



Syllabus

Term: 2026/27/1

Subject name: Human Biology

Subject code: ENAEDZN0901

Unit (Unit code) (TESTNEV)

Lecturer responsible for the course: Dr. WILHELM Márta Marianna

Requirement: Exam

Classes per week : 2/0/0

Classes per term:

Purpose of education:

Learning outcomes:

1. Describing factors determining a person's phenotype
2. To analyze the different factors determining/ modifying a person's phenotype. It is a very important point in the practice of a PE teacher or trainer. Without the proper knowledge it is impossible to create a correct and effective training program for a pupil, adolescent or adult.
3. Determining factors of body structure and body composition
4. Phases of human development, delineating the hormonal and structural changes of the body, especially around puberty

Contents:

Week 1 Anthropology among sciences

Week 2 Phenotype and genotype. Effects of the environment. Determination of the phenotype.

Week 3 Bones of the skull. Basic metrics, metric points on the skull (craniometry, cephalometry). Morphological typology

Week 4 Morphological characterization of the skull. Sexual characteristics of the skull. Atavism.

Week 5 Important bones in the body. Metric points of the body and its morphological characterization.

Week 6 Sexual characteristics of the body (dimorphism). Atavism.

Week 7 Process of developments and maturation. Body ratios throughout development from childhood to adulthood.



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Week 8 Chronological and biological age, Hormones regulating puberty and maturation.

Week 9 Puberty, sexual characteristics, sexual dimorphism. Effects of the environment. Secular trends

Week 10 Body composition, constitution. Body fat percentage.

Week 11 Somatotypes. Computing and analyzing the body. Models of the body composition.

System of examining and valuation:

Mid-semester works

Attending lectures is highly recommended.

2nd week: ppt of an anthropologist of own country

6th week: Characterization of own skull.

7th week: Test from the knowledge of head and skull

12th week: Characterization of own body

Written exam is based on lectures, accessible electronic sources and lecture materials. Most common questions in the structure of end term examination are: describing notions, relations, recognizing figures, analysis, multiple choice questions.

2 home works (description of own head and own body), 1 written test from the 1-6th weeks studies.

Acceptable level is at least 50%,



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System of examining and valuation:

Written exam in the exam period.

Final score: 1/3 from the score of home works, 2/3 from the exam score:

Final marks:

0–49% not satisfactory

50–64% satisfactory

65–74% average

75–84% good

85–100% excellent

Bibliography:

1, Jurmain, R, et al (2013). Introduction to Physical Anthropology. Belmont, CA: Cengage Learning

2, Mader, S.S. (1995): Human Biology. Wm. C. Brown publishers, USA

3, Marks, J. (1995) *Human Biodiversity: Genes, Race, and History*. New York: Aldine de Gruyter.

Bibliography: