

Foundation 1; Week 1

TIME	Sun 08/09/2024	Mon 09/09/2024	Tue 10/09/2024	Wed 11/09/2024	Thu 12/09/2024
08:00 – 08:50	Self Directed Learning	Self Directed Learning	Self Directed Learning	English, Lecture	English, Lecture
09:00 – 09:50				(08:00 - 09:50) ID#7468	(08:00 - 09:50) ID#7415
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	Multidisciplinary, Class Discussion Introduction to Phase II (10:10 - 11:00) ID#7411	Anatomy, Lecture Gametogenesis (10:10 - 11:00) ID#7064	Anatomy, Lecture Ovulation, fertilization and implantation (10:10 - 11:00) ID#7068	Anatomy, Lecture Development of Bilaminar and trilaminar germ disc (10:10 - 11:00) ID#7070	Anatomy, Lecture Embryonic and Fetal periods (10:10 - 11:00) ID#7086
11:10 – 12:00	Anatomy, Lecture Introduction to organization of human body and anatomical terminology (11:10 - 12:00) ID#7062	Biochemistry, Lecture Human genome organization (11:10 - 12:00) ID#10020	Biochemistry, Lecture Basic Concepts of DNA Replication (11:10 - 12:00) ID#7256	Biochemistry, Lecture DNA Damage, repair and mutations (11:10 - 12:00) ID#7258	Physiology, Lecture Body fluids (11:10 - 12:00) ID#7193
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50	Self Directed Learning	Self Directed Learning	Self Directed Learning	Physiology, Lecture Introduction to homeostasis (01:00 - 01:50) ID#7189	Self Directed Learning
02:00 – 02:50				Self Directed Learning	
03:00 – 03:50					

**Note: All lectures will be held in LT 1-44, unless otherwise specified
For details of English teaching venues please check with the Department**

Foundation 1; Week 2

TIME	Sun 15/09/2024	Mon 16/09/2024	Tue 17/09/2024	Wed 18/09/2024	Thu 19/09/2024
08:00 – 08:50	<p style="text-align: center;">Prophet's Birthday <i>(Subject to CSC announcement)</i></p>	<p style="text-align: center;">English, Lecture (08:00 - 09:50) ID#7573</p>	<p style="text-align: center;">English, Lecture (08:00 - 09:50) ID#7476</p>	<p style="text-align: center;">English, Lecture (08:00 - 09:50) ID#7494</p>	<p style="text-align: center;">English, Lecture (08:00 - 09:50) ID#7458</p>
09:00 – 09:50					
09:50 – 10:10		Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00		<p style="text-align: center;">Anatomy, Lecture Placenta and fetal membranes (10:10 - 11:00) ID#7104</p>	<p style="text-align: center;">Biochemistry, Lecture Restriction Enzymes & Gel Electrophoresis (10:10 - 11:00) ID#7260</p>	<p style="text-align: center;">Anatomy, Lecture Intercellular junctions & basement membrane (10:10 - 11:00) ID#7072</p>	<p style="text-align: center;">Biochemistry, Lab Practical PCR amplification and gel electrophoresis (10:10 - 12:00) ID#7294 (MDLs 1,2,5,6 & 7)</p>
11:10 – 12:00		<p style="text-align: center;">Biochemistry, Lecture Lab Orientation and Safety Session (11:10 - 12:00) ID#7154</p>	<p style="text-align: center;">Anatomy, Lecture Congenital malformations (11:10 - 12:00) ID#7112</p>	<p style="text-align: center;">Biochemistry, Lecture Recombinant DNA techniques (11:10 - 12:00) ID#7266</p>	
12:00 – 01:00		Lunch Break	Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50		<p style="text-align: center;">Health Promotion and Health Education, Lecture Kuwait's Health Profile (01:00 - 01:50) ID#7396</p>	<p style="text-align: center;">Anatomy, Lecture Epithelial tissue (01:00 - 01:50) ID#7074</p>	<p style="text-align: center;">Physiology, Lecture Exchange of Substances Across the Cell Membrane. (01:00 - 01:50) ID#7195</p>	<p style="text-align: center;">Biochemistry, Lab Practical PCR amplification and gel electrophoresis (01:00 - 02:50) ID#7294 (MDLs 1,2,5,6 & 7)</p>
02:00 – 02:50		Self Directed Learning	Self Directed Learning	Self Directed Learning	
03:00 – 03:50					Self Directed Learning

**Note: All lectures will be held in LT 1-44, unless otherwise specified
For details of English teaching venues please check with the Department**

Foundation 1; Week 3

TIME	Sun 22/09/2024	Mon 23/09/2024	Tue 24/09/2024	Wed 25/09/2024	Thu 26/09/2024
08:00 – 08:50	English, Lecture (08:00 - 09:50) ID#7456	English, Lecture (08:00 - 09:50) ID#7460	English, Lecture (08:00 - 09:50) ID#7530	English, Lecture (08:00 - 09:50) ID#7532	English, Lecture (08:00 - 09:50) ID#10506
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	Anatomy, Lecture Microscopic anatomy of glands (10:10 - 11:00) ID#7076	Physiology, Lecture Cellular membranes and vesicular transport (10:10 - 11:00) ID#7202	Biochemistry, Lecture mRNA processing (10:10 - 11:00) ID#7270	Anatomy, Lecture Connective tissue proper & adipose tissue (10:10 - 11:00) ID#7080	Physiology, Seminar Body fluids (10:10 - 12:00) ID#7200 (LT 1-44, SR-2,3,4,5)
11:10 – 12:00	Physiology, Lecture Exchanges Across the Capillary Wall (11:10 - 12:00) ID#7198	Biochemistry, Lecture RNA and Transcription in eukaryotes (11:10 - 12:00) ID#7268	Self Directed Learning	Biochemistry, Lecture Regulation of gene expression in eukaryotes (11:10 - 12:00) ID#7272	
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50	Anatomy, Lab Practical Epithelial tissue and glands (01:00 - 03:50) ID#7132	Self Directed Learning	Self Directed Learning	Self Directed Learning	Self Directed Learning
02:00 – 02:50					
03:00 – 03:50					
	Self Directed Learning				

Learning Topics:

WK3: **Anatomy, Blood cells, ID#7082**

**Note: All lectures will be held in LT 1-44, unless otherwise specified
For details of English teaching venues please check with the Department**

Foundation 1; Week 4

TIME	Sun 29/09/2024	Mon 30/09/2024	Tue 01/10/2024	Wed 02/10/2024	Thu 03/10/2024
08:00 – 08:50	English, Lecture (08:00 - 09:50) ID#7164	English, Lecture (08:00 - 09:50) ID#7534	English, Lecture (08:00 - 09:50) ID#7556	English, Lecture (08:00 - 09:50) ID#7090	Self Directed Learning
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	Anatomy, Lecture Introduction to connective tissue (10:10 - 11:00) ID#7078	Self Directed Learning	Biochemistry, Lecture Principles that determine protein structures (10:10 - 11:00) ID#7156	Biochemistry, Lecture Molecular genetics of inherited diseases (10:10 - 11:00) ID#7274	Anatomy, Lecture Classification of bones & joints (10:10 - 11:00) ID#9001
11:10 – 12:00	Self Directed Learning	Biochemistry, Lecture Translation of genetic code-protein synthesis and inhibitors (11:10 - 12:00) ID#10007	Self Directed Learning	Self Directed Learning	Biochemistry, Lecture Protein Modification (11:10 - 12:00) ID#7264
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50	Anatomy, Lab Practical Connective tissue & Blood cells (01:00 - 03:50) ID#7134	Self Directed Learning	Self Directed Learning	Self Directed Learning	Self Directed Learning
02:00 – 02:50					
03:00 – 03:50					
	Self Directed Learning				

Learning Topics:

WK4: **Biochemistry, Connective tissue proteins: structure and functions, ID#7158**

**Note: All lectures will be held in LT 1-44, unless otherwise specified
For details of English teaching venues please check with the Department**

Foundation 1; Week 5

TIME	Sun 06/10/2024	Mon 07/10/2024	Tue 08/10/2024	Wed 09/10/2024	Thu 10/10/2024
08:00 – 08:50	Self Directed Learning	English, Lecture (08:00 - 09:50) ID#7170	English, Lecture (08:00 - 09:50) ID#7480	English, Lecture (08:00 - 09:50) ID#7500	English, Lecture (08:00 - 09:50) ID#7504
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	Physiology, Lecture The structure and function of Ion channels (10:10 - 11:00) ID#7206	Biochemistry, Lecture Enzyme mechanisms (10:10 - 11:00) ID#7160	Physiology, Lecture Membrane Potential (10:10 - 11:00) ID#7214	Biochemistry, Lecture Principles of enzyme regulation (10:10 - 11:00) ID#7162	Anatomy, Lecture Histology of Cartilage (10:10 - 11:00) ID#9005
11:10 – 12:00	Biochemistry, Seminar Protein structure (11:10 - 12:00) ID#7278 (LT 1-44, SR-2,3,4,5)	Self Directed Learning	Health Promotion and Health Education, Lecture Motivational Interviewing: Improving Patient Education (11:10 - 12:00) ID#7394	Self Directed Learning	Biochemistry, Lecture Pathways and control: fundamental objectives in human metabolism (11:10 - 12:00) ID#10009
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50	Anatomy, Lab Practical Bones (01:00 - 03:50) ID#9503	Self Directed Learning	Self Directed Learning	Anatomy, Lab Practical Anatomy of Joints (01:00 - 03:50) ID#9514	Anatomy, Lecture Histology of bone and osteogenesis (01:00 - 01:50) ID#10013
02:00 – 02:50					Self Directed Learning
03:00 – 03:50					Self Directed Learning
	Self Directed Learning			Self Directed Learning	

**Note: All lectures will be held in LT 1-44, unless otherwise specified
For details of English teaching venues please check with the Department**

Foundation 1; Week 6

TIME	Sun 13/10/2024	Mon 14/10/2024	Tue 15/10/2024	Wed 16/10/2024	Thu 17/10/2024
08:00 – 08:50	English, Lecture (08:00 - 09:50) ID#7472	English, Lecture (08:00 - 09:50) ID#7427	English, Lecture English Lecture (08:00 - 09:50) ID#7166	English, Lecture (08:00 - 09:50) ID#7210	English, Lecture (08:00 - 09:50) ID#7441
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	Biochemistry, Lecture Glycolysis; the central catabolic pathway (10:10 - 11:00) ID#7174	Anatomy, Lecture General anatomy of skeletal muscles (10:10 - 11:00) ID#7114	Physiology, Lecture Graded and Action Potentials (10:10 - 11:00) ID#7212	Biochemistry, Lecture Tricarboxylic acid cycle (TCA/Krebs cycle) (10:10 - 11:00) ID#7176	Physiology, Seminar Resting membrane potential and action potential (10:10 - 11:00) ID#7220 (LT 1-44, SR-2,3,4,5)
11:10 – 12:00	Self Directed Learning	Self Directed Learning	Health Promotion and Health Education, Lecture Dietary Patterns and Health (11:10 - 12:00) ID#7398	Physiology, Lecture Action potential (11:10 - 12:00) ID#7218	Anatomy, Lecture Histology of muscle tissue (11:10 - 12:00) ID#7116
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50	Anatomy, Lab Practical Cartilage & Bone (01:00 - 03:50) ID#9012	Self Directed Learning	Self Directed Learning	Anatomy, Lab Practical Organization of skeletal muscles (01:00 - 03:50) ID#7142	Self Directed Learning
02:00 – 02:50					
03:00 – 03:50					
	Self Directed Learning			Self Directed Learning	

Learning Topics:

WK6: **Biochemistry, Pentose phosphate pathway, ID#7178**

Note: All lectures will be held in LT 1-44, unless otherwise specified
For details of English teaching venues please check with the Department

Foundation 1; Week 7

TIME	Sun 20/10/2024	Mon 21/10/2024	Tue 22/10/2024	Wed 23/10/2024	Thu 24/10/2024
08:00 – 08:50	English, Lecture (08:00 - 09:50) ID#7563	English, Lecture (08:00 - 09:50) ID#7538	English, Lecture (08:00 - 09:50) ID#7540	English, Lecture (08:00 - 09:50) ID#7542	Self Directed Learning
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	Biochemistry, Lecture The basis of oxygen use in cell energy production: mitochondrial electron transport (10:10 - 11:00) ID#7246	Physiology, Lecture Chemical signals and signal transduction (10:10 - 11:00) ID#7224	Health Promotion and Health Education, Lecture Physical Activity and Health (10:10 - 11:00) ID#7400	Physiology, Lecture Second Messengers (10:10 - 11:00) ID#7222	Biochemistry, Lecture Storage of glucose in humans; the production and use of glycogen (10:10 - 11:00) ID#7172
11:10 – 12:00	Physiology, Lecture The synaptic transmission (11:10 - 12:00) ID#7216	Anatomy, Lecture Anatomy of Blood vessels (11:10 - 12:00) ID#7575	Biochemistry, Lecture Mitochondria in action: ATP synthesis and membrane shuttles (11:10 - 12:00) ID#7248	Self Directed Learning	Multidisciplinary, Class Discussion Physiology Review (11:10 - 12:00) ID#7435
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50	Anatomy, Lab Practical Histology of muscle tissue (01:00 - 03:50) ID#7138	Self Directed Learning	Self Directed Learning	Anatomy, Lab Practical Anatomy of Blood vessels (01:00 - 03:50) ID#7208	Self Directed Learning
02:00 – 02:50					
03:00 – 03:50					
	Self Directed Learning			Self Directed Learning	

**Note: All lectures will be held in LT 1-44, unless otherwise specified
For details of English teaching venues please check with the Department**

Foundation 1; Week 8

TIME	Sun 27/10/2024	Mon 28/10/2024	Tue 29/10/2024	Wed 30/10/2024	Thu 31/10/2024
08:00 – 08:50	Self Directed Learning	English, Lecture (08:00 - 09:50) ID#7446	English, Lecture (08:00 - 09:50) ID#7544	English, Lecture (08:00 - 09:50) ID#7554	English, Lecture English Lecture (08:00 - 09:50) ID#7186
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	Physiology, Lecture Transcription Factors (10:10 - 11:00) ID#7226	Self Directed Learning	Self Directed Learning	Multidisciplinary, Lecture Integration & Wrap up session (Foundation Block) (10:10 - 11:00) ID#7421	Biochemistry, Seminar Glycogen Storage Diseases (10:10 - 11:00) ID#7280 (LT 1-44, SR-2,3,4,5)
11:10 – 12:00	Self Directed Learning	Multidisciplinary, Class Discussion Biochemistry Review (11:10 - 12:00) ID#9510	Health Promotion and Health Education, Lecture Promoting Healthy Lifestyles (11:10 - 12:00) ID#7403	Self Directed Learning	Self Directed Learning
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50	Anatomy, Lab Practical Anatomy Lab Review (01:00 - 03:50) ID#7144	Self Directed Learning	Self Directed Learning	Self Directed Learning	Self Directed Learning
02:00 – 02:50					
03:00 – 03:50					
	Self Directed Learning				

**Note: All lectures will be held in LT 1-44, unless otherwise specified
For details of English teaching venues please check with the Department**

Foundation 1; Week 9

TIME	Sun 03/11/2024	Mon 04/11/2024	Tue 05/11/2024	Wed 06/11/2024	Thu 07/11/2024
08:00 – 08:50	Self Directed Learning	Self Directed Learning	Self Directed Learning	Self Directed Learning	Self Directed Learning
09:00 – 09:50					Assessment, FB MIDTERM ASSESSMENT (09:00 - 11:30) ID#7576
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	
10:10 – 11:00	Self Directed Learning	Assessment -----OSPE EXAM----- (11:00 - 02:00) ID#7244 (LT 0-10, MDLs – 1,2)	Self Directed Learning	Self Directed Learning	
11:10 – 12:00					
12:00 – 01:00	Lunch Break		Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50	Self Directed Learning		Self Directed Learning	Self Directed Learning	Self Directed Learning
02:00 – 02:50					
03:00 – 03:50					

**Note: All lectures will be held in LT 1-44, unless otherwise specified
For details of English teaching venues please check with the Department**

Foundation 1; Week 10

TIME	Sun 10/11/2024	Mon 11/11/2024	Tue 12/11/2024	Wed 13/11/2024	Thu 14/11/2024
08:00 – 08:50	English Midterm Exam	English, Lecture (08:00 - 09:50) ID#7546	English, Lecture (08:00 - 09:50) ID#7526	English, Lecture (08:00 - 09:50) ID#7548	English, Lecture (08:00 - 09:50) ID#7152
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	Biochemistry, Lecture Amino acid metabolism (10:10 - 11:00) ID#7182	Anatomy, Lecture Peripheral Nervous System (10:10 - 11:00) ID#7096	Biochemistry, Lecture Maintaining blood sugar using different substrates; gluconeogenesis (10:10 - 11:00) ID#7180	Biochemistry, Lecture Nucleotide metabolism and roles of purines in health (10:10 - 11:00) ID#7254	Physiology, Lecture Cell junctions and junctional proteins (10:10 - 11:00) ID#7315
11:10 – 12:00	Anatomy, Lecture Central Nervous System (11:10 - 12:00) ID#7094	Biochemistry, Lecture Amino acid catabolism and nitrogen disposal (11:10 - 12:00) ID#7184	Anatomy, Lecture Autonomic nervous system (11:10 - 12:00) ID#7098	Anatomy, Lecture Peripheral distribution of the cranial nerves (11:10 - 12:00) ID#9034	Biochemistry, Lecture Free radicals: production, damage and control (11:10 - 12:00) ID#10018
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50	Anatomy, Lab Practical Central Nervous System (01:00 - 03:50) ID#7146	Self Directed Learning	Self Directed Learning	Anatomy, Lab Practical Peripheral nervous system (01:00 - 03:50) ID#7252	Self Directed Learning
02:00 – 02:50					
03:00 – 03:50					
	Self Directed Learning			Self Directed Learning	

**Note: All lectures will be held in LT 1-44, unless otherwise specified
For details of English teaching venues please check with the Department**

Foundation 1; Week 11

TIME	Sun 17/11/2024	Mon 18/11/2024	Tue 19/11/2024	Wed 20/11/2024	Thu 21/11/2024
08:00 – 08:50	English, Lecture (08:00 - 09:50) ID#7168	English, Lecture (08:00 - 09:50) ID#7559	English, Lecture (08:00 - 09:50) ID#7388	English, Lecture (08:00 - 09:50) ID#7550	English, Lecture (08:00 - 09:50) ID#7536
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	Self Directed Learning	Anatomy, Lecture Nervous tissue (I) (10:10 - 11:00) ID#7106	Biochemistry, Lecture Fatty Acid Oxidation & Energy Production (10:10 - 11:00) ID#7234	Biochemistry, Lecture Lipoproteins (10:10 - 11:00) ID#7238	Biochemistry, Lab Practical Applications of enzyme methods for determination of cholesterol and electrophoretic separation of plasma lipoproteins (10:10 - 12:00) ID#7290 (MDLs 1,2,5,6 & 7)
11:10 – 12:00	Physiology, Lecture Cellular microfilaments: Actin and myosin (11:10 - 12:00) ID#7318	Self Directed Learning	Anatomy, Lecture Nervous tissue (II) (11:10 - 12:00) ID#7108	Physiology, Lecture Microtubules and intermediary filaments (11:10 - 12:00) ID#7320	
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50	Biochemistry, Lecture How do we get fat? Fatty acid synthesis and storage as triacylglycerol. (01:00 - 01:50) ID#7230	Biochemistry, Lecture How do Humans synthesize essential poly unsaturated fatty acids? (01:00 - 01:50) ID#7232	Biochemistry, Lecture Cholesterol (01:00 - 01:50) ID#7236	Anatomy, Lab Practical Nervous tissue (01:00 - 03:50) ID#7140	Biochemistry, Lab Practical Applications of enzyme methods for determination of cholesterol and electrophoretic separation of plasma lipoproteins (01:00 - 02:50) ID#7290 (MDLs 1,2,5,6 & 7)
02:00 – 02:50	Self Directed Learning	Self Directed Learning	Self Directed Learning		
03:00 – 03:50				Self Directed Learning	Self Directed Learning
				Self Directed Learning	

**Note: All lectures will be held in LT 1-44, unless otherwise specified
For details of English teaching venues please check with the Department**

Foundation 1; Week 12

TIME	Sun 24/11/2024	Mon 25/11/2024	Tue 26/11/2024	Wed 27/11/2024	Thu 28/11/2024
08:00 – 08:50	Self Directed Learning	English, Lecture (08:00 - 09:50) ID#7102	English, Lecture (08:00 - 09:50) ID#7569	English, Lecture (08:00 - 09:50) ID#7431	English, Lecture (08:00 - 09:50) ID#7571
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	Physiology, Lecture Skeletal muscles (10:10 - 11:00) ID#7322	Anatomy, Lecture Anatomical organization of abdominal and pelvic cavities (10:10 - 11:00) ID#7092	Physiology, Lecture Contraction and relaxation of Vascular Muscle (10:10 - 11:00) ID#7561	Biochemistry, Lecture Mobilization of fuels and formation and utilization of ketone bodies (10:10 - 11:00) ID#7250	Anatomy, Lecture Integumentary system (10:10 - 11:00) ID#7423
11:10 – 12:00	Anatomy, Lecture Anatomy of the Thorax (11:10 - 12:00) ID#7088	Physiology, Lecture Contraction and relaxation of Cardiac muscles (11:10 - 12:00) ID#7324	Biochemistry, Lecture Diversified roles of lipids: perspective (11:10 - 12:00) ID#7228	Self Directed Learning	Physiology, Lecture Epithelial Transport (11:10 - 12:00) ID#9026
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50	Anatomy, Lab Practical Anatomy of the Thorax (01:00 - 03:50) ID#9505	Self Directed Learning	Self Directed Learning	Anatomy, Lab Practical Anatomical organization of abdominal and pelvic cavities (01:00 - 03:50) ID#7516	Self Directed Learning
02:00 – 02:50					
03:00 – 03:50					
	Self Directed Learning			Self Directed Learning	

Learning Topics:

WK12: **Biochemistry, Key molecular features that determine properties of cell membranes, ID#7242**

**Note: All lectures will be held in LT 1-44, unless otherwise specified
For details of English teaching venues please check with the Department**

Foundation 1; Week 13

TIME	Sun 01/12/2024	Mon 02/12/2024	Tue 03/12/2024	Wed 04/12/2024	Thu 05/12/2024
08:00 – 08:50	Self Directed Learning	English, Lecture (08:00 - 09:50) ID#7452	English, Lecture (08:00 - 09:50) ID#7482	English, Lecture (08:00 - 09:50) ID#7508	English, Lecture (08:00 - 09:50) ID#7486
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	Physiology, Lecture Body organ systems: The endocrine system (10:10 - 11:00) ID#9028	Biochemistry, Lecture Introduction to Human Nutrition (10:10 - 11:00) ID#2838	Physiology, Lecture Cardiovascular Circuitry (10:10 - 11:00) ID#9003	Biochemistry, Lecture Dietary Macronutrients: Proteins and Carbohydrates (10:10 - 11:00) ID#9007	Biochemistry, Lab Practical Blood glucose and oral glucose tolerance test (10:10 - 12:00) ID#7498 (MDLs 1,2,5,6 & 7)
11:10 – 12:00	Self Directed Learning	Physiology, Lecture Principles of Hemodynamics (11:10 - 12:00) ID#9024	Biochemistry, Seminar Health problems of dietary fats (11:10 - 12:00) ID#7284 (LT 1-44, SR-2,3,4,5)	Biochemistry, Seminar Metabolic consequences of dietary restriction (11:10 - 12:00) ID#7282 (LT 1-44, SR-2,3,4,5)	
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50	Anatomy, Lab Practical Microscopic anatomy of skin and its appendages (01:00 - 03:50) ID#7580	Anatomy, Lecture Anatomy of the Scalp & its applied anatomy (01:00 - 01:50) ID#7100	Anatomy, Lecture Anatomy of the face (01:00 - 01:50) ID#7518	Anatomy, Lab Practical Scalp & Face (01:00 - 03:50) ID#7150	Biochemistry, Lab Practical Blood glucose and oral glucose tolerance test (01:00 - 02:50) ID#7498 (MDLs 1,2,5,6 & 7)
02:00 – 02:50		Self Directed Learning	Self Directed Learning		
03:00 – 03:50					Self Directed Learning
		Self Directed Learning			Self Directed Learning

**Note: All lectures will be held in LT 1-44, unless otherwise specified
For details of English teaching venues please check with the Department**

Foundation 1; Week 14

TIME	Sun 08/12/2024	Mon 09/12/2024	Tue 10/12/2024	Wed 11/12/2024	Thu 12/12/2024
08:00 – 08:50	English, Lecture (08:00 - 09:50) ID#7405	English, Lecture (08:00 - 09:50) ID#7493	English, Lecture (08:00 - 09:50) ID#7496	English, Lecture (08:00 - 09:50) ID#7478	English, Lecture (08:00 - 09:50) ID#7502
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	Physiology, Lecture Basics of synaptic plasticity (10:10 - 11:00) ID#9055	Physiology, Lecture Introduction to reflex (10:10 - 11:00) ID#7204	Physiology, Lecture Autonomic Nervous System (10:10 - 11:00) ID#9508	Biochemistry, Lecture Micronutrients: Minerals and Trace Elements (10:10 - 11:00) ID#1021	Physiology, Lecture Buffers in the body fluids (10:10 - 11:00) ID#7333
11:10 – 12:00	Self Directed Learning	Anatomy, Lecture Anatomy of Skull and Cranial cavity (11:10 - 12:00) ID#7417	Biochemistry, Lecture Micronutrients: The Vitamins (11:10 - 12:00) ID#1067	Self Directed Learning	Physiology, Lecture Principles of acid base homeostasis (11:10 - 12:00) ID#7329
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50	Biochemistry, Lecture Dietary Lipids and Energy Utilization (01:00 - 01:50) ID#2756	Self Directed Learning	Self Directed Learning	Anatomy, Lab Practical Anatomy of Skull and Cranial cavity (01:00 - 03:50) ID#7578	Self Directed Learning
02:00 – 02:50	Self Directed Learning				
03:00 – 03:50				Self Directed Learning	

**Note: All lectures will be held in LT 1-44, unless otherwise specified
For details of English teaching venues please check with the Department**

Foundation 1; Week 15

TIME	Sun 15/12/2024	Mon 16/12/2024	Tue 17/12/2024	Wed 18/12/2024	Thu 19/12/2024
08:00 – 08:50	Self Directed Learning	English, Lecture (08:00 - 09:50) ID#7528	English, Lecture English Lecture (08:00 - 09:50) ID#9501	Self Directed Learning	Self Directed Learning
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	Self Directed Learning	Physiology, Lecture Oxygen and carbon dioxide transport in biological fluids (10:10 - 11:00) ID#9009	Biochemistry, Seminar Biochemistry of nutritional supplements (10:10 - 11:00) ID#7370 (LT 1-44, SR-2,3,4,5)	Physiology, Lecture Temperature regulation (II) (10:10 - 11:00) ID#7345	Physiology, Seminar Acid-base balance and simple acid-base disorder (10:10 - 11:00) ID#7335 (LT 1-44, SR-2,3,4,5)
11:10 – 12:00	Anatomy, Lecture Triangles of the neck I (11:10 - 12:00) ID#9018	Self Directed Learning	Physiology, Lecture Temperature Regulation (I) (11:10 - 12:00) ID#7343	Self Directed Learning	Self Directed Learning
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50	Self Directed Learning	Anatomy, Lecture Triangles of the neck II (01:00 - 01:50) ID#9032	Anatomy, Lecture Fascial Compartments of Neck (01:00 - 01:50) ID#9016	Anatomy, Lab Practical Triangles of the neck (01:00 - 03:50) ID#9030	Self Directed Learning
02:00 – 02:50		Self Directed Learning	Self Directed Learning		
03:00 – 03:50					

**Note: All lectures will be held in LT 1-44, unless otherwise specified
For details of English teaching venues please check with the Department**

Foundation 1; Week 16

TIME	Sun 22/12/2024	Mon 23/12/2024	Tue 24/12/2024	Wed 25/12/2024	Thu 26/12/2024
08:00 – 08:50	ENGLISH FINAL EXAM	Self Directed Learning	Self Directed Learning	Self Directed Learning	Self Directed Learning
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	Physiology, Lecture Basal metabolism and basal metabolic rate (10:10 - 11:00) ID#7339	Physiology, Lecture Control of food intake and body weight (10:10 - 11:00) ID#7341	Physiology, Seminar Body weight (10:10 - 11:00) ID#7337 (LT 1-44, SR-2,3,4,5)	Self Directed Learning	OSPE Exam (LT 0-10, MDLs – 1,2)
11:10 – 12:00	Multidisciplinary, Class Discussion Wrap up session (Foundation Block) (11:10 - 12:00) ID#7433	Self Directed Learning	Multidisciplinary, Class Discussion Biochemistry Review (11:10 - 12:00) ID#7276		
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50	Anatomy, Lab Practical Anatomy Lab Review (01:00 - 03:50) ID#7510	Self Directed Learning	Self Directed Learning	Self Directed Learning	Self Directed Learning
02:00 – 02:50					
03:00 – 03:50					
	Self Directed Learning				

**Note: All lectures will be held in LT 1-44, unless otherwise specified
For details of English teaching venues please check with the Department**

Foundation 1; Week 17

TIME	Sun 29/12/2024	Mon 30/12/2024	Tue 31/12/2024	Wed 01/01/2025	Thu 02/01/2025
08:00 – 08:50	Self Directed Learning	Self Directed Learning	ENGLISH RESIT EXAM	Self Directed Learning	Self Directed Learning
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	End of Module Assessment
10:10 – 11:00	Self Directed Learning	Self Directed Learning	Self Directed Learning	Self Directed Learning	
11:10 – 12:00					
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
01:00 – 01:50	Self Directed Learning	Self Directed Learning	Self Directed Learning	Self Directed Learning	Self Directed Learning
02:00 – 02:50					
03:00 – 03:50					

**Note: All lectures will be held in LT 1-44, unless otherwise specified
 For details of English teaching venues please check with the Department**