the exercises: 62 h</p> <p>Preparation to the practice: 128 h</p> <p>Preparation to the test: 12 h</p> <p>Preparation to the practical test: 30h</p> <p>Preparation to the theory test: 50 h</p> <p>TOTAL 330 hours, 11 ECTS credits</p>
Teaching methods applied	Teaching methods used are a combination of expository methods (lectures, presentations of microscopic images during the exercises) with the activating methods (search of defined structures in microscopic specimens during exercises, characterization of their most distinctive features and their relationships with functional specializations), including e-learning methods (search in the Internet of attractive animations of cell and tissue processes, the use of histological atlas located on the website of the Department).
Methods for testing and evaluation criteria of learning outcomes achieved by students	Continuous evaluation (during exercises), mid-semester exam (cell and tissues), final practical and theoretical exam
The form and the conditions for completion of the module, including the rules of admission to the exam, pass, and the form and conditions for completion of the various activities within the scope of the module	<p>Student's Evaluation:</p> <ul style="list-style-type: none"> - credit requirements: passing mid-semester cell & tissues exam - attendance requirements: no more than 4 lab absences - final exam: (1) practical, (2) theoretical

	<p>1. Practical exam: identification of cellular structures, cells, tissues and organs in 13 slides and in two electron micrographs (pass level 9/15 pts.)</p> <p>2.Theoretical exam: MCQ (100 questions, pass level 60%).</p> <p>- retake information: retake of failed part only</p>
Training module content	<p>The cell – Part 1. Introduction to microscopy, practical use of the light microscope. The biological membranes: membrane lipids and proteins, their properties and functional significance. Transport across the membranes: transporters, vesicular transport, membrane trafficking. The cell membrane, glycocalyx, adhesion molecules. The cell nucleus: spatial organization of the chromatin, eu- and heterochromatin. The nucleolus. The nuclear stroma. The nuclear envelope and communication between the nucleus and the cytoplasm. Structure and function of ribosomes, the translation process. The endoplasmic reticulum (smooth and rough), characteristics of the membranes, enzymes associated with ER, functions of ER. The Golgi apparatus: polarity of the dictyosome, the role in protein glycosylation and sorting, membrane remodeling and modification of the secretory material.</p> <p>The cell – Part 2. Exo- and endocytosis, including receptor-mediated endocytosis. Lysosomes: types and their morphological characteristics, lysosomal enzymes, involvement in intra- and extracellular digestion processes. Proteasomes. Mitochondria: morphology, characteristics of mitochondrial compartments, distribution of the main enzymatic complexes and mechanisms of their action. Genetic apparatus and biogenesis of mitochondria. Peroxisomes: morphology, enzymes, functional significance. The cytoskeleton (microtubules, actin filaments, intermediate filaments) and its involvement in the motility of cells. Cell death: necrosis and apoptosis.</p> <p>Epithelial tissue. Definition and components of a tissue. General characteristics and functions of epithelia. Classification and characteristics of different types of epithelia. Introduction to stem cells, renewal of the epithelia. Epithelial cell polarity. Free surface of the epithelial cells and its structures: microvilli and cilia, mechanism of ciliary movement. The basolateral surface: cell-cell and cell-matrix junctions, their structure and functions. Basal lamina. Glands: morphological and functional classification.</p> <p>Connective tissue proper. Chemical and structural characteristics of the extracellular substance: matrix and fibers. Stages of collagen fiber production. Mesenchymal stem cells. Origin, structure and function of the connective tissue cells: fibroblasts, plasma cells, mast cells and macrophage family. General classification of connective tissue. Characteristics of connective tissue proper types. The comparative characteristics of white and brown adipose tissue.</p> <p>Cartilage and bone. Cartilage: characteristics of the extracellular substance, chondral territories, nourishment of cartilage. Types of cartilage and their mechanical properties. Bone: organic and inorganic components of the extracellular substance. Bone cells: osteoprogenitor cells, osteoblasts, osteocytes, osteoclasts. The bone lamella, organization of cancellous and compact (Haversian) bone. Intramembraneous and endochondral ossification. Growth and remodelling of the bone. Principles of biomineralization. The joint.</p> <p>Blood and hemopoiesis. Blood plasma. Blood cells, their counts, characteristics and functional adaptations. Erythrocyte and its cell membrane. Comparative characteristics of granulocytes and agranulocytes. The role of granulocytes in the defense mechanisms: neutrophils and bacteria-killing system, eosinophils, basophils. Lymphocytes – general characteristics. Monocytes and their functions. Blood platelets. The structure of hemopoietic bone marrow: the vascular and hemopoietic compartments. Hemopoiesis: stem cells, precursor cells, the main hemopoietic lineages (erythroblastic, myeloblastic, megakaryocytic). Factors controlling the hemopoiesis.</p> <p>Muscle tissue. The contractile apparatus. Classification of the muscular tissue. Characteristics of smooth, skeletal and cardiac muscle cells/fibres. Structural and biochemical basis of smooth and striated muscle contraction. Sarcomere, its structure, contractile, regulatory and accessory proteins. The role of T-tubules and sarcoplasmic reticulum in excitation-contraction coupling. Motor end plate. Satellite cells. The organization of smooth muscle layer, skeletal muscle, and cardiac muscle including the conduction system. Muscle spindle and Golgi tendon organ. The nonmuscle contractile cells.</p> <p>Nerve tissue. Definition of the neuron and its structural characteristics. Classification of neurons. Neural stem cells. Types of nerve fibers. Structural and chemical basis of</p>

neural conduction: resting and action potentials, the role of ion channels and myelin sheath. Structure and types of synaptic junctions, neurotransmitters, the synaptic transmission. Paracrine transmission. Types and functions of neuroglial cells. Organization of peripheral nerve and dorsal root ganglion. Central nervous system: composition of white and grey matter, microscopic organization of the spinal cord, cerebral and cerebellar cortex. The blood-brain barrier. Meninges and choroid plexus.

Vascular system. Components of the vascular wall. Endothelium – structural characteristics and functions. Mechanisms of transendothelial transport of substances and migration of leukocytes. The structure and types of capillaries. Precapillaries and postcapillaries. Regulation of blood flow in capillary bed. Layers of the vascular wall, comparative characteristics of arteries and veins. Arterioles and arteries (muscular and elastic). The veins and their structural variability. Arteriovenous anastomoses. The heart wall layers.

Lymphatic system. The innate immunity: pattern recognition receptors, NK cells. The adaptive immunity: cells involved in the immune reactions - antigen presenting cells, T- and B-lymphocytes and their subpopulations, characteristics and cooperation. Humoral and cell-mediated immune response. The lymphoid tissue and its organization. The lymphoid nodule. Structure and function of the lymph node. Spleen - organization and functions of white and red pulp, the splenic circulation. Thymus: general organization, epithelioreticular cell system and its role in the differentiation and maturation of T lymphocytes. Mucosa-associated lymphoid tissue: the tonsils.

Integument. Layers of the integument. Epidermis: keratinocytes and the keratinization process, melanocytes, Langerhans and Merkel cells and their functions. Organization of dermis and hypodermis. Eccrine and apocrine sweat glands and sebaceous glands: structure, function and mode of secretion. The hair follicle and its appendages. Epidermal stem cells. Vascularization and innervation of the skin, types of encapsulated mechanoreceptors and their function. Comparative characteristics of thick and thin skin.

Respiratory system. The airways - characteristics of the mucosa, the airway epithelium and its cell types, the mucociliary cleaning mechanism. Nasal mucosa: the respiratory and the olfactory regions. Olfactory epithelium: cell types and functions. Pharynx and larynx. The structure of trachea, bronchi and bronchioles. General organization of the lungs. The pulmonary alveoli: types and functions of pneumocytes, air-blood barrier, the surfactant and its role. The alveolar macrophages.

Alimentary system - part 1. Oral cavity and salivary glands. Definition and general characteristics of mucosa. Regional differentiation of oral mucosa. The tongue: lingual papillae, taste buds, mechanism of taste perception. Tooth: structure of the mineralized parts, dental pulp and periodontal membrane. The major and minor salivary glands: the secretory portions of serous and mucous type, structure and function of excretory ducts. Comparative characteristics of major salivary glands.

Alimentary system - part 2. The alimentary canal. General organization of the alimentary canal, characteristics of the wall layers. The esophagus. The wall of stomach: surface lining epithelium and its protective function, characteristics of the gastric glands and their cellular composition. The intestines and their adaptations to function (intestinal epithelium, villi and crypts), segmental differences in the wall structure. The gut-associated lymphoid tissue. Innervation of the alimentary canal. The enteroendocrine cells.

Alimentary system - part 3. Large glands of the alimentary system. The pancreas - organization of the exocrine part, characteristics of the secretory pancreatic cell, acini and ducts. General organization of the liver, types of hepatic lobules. Structural and functional characteristics of the hepatocyte and its polarity. The hepatic sinusoids and associated cells. The hepatic circulation. Intra- and extrahepatic bile ducts.

Endocrine system - part 1. General characteristics of endocrine glands. The pituitary gland: adeno- and neurohypophysis. The functional interrelations between hypothalamus and the pituitary, the role of the vascular system. Morphological and functional classification of cells in adenohypophysis, structure and function of pars nervosa. General organization of thyroid gland. The thyroid follicle: its cells and stages of thyroid hormone production. The C-cells. Adrenal cortex, its layers and hormones. The ultrastructural features of steroidogenic cells. Adrenal medulla: chromaffin cells and production of catecholamines.

Endocrine system - part 2. The pancreatic islets: ultrastructural and functional characteristics of their cells. The parathyroid glands - cell types and function. The

	<p>pineal gland. The system of disseminated neuroendocrine cells (DNES, APUD). Mechanisms of action of hormones on target cells. Types of chemical signals and principles of chemical signaling. Receptor types. Membrane receptors. Signal transduction involving G-proteins, second messengers and their action. Enzyme-linked membrane receptors. Intracellular receptors and the mechanisms of cell response.</p> <p>Female reproductive system – part 1. The ovary - ovarian follicles and their successive developmental stages. The structure of the Graafian follicle. Follicular atresia. Formation, structure and function of corpus luteum, luteolysis and corpus albicans. Endocrine cells of the ovary. The oviduct: layers of the wall, characteristics of epithelium. The structure of uterine wall, changes of endometrium in the course of the menstrual cycle. The uterine cervix and vagina. Exfoliative cytology of cervical smears.</p> <p>Female reproductive system – part 2. Accessory organs of the female reproductive system. General organization of placenta. Formation, development and maturation of placental villi, characteristics of the placental barrier. The syncytiotrophoblast and its function. Decidua and basal plate: decidual cells, extravillous cytotrophoblast and its role. The histological structure of fetal membranes and umbilical cord. Cord blood as a source of stem cells. The mammary gland - general organization and changes related to development and functional status. Structure of secretory portion (alveolus), the secretory cell and mechanisms of milk secretion. The excretory ducts.</p> <p>Male reproductive system. The testis - general structure. The seminiferous tubule and its tunica propria. The seminiferous epithelium, spermatogenesis. Structure of the mature spermatozoon. Sertoli cells and their functions, the blood-testis barrier. The interstitial tissue: Leydig cells, testicular macrophages. The excretory passages: tubuli recti, rete testis, epididymis and vas deferens. Structure and function of associated glands: prostate, seminal vesicles and bulbourethral glands.</p> <p>Urinary system. The kidney: cortex and medulla. Nephron and the localization of its segments in the renal parenchyma. The renal corpuscle and filtration barrier, mechanism of ultrafiltration. Structural and functional characteristics of the successive segments of the nephron. The collecting tubule and its role in urine condensation. The juxtaglomerular apparatus: its components and their function. Renal blood vessels. The excretory passages: ureter and urinary bladder. Adaptation of the urinary bladder to the filling/voiding cycle.</p> <p>Organ of vision. General organization of the eyeball and its layers. The sclera and cornea. The choroid and structures responsible for accommodation and adaptation: ciliary body and iris. Production and circulation of the aqueous humor. The lens. The retina: layers, characteristics of cones and rods, molecular basis of photoreception. Macula lutea and optic disk. The eyelid: conjunctiva, tarsal plate, glands. The lacrimal gland.</p> <p>Organ of hearing and balance. External ear: auricle and external auditory meatus, tympanic membrane. Middle ear: tympanic cavity, auditory ossicles, auditory tube, cavities of the mastoid process. Inner ear: bony and membranous labyrinth. Sacculle and utricle, semicircular ducts, endolymphatic duct and sac, cochlear duct. Structure and function of sensory structures: maculae, cristae and the organ of Corti. Characteristics of hair cells and supporting cells, morphological and molecular basis of hearing and balance.</p>
Basic and supplementary bibliography to complete the module	<p>1. Mescher: Junqueira's Basic Histology: Text and Atlas. 13th ed., 2013</p> <p>2. Gartner, Hiatt: Color Textbook of Histology, 3rd ed., 2007</p>
Dimension, principles and form of awarded for practice when the training program provides practice	