

**Foundation 1; Week 1**

TIME	Sun 14/09/2025	Mon 15/09/2025	Tue 16/09/2025	Wed 17/09/2025	Thu 18/09/2025
08:00 – 08:50	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	<b>English, Lecture</b>	<b>English, Lecture</b>
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	<b>Multidisciplinary, Small Group Discussion</b> <b>Class Discussion:</b> Introduction to Phase II (10:10 - 11:00) ID#7411	<b>Anatomy, Lecture</b> Gametogenesis (10:10 - 11:00) ID#7064	<b>Anatomy, Lecture</b> Ovulation, fertilization and implantation (10:10 - 11:00) ID#7068	<b>Anatomy, Lecture</b> Development of Bilaminar and trilaminar germ disc (10:10 - 11:00) ID#7070	<b>Anatomy, Lecture</b> Embryonic and Fetal periods (10:10 - 11:00) ID#7086
11:10 – 12:00	<b>Anatomy, Lecture</b> Introduction to organization of human body and anatomical terminology (11:10 - 12:00) ID#7062	<b>Biochemistry, Lecture</b> Human genome organization (11:10 - 12:00) ID#10020	<b>Biochemistry, Lecture</b> Basic Concepts of DNA Replication (11:10 - 12:00) ID#7256	<b>Biochemistry, Lecture</b> DNA Damage, repair and mutations (11:10 - 12:00) ID#7258	<b>Physiology, Lecture</b> Body fluids (11:10 - 12:00) ID#7193
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
13:00 – 13:50	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	<b>Physiology, Lecture</b> Introduction to homeostasis (13:00 - 13:50) ID#7189	Self-Directed Learning
14:00 – 14:50				Self-Directed Learning	
15:00 – 15:50					

**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 21/09/2025	Mon 22/09/2025	Tue 23/09/2025	Wed 24/09/2025	Thu 25/09/2025
08:00 – 08:50	Self-Directed Learning	<b>English, Lecture</b>  (08:00 - 09:50) ID#7573	<b>English, Lecture</b>  (08:00 - 09:50) ID#7476	<b>English, Lecture</b>  (08:00 - 09:50) ID#7494	<b>English, Lecture</b>  (08:00 - 09:50) ID#7458
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	<b>Anatomy, Lecture</b> Placenta and fetal membranes (10:10 - 11:00) ID#7104	<b>Health Promotion and Health Education, Lecture</b> Kuwait's Health Profile (10:10 - 11:00) ID#7396	<b>Biochemistry, Lecture</b> Restriction Enzymes & Gel Electrophoresis (10:10 - 11:00) ID#7260	<b>Anatomy, Lecture</b> Intercellular junctions & basement membrane (10:10 - 11:00) ID#7072	<b>Biochemistry, Small Group Discussion</b> <b>Lab Practical:</b> PCR amplification and gel electrophoresis (10:10 - 12:00) ID#7294 <b>(MDLs 1,2,5,6 &amp; 7)</b>
11:10 – 12:00	<b>Biochemistry, Lecture</b> Lab Orientation and Safety Session (11:10 - 12:00) ID#7154 <b>(MDLs 1,2,5,6 &amp; 7)</b>	<b>Anatomy, Lecture</b> Congenital malformations (11:10 - 12:00) ID#7112	<b>Anatomy, Lecture</b> Epithelial tissue (11:10 - 12:00) ID#7074	<b>Physiology, Lecture</b> Exchange of Substances Across the Cell Membrane. (11:10 - 12:00) ID#7195	
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
13:00 – 13:50	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	<b>Biochemistry, Small Group Discussion</b> <b>Lab Practical:</b> PCR amplification and gel electrophoresis (13:00 - 14:50) ID#7294 <b>(MDLs 1,2,5,6 &amp; 7)</b>
14:00 – 14:50					
15:00 – 15:50					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 28/09/2025	Mon 29/09/2025	Tue 30/09/2025	Wed 01/10/2025	Thu 02/10/2025
08:00 – 08:50	<b>English, Lecture</b>  (08:00 - 09:50) ID#7456	<b>English, Lecture</b>  (08:00 - 09:50) ID#7460	<b>English, Lecture</b>  (08:00 - 09:50) ID#7530	<b>English, Lecture</b>  (08:00 - 09:50) ID#7532	<b>English, Lecture</b>  (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	<b>Anatomy, Lecture</b> Microscopic anatomy of glands (10:10 - 11:00) ID#7076	<b>Biochemistry, Lecture</b> Recombinant DNA techniques (10:10 - 11:00) ID#7266	<b>Physiology, Lecture</b> Cellular membranes and vesicular transport (10:10 - 11:00) ID#7202	<b>Anatomy, Lecture</b> Connective tissue proper & adipose tissue (10:10 - 11:00) ID#7080	<b>Physiology, Small Group Discussion Seminar: Body fluids</b> (10:10 - 12:00) ID#7200 <b>(LT 1-44, SR-2,3,4,5)</b>
11:10 – 12:00	Self-Directed Learning	<b>Physiology, Lecture</b> Exchanges Across the Capillary Wall (11:10 - 12:00) ID#7198	<b>Biochemistry, Lecture</b> RNA and Transcription in eukaryotes (11:10 - 12:00) ID#7268	<b>Biochemistry, Lecture</b> mRNA processing (11:10 - 12:00) ID#7270	
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
13:00 – 13:50	<b>Anatomy, Small Group Discussion Lab Practical: Epithelial tissue and glands</b> (13:00 - 15:50) ID#7132	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	<b>Biochemistry, Lecture</b> Regulation of gene expression in eukaryotes (13:00 - 13:50) ID#7272
14:00 – 14:50					Self-Directed Learning
15:00 – 15:50					
	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 4**

TIME	Sun 05/10/2025	Mon 06/10/2025	Tue 07/10/2025	Wed 08/10/2025	Thu 09/10/2025
08:00 – 08:50	<b>English, Lecture</b>  (08:00 - 09:50) ID#7164	<b>English, Lecture</b>  (08:00 - 09:50) ID#7534	<b>English, Lecture</b>  (08:00 - 09:50) ID#7556	<b>English, Lecture</b>  (08:00 - 09:50) ID#7090	<b>English, Lecture</b>  (08:00 - 09:50) ID#10514
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	<b>Anatomy, Lecture</b> Introduction to connective tissue (10:10 - 11:00) ID#7078	Self-Directed Learning	<b>Biochemistry, Lecture</b> Principles that determine protein structures (10:10 - 11:00) ID#7156	<b>Biochemistry, Lecture</b> Molecular genetics of inherited diseases (10:10 - 11:00) ID#7274	<b>Anatomy, Lecture</b> Classification of bones & joints (10:10 - 11:00) ID#9001
11:10 – 12:00	Self-Directed Learning	<b>Biochemistry, Lecture</b> Translation of genetic code-protein synthesis and inhibitors (11:10 - 12:00) ID#10007	Self-Directed Learning	Self-Directed Learning	<b>Biochemistry, Lecture</b> Protein Modification (11:10 - 12:00) ID#7264
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
13:00 – 13:50	<b>Anatomy, Small Group Discussion Lab Practical:</b> Connective tissue & Blood cells (13:00 - 15:50) ID#7134	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning
14:00 – 14:50					
15:00 – 15:50					
	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 12/10/2025	Mon 13/10/2025	Tue 14/10/2025	Wed 15/10/2025	Thu 16/10/2025
08:00 – 08:50	Self-Directed Learning	<b>English, Lecture</b>  (08:00 - 09:50) ID#7170	<b>English, Lecture</b>  (08:00 - 09:50) ID#7480	<b>English, Lecture</b>  (08:00 - 09:50) ID#7500	<b>English, Lecture</b>  (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	<b>Physiology, Lecture</b> The structure and function of Ion channels (10:10 - 11:00) ID#7206	<b>Biochemistry, Lecture</b> Enzyme mechanisms (10:10 - 11:00) ID#7160	<b>Physiology, Lecture</b> Membrane Potential (10:10 - 11:00) ID#7214	<b>Biochemistry, Lecture</b> Principles of enzyme regulation (10:10 - 11:00) ID#7162	<b>Anatomy, Lecture</b> Histology of Cartilage (10:10 - 11:00) ID#9005
11:10 – 12:00	<b>Biochemistry, Small Group Discussion</b> <b>Seminar:</b> Protein structure (11:10 - 12:00) ID#7278 <b>(LT 1-44, SR-2,3,4,5)</b>	Self-Directed Learning	<b>Health Promotion and Health</b> Education, Lecture Motivational Interviewing: Improving Patient Education (11:10 - 12:00) ID#7394	Self-Directed Learning	<b>Biochemistry, Lecture</b> 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
13:00 – 13:50	<b>Anatomy, Small Group Discussion</b> <b>Lab Practical:</b> Anatomy of Bones and Joints (13:00 - 15:50) ID#9503	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning
14:00 – 14:50					
15:00 – 15:50					
	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 6**

TIME	Sun 19/10/2025	Mon 20/10/2025	Tue 21/10/2025	Wed 22/10/2025	Thu 23/10/2025
08:00 – 08:50	<b>English, Lecture</b>  (08:00 - 09:50) ID#7472	<b>English, Lecture</b>  (08:00 - 09:50) ID#7427	<b>English, Lecture</b>  (08:00 - 09:50) ID#7166	<b>English, Lecture</b>  (08:00 - 09:50) ID#7210	<b>English, Lecture</b>  (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	<b>Anatomy, Lecture</b> Histology of bone and osteogenesis (10:10 - 11:00) ID#10013	<b>Anatomy, Lecture</b> General anatomy of skeletal muscles (10:10 - 11:00) ID#7114	<b>Physiology, Lecture</b> Graded and Action Potentials (10:10 - 11:00) ID#7212	<b>Biochemistry, Lecture</b> Tricarboxylic acid cycle (TCA/Krebs cycle) (10:10 - 11:00) ID#7176	<b>Physiology, Lecture</b> Action potential (10:10 - 11:00) ID#7218
11:10 – 12:00	Self-Directed Learning	<b>Biochemistry, Lecture</b> Glycolysis; the central catabolic pathway (11:10 - 12:00) ID#7174	<b>Health Promotion and Health Education, Lecture</b> Dietary Patterns and Health (11:10 - 12:00) ID#7398	Self-Directed Learning	<b>Anatomy, Lecture</b> Histology of muscle tissue (11:10 - 12:00) ID#7116
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
13:00 – 13:50	<b>Anatomy, Small Group Discussion</b> <b>Lab Practical:</b> Cartilage & Bone (13:00 - 15:50) ID#9012	Self-Directed Learning	Self-Directed Learning	<b>Anatomy, Small Group Discussion</b> <b>Lab Practical:</b> Organization of skeletal muscles (13:00 - 15:50) ID#7142	Self-Directed Learning
14:00 – 14:50					
15:00 – 15:50					
	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 26/10/2025	Mon 27/10/2025	Tue 28/10/2025	Wed 29/10/2025	Thu 30/10/2025
08:00 – 08:50	<b>English, Lecture</b>  (08:00 - 09:50) ID#7563	<b>English, Lecture</b>  (08:00 - 09:50) ID#7538	<b>English, Lecture</b>  (08:00 - 09:50) ID#7540	<b>English, Lecture</b>  (08:00 - 09:50) ID#7542	<b>English, Lecture</b>  (08:00 - 09:50) ID#7514
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
10:10 – 11:00	<b>Physiology, Small Group Discussion Seminar:</b> Resting membrane potential and action potential (10:10 - 11:00) ID#7220 <b>(LT 1-44, SR-2,3,4,5)</b>	<b>Biochemistry, Lecture</b> The basis of oxygen use in cell energy production: mitochondrial electron transport (10:10 - 11:00) ID#7246	<b>Physiology, Lecture</b> The synaptic transmission (10:10 - 11:00) ID#7216	<b>Physiology, Lecture</b> Chemical signals and signal transduction (10:10 - 11:00) ID#7224	<b>Health Promotion and Health Education, Lecture</b> Physical Activity and Health (10:10 - 11:00) ID#7400
11:10 – 12:00	Self-Directed Learning	Self-Directed Learning	<b>Anatomy, Lecture</b> Anatomy of Blood vessels (11:10 - 12:00) ID#7575	Self-Directed Learning	<b>Biochemistry, Lecture</b> Mitochondria in action: ATP synthesis and membrane shuttles (11:10 - 12:00) ID#7248
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
13:00 – 13:50	<b>Anatomy, Small Group Discussion Lab Practical:</b> Histology of muscle tissue (13:00 - 15:50) ID#7138	Self-Directed Learning	Self-Directed Learning	<b>Anatomy, Small Group Discussion Lab Practical:</b> Anatomy of Blood vessels (13:00 - 15:50) ID#7208	Self-Directed Learning
14:00 – 14:50					
15:00 – 15:50					
	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 02/11/2025	Mon 03/11/2025	Tue 04/11/2025	Wed 05/11/2025	Thu 06/11/2025
08:00 – 08:50	Self-Directed Learning	<b>English, Lecture</b>  (08:00 - 09:50) ID#7446	<b>English, Lecture</b>  (08:00 - 09:50) ID#7544	<b>English, Lecture</b>  (08:00 - 09:50) ID#7554	<b>English, Lecture</b>  (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	<b>Physiology, Lecture</b> Second Messengers (10:10 - 11:00) ID#7222	<b>Biochemistry, Lecture</b> Storage of glucose in humans; the production and use of glycogen (10:10 - 11:00) ID#7172	<b>Physiology, Lecture</b> Transcription Factors (10:10 - 11:00) ID#7226	<b>Multidisciplinary, Lecture</b> Integration & Wrap up session (Foundation Block) (10:10 - 11:00) ID#7421	<b>Biochemistry, Small Group Discussion Seminar:</b> Glycogen Storage Diseases (10:10 - 11:00) ID#7280 <b>(LT 1-44, SR-2,3,4,5)</b>
11:10 – 12:00	Self-Directed Learning	<b>Multidisciplinary, Small Group Discussion</b> <b>Class Discussion:</b> Physiology Review (11:10 - 12:00) ID#7435	<b>Multidisciplinary, Small Group Discussion</b> <b>Class Discussion:</b> Biochemistry Review (11:10 - 12:00) ID#9510	<b>Health Promotion and Health Education, Lecture</b> Promoting Healthy Lifestyles (11:10 - 12:00) ID#7403	Self-Directed Learning
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
13:00 – 13:50	<b>Anatomy, Small Group Discussion</b> <b>Lab Practical:</b> Anatomy Lab Review (13:00 - 15:50) ID#7144	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning
14:00 – 14:50					
15:00 – 15:50					
	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**

Simulation 2, Week 5					
TIME	Sun 09/11/2025	Mon 10/11/2025	Tue 11/11/2025	Wed 12/11/2025	Thu 13/11/2025
08:00 – 08:50	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	<b>Assessment</b> FB ASSESSMENT PAPER I (09:00 - 11:30) ID#7576
09:00 – 09:50					
09:50 – 10:10	Coffee Break	Coffee Break	Coffee Break	Coffee Break	
10:10 – 11:00	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	
11:10 – 12:00		<b>Assessment</b> -----OSPE EXAM----- (11:00 - 02:00) ID#7244 <b>(LT 0-10, MDLs – 1,2)</b>			
12:00 – 01:00	Lunch Break		Lunch Break	Lunch Break	
13:00 – 13:50	Self-Directed Learning		Self-Directed Learning	Self-Directed Learning	Self-Directed Learning
14:00 – 14:50					
15:00 – 15:50					

**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 16/11/2025	Mon 17/11/2025	Tue 18/11/2025	Wed 19/11/2025	Thu 20/11/2025
08:00 – 08:50	<b>English Midterm Exam</b>	<b>English, Lecture</b>  (08:00 - 09:50) ID#7546	<b>English, Lecture</b>  (08:00 - 09:50) ID#7526	<b>English, Lecture</b>  (08:00 - 09:50) ID#7548	<b>English, Lecture</b>  (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	<b>Biochemistry, Lecture</b> Amino acid metabolism (10:10 - 11:00) ID#7182	<b>Anatomy, Lecture</b> Peripheral Nervous System (10:10 - 11:00) ID#7096	<b>Biochemistry, Lecture</b> Maintaining blood sugar using different substrates; gluconeogenesis (10:10 - 11:00) ID#7180	<b>Biochemistry, Lecture</b> Nucleotide metabolism and roles of purines in health (10:10 - 11:00) ID#7254	<b>Physiology, Lecture</b> Cell junctions and junctional proteins (10:10 - 11:00) ID#7315
11:10 – 12:00	<b>Anatomy, Lecture</b> Central Nervous System (11:10 - 12:00) ID#7094	<b>Biochemistry, Lecture</b> Amino acid catabolism and nitrogen disposal (11:10 - 12:00) ID#7184	<b>Anatomy, Lecture</b> Autonomic nervous system (11:10 - 12:00) ID#7098	<b>Anatomy, Lecture</b> Peripheral distribution of the cranial nerves (11:10 - 12:00) ID#9034	<b>Biochemistry, Lecture</b> 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
13:00 – 13:50	<b>Anatomy, Small Group Discussion Lab Practical:</b> Central Nervous System (13:00 - 15:50) ID#7146	Self-Directed Learning	Self-Directed Learning	<b>Anatomy, Small Group Discussion Lab Practical:</b> Peripheral nervous system (13:00 - 15:50) ID#7252	Self-Directed Learning
14:00 – 14:50					
15:00 – 15:50					
	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 23/11/2025	Mon 24/11/2025	Tue 25/11/2025	Wed 26/11/2025	Thu 27/11/2025
08:00 – 08:50	<b>English, Lecture</b>  (08:00 - 09:50) ID#7168	<b>English, Lecture</b>  (08:00 - 09:50) ID#7559	<b>English, Lecture</b>  (08:00 - 09:50) ID#7388	<b>English, Lecture</b>  (08:00 - 09:50) ID#7550	<b>English, Lecture</b>  (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	<b>Anatomy, Lecture</b> Nervous tissue (I) (10:10 - 11:00) ID#7106	<b>Biochemistry, Lecture</b> Fatty Acid Oxidation & Energy Production (10:10 - 11:00) ID#7234	<b>Biochemistry, Lecture</b> Cholesterol (10:10 - 11:00) ID#7236	<b>Biochemistry, Small Group Discussion</b> <b>Lab Practical:</b> Applications of enzyme methods for determination of cholesterol (10:10 - 12:00) ID#7290 <b>(MDLs 1,2,5,6 &amp; 7)</b>
11:10 – 12:00	<b>Physiology, Lecture</b> Cellular microfilaments: Actin and myosin (11:10 - 12:00) ID#7318	<b>Biochemistry, Lecture</b> How do Humans synthesize essential poly unsaturated fatty acids? (11:10 - 12:00) ID#7232	<b>Anatomy, Lecture</b> Nervous tissue (II) (11:10 - 12:00) ID#7108	<b>Physiology, Lecture</b> Microtubules and intermediary filaments (11:10 - 12:00) ID#7320	
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
13:00 – 13:50	<b>Biochemistry, Lecture</b> How do we get fat? Fatty acid synthesis and storage as triacylglycerol. (13:00 - 13:50) ID#7230	Self-Directed Learning	Self-Directed Learning	<b>Anatomy, Small Group Discussion</b> <b>Lab Practical:</b> Nervous tissue (13:00 - 15:50) ID#7140	Self-Directed Learning
14:00 – 14:50	Self-Directed Learning				<b>Biochemistry, Small Group Discussion</b> <b>Lab Practical:</b> Applications of enzyme methods for determination of cholesterol (14:00 - 15:50) ID#7290 <b>(MDLs 1,2,5,6 &amp; 7)</b>
15:00 – 15:50					

**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 12**

Introduction 2, Week 12					
TIME	Sun 30/11/2025	Mon 01/12/2025	Tue 02/12/2025	Wed 03/12/2025	Thu 04/12/2025
08:00 – 08:50	<b>English, Lecture</b>  (08:00 - 09:50) ID#7565	<b>English, Lecture</b>  (08:00 - 09:50) ID#7102	<b>English, Lecture</b>  (08:00 - 09:50) ID#7569	<b>English, Lecture</b>  (08:00 - 09:50) ID#7431	<b>English, Lecture</b>  (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	<b>Physiology, Lecture</b> Skeletal muscles (10:10 - 11:00) ID#7322	<b>Anatomy, Lecture</b> Anatomical organization of abdomen (10:10 - 11:00) ID#7092	<b>Physiology, Lecture</b> Contraction and relaxation of Vascular Muscle (10:10 - 11:00) ID#7561	<b>Biochemistry, Lecture</b> Mobilization of fuels and formation and utilization of ketone bodies (10:10 - 11:00) ID#7250	Self-Directed Learning
11:10 – 12:00	<b>Anatomy, Lecture</b> Anatomy of the Thorax (11:10 - 12:00) ID#7088	<b>Physiology, Lecture</b> Contraction and relaxation of Cardiac muscles (11:10 - 12:00) ID#7324	<b>Biochemistry, Lecture</b> Lipoproteins (11:10 - 12:00) ID#7238	<b>Biochemistry, Lecture</b> Diversified roles of lipids: perspective (11:10 - 12:00) ID#7228	<b>Physiology, Lecture</b> Epithelial Transport (11:10 - 12:00) ID#9026
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
13:00 – 13:50	<b>Anatomy, Small Group Discussion Lab Practical:</b> Anatomy of the Thorax (13:00 - 15:50) ID#9505	<b>Anatomy, Lecture</b> Anatomical organization of pelvis (13:00 - 13:50) ID#7100	Self-Directed Learning	<b>Anatomy, Small Group Discussion Lab Practical:</b> Anatomical organization of abdomen (13:00 - 15:50) ID#7516	Self-Directed Learning
14:00 – 14:50		Self-Directed Learning			
15:00 – 15:50					
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 07/12/2025	Mon 08/12/2025	Tue 09/12/2025	Wed 10/12/2025	Thu 11/12/2025		
08:00 – 08:50	<b>English, Lecture</b>  (08:00 - 09:50) ID#7567	<b>English, Lecture</b>  (08:00 - 09:50) ID#7452	<b>English, Lecture</b>  (08:00 - 09:50) ID#7482	<b>English, Lecture</b>  (08:00 - 09:50) ID#7508	<b>English, Lecture</b>  (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	<b>Physiology, Lecture</b> Body organ systems: The endocrine system (10:10 - 11:00) ID#9028	<b>Biochemistry, Lecture</b> Introduction to Human Nutrition (10:10 - 11:00) ID#2838	<b>Physiology, Lecture</b> Cardiovascular Circuitry (10:10 - 11:00) ID#9003	<b>Biochemistry, Lecture</b> Dietary Macronutrients: Proteins and Carbohydrates (10:10 - 11:00) ID#9007	<b>Biochemistry, Small Group Discussion</b> <b>Lab Practical:</b> Blood glucose and oral glucose tolerance test (10:10 - 12:00) ID#7498 <b>(MDLs 1,2,5,6 &amp; 7)</b>		
11:10 – 12:00	Self-Directed Learning	<b>Physiology, Lecture</b> Principles of Hemodynamics (11:10 - 12:00) ID#9024	<b>Biochemistry, Small Group Discussion Seminar:</b> Health problems of dietary fats (11:10 - 12:00) ID#7284 <b>(LT 1-44, SR-2,3,4,5)</b>	<b>Biochemistry, Small Group Discussion Seminar:</b> Metabolic consequences of dietary restriction (11:10 - 12:00) ID#7282 <b>(LT 1-44, SR-2,3,4,5)</b>			
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break		
13:00 – 13:50	<b>Anatomy, Small Group Discussion</b> <b>Lab Practical:</b> Anatomical organization of pelvis (13:00 - 15:50) ID#9514	<b>Anatomy, Lecture</b> Integumentary system (13:00 - 13:50) ID#7423	Self-Directed Learning	<b>Anatomy, Small Group Discussion</b> <b>Lab Practical:</b> Microscopic anatomy of skin and its appendages (13:00 - 15:50) ID#7580	<b>Biochemistry, Small Group Discussion</b> <b>Lab Practical:</b> Blood glucose and oral glucose tolerance test (13:00 - 14:50) ID#7498 <b>(MDLs 1,2,5,6 &amp; 7)</b>		
14:00 – 14:50		Self-Directed Learning					
15:00 – 15:50		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 14**

TIME	Sun 14/12/2025	Mon 15/12/2025	Tue 16/12/2025	Wed 17/12/2025	Thu 18/12/2025
08:00 – 08:50	<b>English, Lecture</b>  (08:00 - 09:50) ID#7405	<b>English, Lecture</b>  (08:00 - 09:50) ID#7493	<b>English, Lecture</b>  (08:00 - 09:50) ID#7496	<b>English, Lecture</b>  (08:00 - 09:50) ID#7478	<b>English, Lecture</b>  (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	<b>Physiology, Lecture</b> Basics of synaptic plasticity (10:10 - 11:00) ID#9055	<b>Physiology, Lecture</b> Introduction to reflex (10:10 - 11:00) ID#7204	<b>Physiology, Lecture</b> Autonomic Nervous System (10:10 - 11:00) ID#9508	<b>Biochemistry, Lecture</b> Micronutrients: Minerals and Trace Elements (10:10 - 11:00) ID#1021	<b>Physiology, Lecture</b> Buffers in the body fluids (10:10 - 11:00) ID#7333
11:10 – 12:00	Self-Directed Learning	<b>Anatomy, Lecture</b> Anatomy of the scalp and face (11:00 - 12:00) ID#7518	<b>Biochemistry, Lecture</b> Micronutrients: The Vitamins (11:10 - 12:00) ID#1067	Self-Directed Learning	<b>Physiology, Lecture</b> 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
13:00 – 13:50	<b>Biochemistry, Lecture</b> Dietary Lipids and Energy Utilization (13:00 - 13:50) ID#2756	Self-Directed Learning	Self-Directed Learning	<b>Anatomy, Small Group Discussion</b> <b>Lab Practical:</b> Scalp & Face (13:00 - 15:50) ID#7150	<b>Anatomy, Lecture</b> Anatomy of Skull and Cranial cavity (13:00 - 13:50) ID#7417
14:00 – 14:50	Self-Directed Learning				Self-Directed Learning
15:00 – 15:50				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 21/12/2025	Mon 22/12/2025	Tue 23/12/2025	Wed 24/12/2025	Thu 25/12/2025
08:00 – 08:50	<b>English, Lecture</b>  (08:00 - 09:50) ID#7582	<b>English, Lecture</b>  (08:00 - 09:50) ID#7528	<b>English, Lecture</b>  (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	<b>Physiology, Small Group Discussion Seminar:</b> Acid-base balance and simple acid-base disorder (10:10 - 11:00) ID#7335 <b>(LT 1-44, SR-2,3,4,5)</b>	<b>Physiology, Lecture</b> Oxygen and carbon dioxide transport in biological fluids (10:10 - 11:00) ID#9009	<b>Biochemistry, Small Group Discussion Seminar:</b> Biochemistry of nutritional supplements (10:10 - 11:00) ID#7370 <b>(LT 1-44, SR-2,3,4,5)</b>	<b>Physiology, Lecture</b> Temperature regulation (II) (10:10 - 11:00) ID#7345	<b>Physiology, Lecture</b> Basal metabolism and basal metabolic rate (10:10 - 11:00) ID#7339
11:10 – 12:00	Self-Directed Learning	<b>Anatomy, Lecture</b> Triangles of the neck (11:10 - 12:00) ID#9032	<b>Physiology, Lecture</b> Temperature Regulation (I) (11:10 - 12:00) ID#7343	Self-Directed Learning	<b>Physiology, Lecture</b> Control of food intake and body weight (11:10 - 12:00) ID#7341
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
13:00 – 13:50	<b>Anatomy, Small Group Discussion Lab Practical:</b> Anatomy of Skull and Cranial cavity (13:00 - 15:50) ID#7578	Self-Directed Learning	Self-Directed Learning	<b>Anatomy, Small Group Discussion Lab Practical:</b> Triangles of the neck (13:00 - 15:50) ID#9030	Self-Directed Learning
14:00 – 14:50					
15:00 – 15:50					
	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 16**

TIME	Sun 28/12/2025	Mon 29/12/2025	Tue 30/12/2025	Wed 31/12/2025	Thu 01/01/2026
08:00 – 08:50	<b>ENGLISH FINAL EXAM</b>	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	Self-Directed Learning	<b>Physiology, Small Group Discussion</b> <b>Seminar:</b> Body weight (10:10 - 11:00) ID#7337 <b>(LT 1-44, SR-2,3,4,5)</b>	Self-Directed Learning	<b>OSPE Exam</b> <b>(LT 0-10, MDLs – 1,2)</b>	Self-Directed Learning
11:10 – 12:00	<b>Multidisciplinary, Small Group Discussion</b> <b>Class Discussion:</b> Wrap up session (Foundation Block) (11:10 - 12:00) ID#7433	<b>Multidisciplinary, Small Group Discussion</b> <b>Class Discussion:</b> Biochemistry Review (11:10 - 12:00) ID#7276			
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
13:00 – 13:50	<b>Anatomy, Small Group Discussion</b> <b>Lab Practical:</b> Anatomy Lab Review (13:00 - 15:50) ID#7510	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning
14:00 – 14:50					
15:00 – 15:50					
	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 04/01/2026	Mon 05/01/2026	Tue 06/01/2026	Wed 07/01/2026	Thu 08/01/2026
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	Coffee Break
10:10 – 11:00	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	End of Module Assessment
11:10 – 12:00					
12:00 – 01:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
13:00 – 13:50	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning	Self-Directed Learning
14:00 – 14:50					
15:00 – 15:50					