



COLLEGE OF MEDICINE AND DENTISTRY AT THE HILLS ABBOTTABAD

DEPARTMENT OF MEDICAL EDUCATION

MUSCULOSKELETAL SYSTEM 1 FOR 1ST YEAR MBBS

BLOCK-A ASSESSMENT

(Foundation Module and Blood & Immunology Module)

Day/Date	Time 09:00 - 11:00 am
Monday	Labor Day
Tuesday	<u>THEORY PAPER</u> (MCQs) Venue: Examination Hall KMC
Wednesday	-
Thursday	Time 09:00 am – 01:00 pm
	<u>OSPE</u> Batch A: Physio-11 Batch B: Old Dissection Hall
Friday	<u>OSPE</u> Batch C: Physio-11 Batch D: Old Dissection Hall

Day/Date	08:00 – 09:00 am	09:00 – 10:00 am	10:00 am – 12:00 pm	12:00 – 01:00 pm		01:30pm – 03:00 pm
Mon	Anat-L1 Introduction to upper limb Pectoral region (LGA: Anat-1)	Phy-L1 Physiological anatomy of skeletal muscles (Introduction) (Physio-10)	<u>PRACTICALS</u> Batch A: Histo-P1 Batch B: Phy-P1 Batch C: Bio-P1 Batch D: FDT-1	<u>OSTEOLOGY-01</u> CLAVICLE Batch A: (Anat-3) Batch B: (Anat-4)	P R A Y E R B R E A K	<u>DISSECTION-01</u> PECTORAL REGION Batch A: (Dissect-2) Batch B: (Dissect-1)
	Introduction to lower limb Deep fascia of thigh and saphenous vein (LGB: Anat-2)			HIP BONE-1 Batch C: (Anat-5) Batch D: (Anat-6)		FRONT OF THIGH & FEMORAL TRIANGLE, Batch C: (Dissect-2) Batch D: (Dissect-1)
Tue	Anat-L2 Introduction to Axilla (LGA: Anat-1)	Bio-L1 Biochemistry of connective tissues (Physio-10)	<u>PRACTICALS</u> Batch A: FDT-1 Batch B: Histo-P1 Batch C: Phy-P1 Batch D: Bio-P1	Anat-L3 Brachial plexus (LGA: Physio-10)		<u>DISSECTION-02</u> AXILLA Batch A: (Dissect-2) Batch B: (Dissect-1)
	Front of thigh & femoral triangle (LGB: Anat-2)			The medial compartment of thigh & Adductor canal (LGB: Patho-20)		MEDIAL THIGH & ADDUCTOR CANAL Batch C: (Dissect-2) Batch D: (Dissect-1)
Wed	Bio-L2 Minerals: Classification Calcium & Phosphorus metabolism (Anat-1)	<u>OSTEOLOGY-02</u> SCAPULA Batch A(Anat-3) Batch B: (Anat-4)	<u>PRACTICALS</u> Batch A: Bio-P1 Batch B: FDT-1 Batch C: Histo-P1 Batch D: Phy-P1	Anat-L4 Superficial back & shoulder (LGA: Physio-10)	<u>DISSECTION-03</u> AXILLARY VESSELS Batch A: (Dissect-2) Batch B: (Dissect-1)	
		HIP BONE-2 Batch C: (Anat-5) Batch D(Anat-6)		Gluteal region (LGB: patho- 20)	GLUTEAL REGION-1 Batch C: (Dissect-2) Batch D(Dissect-1)	
Thu	PRIME-1 Behavioral Sciences (Personality) Prof. (Anat-1)	Phy-L2 Mechanism of muscle contraction (Anat-1)	<u>PRACTICALS</u> Batch A: Phy-P1 Batch B: Bio-P1 Batch C: FDT-1	SDL (Library/SLRC)		<u>DISSECTION-04</u> BRACHIAL PLEXUS Batch A: (Dissect-2) Batch B: (Dissect-1)
	PBL 1		Batch D: Histo-P1			GLUTEAL REGION-2 Batch C: (Dissect-2) Batch D: (Dissect-1)
Fri	08:00-09:00am	09:00-10:00am	10:00 – 11:00 am	11:00 am – 12:30 pm	12:30- 02:00pm	02:00pm --03:00 pm
	Islamiyat-L1 Importance of ethics (Anat-1)	Histo-L1 Histological classification of cartilage (LGA: Anat-1) Shabnum (LGB: Anat-2)	Anat-L5 Shoulder joint (LGA: Anat-1)	<u>DISSECTION-05</u> SUPERFICIAL BACK Batch A: (Dissect-2) Batch B: (Dissect-1)	JUMMA PRAYER	SDL (Library/SLRC)
			Lumbo-sacral plexus (LGB: Anat-2)	HIP JOINT Batch C: (Dissect-2) Batch D(Dissect-1)		

Histo-P1: Hyaline cartilage (Anat-7)

Bio-P1: Protein analysis I (Demonstration) (Biochem-9)

Phy-P1: Power Lab: EMG (Physio-11)

WEEK 2							
Day/Date	08:00 – 09:00 am	09:00 – 10:00 am	10:00 am – 12:00 pm	12:00 – 01:00 pm	P R A Y E R B R E A K	01:30pm – 03:00 pm	
Mon	Emb-L1 Differentiation of somites into sclerotome & dermomyotome (LGA: Anat-1) (LGB: Anat-2)	Phy-L3 Energetics of skeletal muscle contraction (Physio-10)	<u>PRACTICALS</u> Batch A: Histo-P2 Batch B: Phy-SGD1 Batch C: Bio-P2 Batch D: FDT-2	Anat-L6 Arm (LGA:Physio-10)		<u>DISSECTION-06</u> SPACES AT THE BACK Batch A: (Dissect-2) Batch B: (Dissect-1)	
				Hip joint (LGB: Patho-20)			LUMBOSACRAL PLEXUS Batch C: (Dissect-2) Batch D(Dissect-1)
Tue	Histo-L2 Histology of bone (LGA: Anat-1) (LGB: Anat-2)	Bio-L3 Sodium, Potassium & Chloride metabolism (Physio-10)	<u>PRACTICALS</u> Batch A: FDT-2 Batch B: Histo-P2 Batch C: Phy-SGD1 Batch D: Bio-P2	Anat-L7 Cubital fossa D((LGA:Physio-10)		<u>DISSECTION-07</u> ARM Batch A: (Dissect-2) Batch B: (Dissect-1)	
				Posterior compartment of thigh & Popliteal fossa (LGB: Patho-20)			BACK OF THIGH Batch C(Dissect-2) Batch D(Dissect-1)
Wed	Emb-L2 Development of Bone 1 LGA (Anat-1) LGB (Anat-2)	Phy-L4 Mechanics of skeletal muscle contraction (Physio-10)	<u>PRACTICALS</u> Batch A: Bio-P2 Batch B: FDT-2 Batch C: Histo-P2 Batch D: Phy-SGD1	<u>OSTEOLOGY-03</u> HUMERUS Batch A(Anat-3) Batch B: (Anat-4)		<u>DISSECTION-08</u> CUBITAL FOSSA Batch A(Dissect-2) Batch B(Dissect-1)	
				FEMUR Batch C: (Anat-5) Batch D: (Anat-6)			POPLITEAL FOSSA Batch C: (Dissect-2) Batch D: (Dissect-1)
Thu	PRIME-2 Behavioral Sciences (Motivation) (Anat-1)	Bio-L4 Iron metabolism (Anat-1)	<u>PRACTICALS</u> Batch A: Phy-SGD1 Batch B: Bio-P2 Batch C: FDT-2 Batch D: Histo-P2	Anat-L8 Elbow joint (LGA: Anat-1)		<u>DISSECTION-09</u> ELBOW JOINT Batch A: (Dissect-2) Batch B: (Dissect-1)	
				Posterior compartment of leg (LGB: Anat-2)			POSTERIOR LEG Batch C: (Dissect-2) Batch D: (Dissect-1)
Fri	08:00-09:00am	09:00-10:00am	10:00 – 11:00 am	11:00 am – 12:30 pm	12:30-02:00pm	02:00pm --03:00 pm	
	Pak Studies-L1 Aims and objectives of establishment of Pakistan (Anat-1)	Emb-L3 Development of bone 2 LGA (Anat-1) LGB (Anat-2)	MENTORING	<u>OSTEOLOGY-04</u> RADIUS Batch A: (Anat-3) Batch B: (Anat-4)	JUMMA PRAYER	SDL (Library/SLRC)	

Day/Date	08:00 – 09:00am	09:00 – 10:00 am	10:00 am – 12:00 pm	12:00 – 01:00 pm	P R A Y E R B R E A K	01:30pm – 03:00 pm
Mon	Anat-L9 Front of forearm (LGA: Anat-1)	Phy-DSL Characteristics of whole muscle contraction (Anat-1)	<u>PRACTICALS</u> Batch A: Histo-P3 Batch B: Phy-SGD2 Batch C: Bio-P3 Batch D: FDT-3	<u>OSTEOLOGY-05</u> ULNA Batch A: (Anat-3) Batch B: (Anat-4)		<u>DISSECTION-10</u> FRONT OF FOREARM Batch A: (Dissect-2) Batch B: (Dissect-1)
	Anterior & lateral compartment of leg (LGB: Anat-2)			FIBULA Batch C: (Anat-5) Batch D: (Anat-6)		ANTERIOR & LATERAL LEG Batch C: (Dissect-2) Batch D: (Dissect-1)
Tue	Bio-L5 Magnesium & Copper metabolism (Anat-1)	Phy-L5 Length tension relation in skeletal muscles (Anat-1)	<u>PRACTICALS</u> Batch A: FDT-3 Batch B: Histo-P3 Batch C: Phy-SGD2 Batch D: Bio-P3	Anat-L10 Back of forearm (LGA: Anat-1)		<u>DISSECTION-11</u> BACK OF FOREARM Batch A: (Dissect-2) Batch B: (Dissect-1)
				Knee & ankle joint (LGB: Anat-2)		KNEE JOINT & ANKLE JOINT Batch C: (Dissect-2) Batch D: (Dissect-1)
Wed	Anat-L11 Muscles of hand (LGA: Anat-1)	Bio-L6 Trace elements (Anat-1)	<u>PRACTICALS</u> Batch A: Bio-P3 Batch B: FDT-3 Batch C: Histo-P3 Batch D: Phy-SGD2	<u>OSTEOLOGY-06</u> CARPAL BONES Batch A: (Anat-3) Batch B: (Anat-4))		<u>DISSECTION-12</u> HAND MUSCLES & NERVES Batch A: (Dissect-2) Batch B: (Dissect-1)
	Muscles and neurovascular supply of foot (LGB: Anat-2)			TARSAL BONES Batch C: (Anat-5) Batch D: (Anat-6)		SOLE OF FOOT-1 Batch C: (Dissect-2) Batch D: (Dissect-1)
Thu 23	PRIME-3 Behavioral Sciences Stress and its management	Phy-L6 Neuromuscular junction and transmission (Anat-1)	<u>PRACTICALS</u> Batch A: Phy-SGD2 Batch B: Bio-P3 Batch C: FDT-3 Batch D: Histo-P3	PBL1B		<u>DISSECTION-13</u> SUPERFICIAL & DEEP PALMAR ARCH Batch A: (Dissect-2) Batch B: (Dissect-1)
	08:00-09:00 am	09:00-10:00 am	10:00 – 11:00 am	11:00 am – 12:30 pm	12:30-02:00 pm	02:00-03:00 pm
Fri	Islamiyat-L2 Objectives of Islamic Shariah	Anat-L13 Spaces of the palm (LGA: Anat-1)	Emb-L4 Development of limbs (LGA: Anat-1) (LGB: Anat-2)	<u>DISSECTION-14</u> BACK OF HAND Batch A: (Dissect-2) Batch B: (Dissect-1)	JUMMA PRAYER	SDL (Library/SLRC)

		Venous & lymphatic drainage of lower limbs (LGB: Anat-2)		DORSAL ASPECT OF FOOT Batch C: Batch D:		
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Histo-P3: Compact bone (Anat-7)
10) **WEEK 4**

Bio-P3: Detection of Albumin and Globulin in a given solution (Biochem-9)

Phy-SGD2: Disorders of neuromuscular junctions (Physio-

Day/date	08:00 – 09:00 am	09:00 – 10:00 am	10:00 am – 12:00 pm		12:00 – 01:00 pm		P R A Y E R B R E A K	01:30pm – 03:00 pm	
Mon	Bio-L7 Toxic Elements (Physio-10)	Anat-L14 Introduction to lower limb Deep fascia of thigh & saphenous vein (LGA: Anat-1)	<u>PRACTICALS</u> Batch A: Histo-P4 Batch B: Phy-SGD3 Batch C: Bio-P4 Batch D: FDT-4		Anat-L15 Front of thigh & femoral triangle (LGA: Anat-1)			<u>DISSECTION-15</u> FRONT OF THIGH & FEMORAL TRIANGLE Batch A: (Dissect-2) Batch B: (Dissect-1)	
		Introduction to upper limb Pectoral region (LGB: Anat-2)			Introduction to Axilla (LGB: Anat-2)			PECTORAL REGION Batch C: (Dissect-2) Batch D: (Dissect-1)	
Tue	Phy-L7 Muscle action potential Excitation-contraction coupling (Physio-10)	Anat-L16 The medial compartment of thigh & Adductor canal (LGA: Anat-1)	<u>PRACTICALS</u> Batch A: FDT_4 Batch B: Histo-P3 B Batch C: Phy-SGD3 Batch D: Bio-P4		<u>OSTEOLOGY-07</u> HIP BONE-1 Batch A: (Anat-3) Batch B: (Anat-4)			<u>DISSECTION-16</u> MEDIAL THIGH & ADDUCTOR CANAL Batch A: (Dissect-2) Batch B: (Dissect-1)	
		Brachial plexus (LGB: Anat-2)			CLAVICLE Batch C: (Anat-5) Batch D: (Anat-6)			AXILLA Batch C: (Dissect-2) Batch D(Dissect-1)	
Wed	Phy-L8 Contraction of smooth muscle (Anat-1)	Med-L1 Osteomalacia/Rickets: Complications and management (Anat-1)	<u>PRACTICALS</u> Batch A: Bio-P4 Batch B: FDT-4 Batch C: Histo-P4 Batch D: Phy-SGD3		<u>OSTEOLOGY-08</u> HIP BONE-2 Batch A: (Anat-3) Batch B: (Anat-4)			<u>DISSECTION-17</u> GLUTEAL REGION-1 Batch A: (Dissect-2) Batch B: (Dissect-1)	
					SCAPULA Batch C: (Anat-5) Batch D(Anat-6)			AXILLARY VESSELS Batch C: (Dissect-2) Batch D: (Dissect-1)	
Thu	PRIME-4 Behavioral Sciences Coping skills and Defense mechanism (Anat-1)	Bio-L8 Amino acids (Structure, classification)	<u>PRACTICALS</u> Batch A: Phy-SGD3 Batch B: Bio-P4 Batch C: FDT-4 Batch D: Histo-P3		Anat-L17 Gluteal region (LGA: Anat-1)			<u>DISSECTION-18</u> GLUTEAL REGION-2 Batch A: (Dissect-2) Batch B: (Dissect-1)	
					Superficial back & shoulder LGB: Anat-2)			BRACHIAL PLEXUS Batch C: Batch D:)	
	08:00-09:00am	09:00-10:00am	10:00 – 11:00 am	11:00 am – 12:30 pm		12:30-02:00pm		02:00pm --03:00 pm	

Fri	Pak Studies-L2 (Anat-1)	Bio-L9 Proteins (Structure and Classification)	Pharma-L1 Drugs Used in the Management of arthritis (NSAIDs & DMARDs) (Anat-1)	Anat-L18 Lumbo-sacral plexus D(LGA: Anat-1)	JUMMA PRAYER	SDL (Library/SLRC)
				Shoulder joint (LGB: Anat-2)		

Histo-P4: Spongy bone (Anat-7)
(Physio-12)

Bio-P4: Detection of Gelatin in a given solution (Biochem-9)

Phy-SGD3: Comparison between skeletal and smooth muscle contraction

WEEK 5

Day/Date	08:00 – 09:00 am	09:00 – 10:00 am	10:00 am – 12:00 pm	12:00 – 01:00 pm	P R A Y E R B R E A K	01:30 – 03:00 pm
Mon	Bio-L10 Structural Organization of proteins)	Anat-L19 The hip joint (LGA: Anat-1)	<u>PRACTICALS</u> Batch A: Histo-P5 Batch B: Phy-P2 Batch C: Bio-P5 Batch D: FDT-5	<u>OSTEOLOGY-09</u> FEMUR Batch A: (Anat-3) Batch B: (Anat-4)		<u>DISSECTION-19</u> LUMBO-SACRAL PLEXUS Batch A: (Dissect-2) Batch B: hagufta (Dissect-1)
		Arm (LGB: Anat-2)		HUMERUS Batch C: (Anat-5) Batch D(Anat-6)		SUPERFICIAL BACK Batch C: (Dissect-2) Batch D: aseeb (Dissect-1)
Tue	Phy-L9 Membrane potentials and action potentials in smooth muscles)	Bio-L11 Methods to separate Proteins)	<u>PRACTICALS</u> Batch A: FDT-5 Batch B: Histo-P5 Batch C: Phy-P2 Batch D: Bio-P5	Histo-L3 Histological classification of muscles (LGA: Physio10) (LGB: Patho-20)		<u>DISSECTION-20</u> HIP JOINT Batch A (Dissect-2) Batch B: (Dissect-1)
Wed	<u>OSTEOLOGY-10</u> TIBIA Batch A: (Anat-3)	Anat-L20 Posterior compartment of thigh & popliteal fossa	<u>PRACTICALS</u> Batch A: Bio-P5 D Batch B: FDT-5	Anat-L21 Posterior compartment of leg (LGA: Anat-1)		<u>DISSECTION-21</u> BACK OF THIGH Batch A: (Dissect-2)
	Batch B: (Anat-4) RADIUS Batch C: (Anat-5) Batch D: (Anat-6)	(LGA: Anat-1)	Batch C: Histo-P5 Batch D: Phy-P2			Batch B: (Dissect-1)
		Cubital fossa (LGB: Anat-2)		Elbow joint (LGB: Anat-2)		ARM Batch C: (Dissect-2) Batch D: (Dissect-1)
Thu	PRIME-5 Professionalism (Attributes of professionalism) (Physio-10)	Anat-L22 Anterior & lateral compartment of leg (LGA: Anat-1)	<u>PRACTICALS</u> Batch A: Phy-P2 Batch B: Bio-P5 Batch C: FDT-5	<u>OSTEOLOGY-11</u> FIBULA Batch A: Dr(Anat-3) Batch B: (Anat-4)		<u>DISSECTION-22</u> POPLITEAL FOSSA Batch A: (Dissect-2) Batch B: (Dissect-1)

		Front of forearm Zainab (LGB: Anat-2)	Batch D: Histo-P5	ULNA Batch C: (Anat-5) Batch D: (Anat-6)		CUBITAL FOSSA Batch C(Dissect-2) Batch D:(Dissect-1)
	08:00-09:00 am	09:00-10:00am	10:00 – 11:00 am	11:00 am – 12:30 pm	12:30-02:00 pm	02:00-03:00 pm
Fri	Islamiyat L-3 Importance & virtues of medical profession (Anat-1)	Emb-L5 Congenital anomalies of limbs (LGA: Anat-1) (LGB: Anat-2)	Phy-L10 Nervous and hormonal control of smooth muscle contraction (Physio-10)	<u>DISSECTION-23</u> POSTERIOR LEG Batch A: (Dissect-2) Batch B: a (Dissect-1)	JUMMA PRAYER	SDL (Library/SLRC)
				ELBOW JOINT Batch C: (Dissect-2) Batch D: (Dissect-1)		

Histo-P5: Skeletal muscle (Anat-7)

Bio-P5: Detection of Peptone in a given solution (Biochem-9)

Phy-P2: Power Lab: ECG (Physio-11)

WEEK 6						
Day/Date	08:00 – 09:00 am	09:00 – 10:00 am	10:00 am – 12:00 pm	12:00 – 01:00 pm	P R A Y E R B R E A K	01:30 – 03:00 pm
Mon	Histo-L4 Histology of skeletal, cardiac and smooth muscles (LGA: Physio-10) r (LGB: Anat-2)	Anat-L23 Knee & Ankle joint (LGA: Physio-10)	<u>PRACTICALS</u> Batch A: Histo-P6 Batch B: Phy-SGD4 Batch C: Bio-SGD1 Batch D: FDT-6	<u>OSTEOLOGY-12</u> TARSAL BONES Batch A: (Anat-3) Batch B: (Anat-4) CARPAL BONES Batch C: (Anat-5) Batch D: (Anat-6)		<u>DISSECTION-24</u> ANTERIOR & LATERAL LEG Batch A: (Dissect-2) Batch B: (Dissect-1)
		Back of forearm (LGB: Anat-2)				FRONT OF FOREARM Batch C: d (Dissect-2) Batch D: (Dissect-1)
Tue	Anat-L24 Muscles and neurovascular supply of the foot (LGA: Physio-10)	Ortho-L1 Carpal tunnel syndrome & tennis elbow (Physio-10)	<u>PRACTICALS</u> Batch A: FDT-6 Batch B: Histo-P6 Batch C: Phy-SGD4	Emb-L6 Development of muscles (LGA: Anat-1) unila (LGB: Anat-2)		<u>DISSECTION-25</u> KNEE JOINT & ANKLE JOINT Batch A: (Dissect-2) Batch B: (Dissect-1)
	Muscles of hand (LGB:Pharma-13)		Batch D: Bio-			BACK OF FOREARM Batch C: (Dissect-2) Batch D: (Dissect-1)
Wed	Ortho-L2 Osteoarthritis of knee (Physio-10)	Anat-L25 Venous & lymphatic drainage of lower limb (LGA: Anat-1)	<u>PRACTICALS</u> Batch A: Bio-SGD1 Batch B: FDT-6 Batch C: Histo-P6 Batch D: Phy-SGD4	Anat-L26 Arches of foot (LGA: Physioid-10)		<u>DISSECTION-26</u> SOLE OF FOOT-1 Batch A: (Dissect-2) Batch B: (Dissect-1)
		Spaces of the palm (LGB: Anat-2)		Wrist joint (LGB: Anat-2)		HAND MUSCLES & NERVES Batch C: (Dissect-2) Batch D: (Dissect-1)
Thu	Bio-L12 Vitamin C (Anat-1)	Ortho-L3 Common fractures of upper and lower Limbs Anat-1)	<u>PRACTICALS</u> Batch A: Phy-SGD4 Batch B:Bio-SGD1 Batch C: FDT-6 Batch D: Histo-P6	Bio-L13 Vitamin D (Physio-10)		<u>DISSECTION-27</u> SOLE OF FOOT-2 Batch A: (Dissect-2) Batch B: (Dissect-1)
Histo-P6: Smooth muscle (Anat-7) (Physio-11)		Bio-SGD1: Role of vitamin C, D, calcium & phosphorus in bone and connective tissue health (Biochem-9)			Phy-SGD4: Tetany	

Histo-P6: Smooth muscle (Anat-7)
(Physio-11)

Bio-SGD1: Role of vitamin C, D, calcium & phosphorus in bone and connective tissue health (Biochem-9)

Phy-SGD4: Tetany

BLOCK-B ASSESSMENT
(Musculoskeletal Module)

Day/Date	09:00 - 11:00 am
Mon	INDEPENDENCE DAY
Tue	
Wed	<u>THEORY PAPER</u> (MCQs) Venue: Examination Hall KMC
Thu	<u>OSPE</u> Batch A: Physio-11 Batch B: Old Dissection Hall
Fri	<u>OSPE</u> Batch C: Physio-11 Batch D: Old Dissection Hall