BIOL 2301 (Anatomy & Physiology, Level 1) - Lecture

Credit: 3 semester credit hours (3 hours of lecture)

Prerequisite/Co-requisite: Successful completion of required college entrance tests; must be enrolled in BIOL 2101 (lab) at the same time

Course Description:

A study of the regions/planes of the body, cells, tissues, integumentary system, skeletal, muscular and neurological systems of the body.

Recommended Text(s) and Materials:

*Human Anatomy & Physiology* by Elaine Marieb, Pearson Publishing, 8th edition or most current edition. ISBN-10: 0805395695

*The Anatomy Assignment*, Level 1 edition 2, by Stephanie Lanoue. Kendall-Hunt Publishing, 2014. ISBN: 9781465251015.

Course Objectives

Upon completion of the course, the student will be able to:

1. Use anatomical terminology to identify and describe locations of major organs of each system covered.
2. Explain interrelationships among molecular, cellular, tissue, and organ functions in each system.
3. Describe the interdependency and interactions of the systems.
4. Explain contributions of organs and systems to the maintenance of homeostasis.
5. Identify causes and effects of homeostatic imbalances.

6. Describe modern technology and tools used to study anatomy and physiology.

Core Objectives

1. Critical Thinking Skills: To include creative thinking, innovation, inquiry, and

analysis, evaluation and synthesis of information

1. Communication Skills: To include effective development, interpretation and

expression of ideas through written, oral, and visual communication

1. Empirical & Quantitative Skills: To include the manipulation and analysis of

numerical data or observable facts resulting in informed conclusion

1. Teamwork: To include the ability to connect choices, actions, and consequences to ethical decision-making
2. Personal Responsibility: To include ability to connect choices, actions and

consequences to ethical decision-making

Course Outline

I. Human Body Intro

A. Homeostasis

1. Problem-solving scenario

2. Body system and examples

B. Regional and Descriptive Terms that describe the human body

1.Correct anatomical position

2. Practice and diagramming

C. Planes of the Body

1. Demonstration of planes using paper

2. Interpretation of x-ray, CT scans and MRI images

II. Cells

A. Structures

1. Organelles within an animal cell

2. Features of the plasma membrane

3. Cytoskeleton components

B. Functions

1. Physiology of the organelles

2. Physiology of the plasma membrane

3. Physiology of the cytoskeleton components

C. Mitosis

1. Stages

2. Special terminology

3. Cancer – mitosis gone wrong

III. Tissues

A. Main types of epithelial tissue

1. 3 basic types

2. Characteristics of each

B. Other tissues of the body

1. Pseduostratified

2. Stratified tissues

IV. Integumentary System

A. Skin

1. Layers of the epidermis and specialized cells within those layers

2. Dermis and its components

3. Hypodermis

B. Appendages

1. Hair

2. Nails

V. Bones and Skeletal System

A. Basic Shapes of Bones

1. How to classify bones

2. Practice activity

B. Bone Markings

1. 18 different bone markings

2. Practice activity

3. Location on skeleton

VI. The Skeleton

A. Bones of the axial skeleton

1. Skull

2. Ribs and vertebrae

3. Pelvis

B. Bones of the appendicular skeleton

1. Arms, wrists and hands

2. Legs, ankles and feet

C. Joints

D. Synovial joints

1. Characteristics

2. Synovial fluid

E. Other joints

1. Hinge

2. Pivotal

3.Saddle

4. Ball-n-socket, etc.

F. Movements of Joints

1. Class demonstration

2. Practice activity

VII. Muscles and Muscle Tissue

A. Introduction

1. Physics behind muscle movement

2. 3 basic types of muscle

B. Characteristics of Muscle Tissue

1. striations of skeletal muscle

2. specialized branching of cardiac muscle

C. Related muscle terms

VIII. Muscular System

A. Major muscles (anterior)

B. Major muscles (posterior)

IX. Fundamentals of the Nervous System

A. Neurons

1. Anatomy of the neuron

2. Physiology of the neuron

B. Neuroglia and supporting cells of the nervous system

1. Einstein’s brain versus most humans; latest research findings

2. 6 types of neuroglia and their locations and characteristics

C. Central Nervous System

1. Structures of the Brain

2. All the parts of the brain, their locations

3. Distinguishing characteristics

4. Functions

5. Physiology

6. Hormones related to certain structures

D. Peripheral Nervous System

1. Structures

2. cranial nerves

3. thoracic nerves

4. lumbar nerves

5. Functions

6. Physiology

7. Reaction times/ reflex

Grades/ Grading Scale

A = 900 – 1000 points

B = 800 – 899 points

C = 700 – 799 points

D = 600 – 699 points

F = 599 or below

*Students: You are encouraged to record your grades in the Grade Record Sheet found on the course Assignments page (near the bottom of the screen). Place this in your personal 3-ring notebook and record grades every time papers are returned.*

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| Grades are calculated by adding up your points throughout the semester:   1. Four major exams (the best 3 exam grades are kept; lowest grade is dropped =   total 600 pts or 60%)  Exam I = 200 pts \*lowest major exam grade automatically dropped  Exam II = 200 pts (if you are absent, that is your dropped grade for the  Exam III = 200 pts semester); No make-up exams  Exam IV = 200 pts   1. Quizzes (3 are given; the best 2 grades are kept = total 100 pts or 10%)   Quiz 1 = 50 pts  Quiz 2 = 50 pts \* lowest quiz grade automatically dropped (if you are  Quiz 3 = 50 pts absent, that is your dropped quiz); No make-up quizzes   1. One scientific commentary paper = 50 pts or 5% (No late work accepted) 2. One individual current event = 50 pts or 5% (No late work accepted) 3. Successful participation in a group research project/ presentation = 200 pts or 20% (No late work accepted)   Total possible semester points = 1000 points |

Course Evaluation (Summary)

MRSA scientific commentary paper 5% Current Event (Individual presentation) 5%

Exams 60% Group Presentation 20%

Quizzes 10%

Course Requirements (Summary)

Be prepared to complete:

Reading and writing assignments

Quizzes

Research Group Presentation (Power Point) - *Assigned topics*

Research current event with individual presentation

Major Exams

Watch videos and complete PowerPoint notes

Course Policies

General:

* Students must provide their own textbooks, writing instruments, and other necessary supplies for classes including scantron answer sheets for exams and quizzes
* Students are expected to read textbook chapters and watch all recorded class lectures on video (found at lanoue.webstarts.com) prior to each class
* No food or drinks will be allowed in the lecture classroom.
* Students must respect one another and all faculty. Disruptive behaviors like excessive talking off topic, surfing/texting on your cell phone not related to class participation will not be tolerated and the instructor reserves the right to ask you to leave the classroom.
* LIT has a policy that children are not to attend class with you for liability reasons.
* If you would like to ask a question or contribute during class, it is helpful to raise your hand prior to speaking.
* You are responsible for taking an active role in the learning process, being present in class, studying 6-9 hours per week, having assignments 100% ready on time, keeping track of your own returned papers/grades, and participating during class activities.

Attendance:

* Absences must be limited to serious illness and/or immediate family emergencies.
* Tardiness is highly discouraged. Excessive tardiness (more than 10 minutes/class for more than 3 consecutive classes) will result in an absence being awarded on the 4th tardy.
* In the event that LIT is forced to cancel classes due to inclement weather, notification of closures will be made through local radio and TV stations. Please do not contact me directly.
* Sign the roll sheet for every class. Do not sign for anyone else. Perfect attendance = + 10 bonus points for the semester. Perfect means perfect (not catching another class time or bringing a written excuse for being absent).
* The instructor reserves the right not to administer an exam (or quiz) for any student more than 15 minutes late to class.

Policies associated with Assignments:

* All assignments are due when stated. Be ready (have things printed out and stapled and ready to turn in). I do not accept email submissions where I have to print out your assignments. It is your responsibility to already have everything printed out.
* No late assignments accepted. Assignments due are to be turned in during your class time (submitted at the same time with everyone else’s assignments).

Policies associated with Examinations:

* All exams will be on the dates specified unless the instructor makes a change.
* In case of an absence on exam day, the exam grade will automatically be a ‘dropped’ grade. However, only one exam grade may be dropped per semester. The same holds true for quizzes.
* Students are responsible for material in instructor Power Points, handouts and on videos found on the course website. Exam questions may come from this material.
* There are no make-ups for either a missed test or a missed quiz. The lowest quiz test grade and the lowest quiz grade will be automatically dropped.

Academic Dishonesty

Cheating and Plagiarism are two types of academic dishonesty. Cheating is taking an examination or test in a dishonest way, as by improper access to answers. Plagiarism is taking someone else’s work and misrepresenting it as your own. Student’s work should always be his/her own unless participating in a group project. Cheating and/or plagiarism will result in disciplinary action; i.e., zero on assignment/exam or an F in the course, expulsion, etc.

Drop/Withdrawal:

The student is responsible for initiating the drop/withdrawal process. Please refer to the LIT Catalog for the Institute policy on student or instructor initiated withdrawal.

Students with Disabilities:

The Americans with Disabilities Act of 1992 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. Among other things, these statutes require that all students with documented disabilities be guaranteed a learning environment that provides for reasonable accommodations for their disabilities. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator, (409) 880-1737 or visit the office located in the Cecil Beeson Building.

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| IMPORTANT! You are expected to complete all video lectures and associated PowerPoint notes BEFORE you come to EACH class! You are also expected to read your spiral workbook and answer the questions for each chapter weekly. During class, we will be busy with activities related to the video lectures and spiral workbook readings/associated questions. If you have not watched and prepared – plain and simple… you will be absolutely LOST and it will show. This course requires 6-9 hrs of prep/ study time per week minimum. Class participation is actively observed and noted by the instructor. For example, if you are always late, nodding off during lectures, engaged in texting on your phone during class, etc. versus being in your seat ready to go, asking appropriate questions during lectures, completing your practice class activities, coming to class with your book and materials. |
| Tentative Calendar  Week 1 (1/17 - 1/20/2017)  Go over syllabus; Ch 1  NOTE: Omit Ch 2.  Resource: Class website: Lanoue.webstarts.com & spiral workbook  Action Items: (1) Print out syllabus and place in personal notebook (2) Complete Ch 1 video lectures and fill in the PowerPoint templates for Ch 1 and place in notebook (3) Practice Regions of the Body (there is a blank copy under ‘Practice Activities’ link (4) Study for upcoming quiz (5) Get textbook if you have not already gotten it and read Ch 1 and complete all questions in chapter 1  Week 2 (1/23 – 1/27/2017)  Quiz 1 – over Regions of the Body on scantron; Ch 3 (Cells)  *REMINDERS: Bring Spiral workbook to class with Ch 1 completed for +10 extra credit points. Spiral will be checked while you are taking quiz.*  Bring spiral workbook to class with Ch 3 questions completed. Resource: Class website & spiral workbook  Action Items: (1) Bring scantron for quiz 1 (2) Reminder: Complete Ch 3 videos and PowerPoints and print/place in notebook (3) Read Ch 3 in spiral workbook and complete all questions in Ch 3  Week 3 (1/30 – 2/3/2017)  Ch 4 (Tissues)  Reminder: Bring spiral workbook with Ch 4 questions completed Resource: Class website & spiral workbook  Action Items: (1) Read Ch 4 in spiral workbook and complete all questions in Ch 4 (2) Complete Ch 4 videos and PowerPoint notes; print and place in your notebook (3) Prepare for upcoming Exam next week. Use Exam Review Guide under “Get Class Notes” and scroll underneath all PowerPoints to find “Final Exam Review Guide”. Complete Ch’s 1, 3-4.  Week 4 (2/6 – 2/10/2017)  EXAM 1 – Exam over Ch 1, 3-4 on scantron; Begin Ch 5 next class  *Reminder: Bring scantron to class for Exam; bring spiral workbook second class meeting with Ch 5 questions completed. Class website & spiral workbook*  Action Items: (1) scantron for exam (2) Complete videos and PowerPoints for Ch 5 and print for notebook (3) Read Ch 5 and complete all questions in spiral workbook (4) Work on paper due next week. Find the “Reading” (read article) and “writing” instructions under the “Assignments” link. Use writing instructions to write paper over what you read.  Week 5 (2/13 – 2/17/2017)  Complete Ch 5  Papers Due first class meeting of this week - Be ready! (NOTE: read scanned document from ‘Assignments link’ on course website; then read writing instructions which can be found there also); start Ch 6. Class website & spiral workbook.  Action Items: (1) Bring paper to class (2) Read Ch 6 in spiral workbook and complete questions (3) Complete Ch 6 videos and fill in PowerPoints & print them out for your personal notebook (4) Practice bone markings  Week 6 (2/20 – 2/24/2017)  Ch 6 Class website & spiral workbook.  Action Items: (1) complete everything for Ch 6 as stated from last week (2) Study for upcoming Bone marking quiz. Remember to watch additional youtube Bone Marking videos by Ms Lanoue and Dr Barron  Week 7 (2/27 – 3/3/2017)  Quiz 2 over Bone Markings (Ch 6) on scantron; Start Ch 7  *Reminder: Bring scantron; Bring spiral workbook to class Class website & spiral workbook*  Action Items: (1) bring scantron for quiz (2) Read Ch 7 in spiral workbook and complete questions (3) Watch Ch 7 videos and complete PowerPoints (4) study all bones (5) Use online Exam Review guide to prepare for upcoming test  Week 8 (3/6 – 3/10/2017)  Finish up Ch 7  EXAM 2 (Ch 5-7) on scantron  *Reminder: BRING SCANTRON for quiz; Bring book to class*  *Class website & spiral workbook*  Action Items: (1) Exam prep (2) Prepare current event – cover sheet and instructions under “Assignments link” on course website  Week 9 (3/13 – 3/17/2017) Spring Break - No Classes  Week 10 (3/20 – 3/24/2017) Current Events –be ready!  Start Ch 8 – second class meeting this week Class website & spiral workbook  Action Items: (1) Current Event (be sure you have complete cover sheet) and have rehearsed 2-3 minute time limit; bring prop! (2) Read Ch 8 in spiral and complete questions (3) Watch Ch 8 videos and complete PowerPoints  Week 11 (3/27 – 3/31/2017) Finish Ch 8/ Start Ch 9  Class website & spiral workbook  Action Items: (1) Read Ch 9 in spiral workbook and complete all questions (2) Watch Ch 9 videos and complete PowerPoints (3) prep for muscle quiz next week  Week 12 (4/3 – 4/7/2017) Finish Ch 9  Quiz 3 – Muscles (Ch 9) on scantron  *Reminder: Bring scantron for quiz Class website & spiral workbook*  Action Items: (1) prep for quiz  Week 13(4/10 – 4/12/2017) No Classes this Thurs 4/13 or Fri 4/14!  EXAM 3 (Ch 8-9) on scantron  Reminder: scantron for exam Class website & spiral workbook  Action Items: (1) scantron for exam (2) Read Ch 10 in spiral and complete questions for next week (3) Watch Ch 10 videos and complete all PowerPoints  Week 14 (4/17 – 4/21/2017)  Ch 10 Class website & spiral workbook  Action Items: (1)continued from last week (2) Complete final preparations for group presentations next week    Week 15 (4/24 – 4/28/2017) Group Presentations (Groups go in order of Chapters in book). Be ready with 3 things: a printout of your PowerPoint presentation, a completed self-evaluation point sheet and a completed/signed meeting log (one copy of this paperwork per group). Assignment on website under “Assignments” link  Action Items: (1) one copy of your PowerPoint presentation, one meeting log, one self-eval point sheet already printed out and completed to give to Ms Lanoue before you start your presentation  Week 16 (5/1 – 5/5/2017) Last week/ Last Class Day (finish up everything))  EXAM 4 – Final Exam. All must be present and take this test – No Exceptions! Not taking the Final Exam can result in not completing the course.  Completed spiral workbooks due at Final Exam. They are checked while you are taking your Final Exam.    Final Exam Review Guide on website under “Get Class Notes’ link and scroll down underneath all PowerPoints… says “Final Exam Review”  Action Items: (1) completed personal notebook and scantron last class day (2) study for Final Exam and bring scantron for Final as well as completed spiral workbook to Final Exam. |

Office Hours (for student consultation) – please let me know if you are stopping by! And please adhere to my office hours for questions/consult (I often have another class right after your class and I cannot stay to discuss things at that time).

Mon and Weds 10:45am - 11:00 and 3:15 - 3:40pm

Tues and Thurs 1:30- 1:50pm

Friday – by appointment only

Office Location: MPC 237

Email: [salanoue@lit.edu](mailto:salanoue@lit.edu)

Office phone: 409-839-2935 (pls email me first rather than calling).