

UTAH STATE UNIVERSITY-EASTERN

Introduction to Human Anatomy and Physiology (BIO 1500); Spring 2018

3 Credit-Hours; Lecture: Monday, Wednesday, Friday 10:30-11:20am (RV 186)

Instructor

Dr. Tyson Chappell

Email

tyson.chappell@usu.edu

Office

Reeves #261

Office Phone

613-5345

613-5316 - Science Secretary

Office Hours: **Office Hours:** : MWF ~8:15am-9:15am, TH 10:50 to 11:30am, WF: 12:20pm to 12:50pm or email or call and I am happy to meet when you are able.

Course Description:

This general education course focuses on the basic principles of anatomy (structure) and physiology (function) of the human body. Those taking the course will be introduced to the basic unit of life, the cell and then build upon this, the smallest unit of life, to discuss tissues, organs, and organ systems and how these all interact to provide life for the human organism. Topics related to this introduction include the essential chemistry of life, cell types (and their identifying structures, basic cell function, cell processes (metabolism, respiration, and cell division). Additional topics include the skeletal, muscular, nervous, and endocrine systems as well as the cardiovascular, respiratory, digestive, urinary, and finally the reproductive systems. This course fills the Life Science general education requirement.

Pre-requisites:

Anatomy and Physiology is a non-major, general education course open to all USU students.

Required Textbook:

Mader's Understanding Human Anatomy and Physiology 8th ed.; Author: Susannah Nelson Longenbaker; Publisher: McGraw Hill ISBN: Full Text= **978-0-07-340366-3**; Customized color text =**9781307009101**; (Previous editions may also be used. However the student will be required to understand any discrepancies on their own.).

Additional suggested material

You could also purchase **Anatomy and Physiology revealed 2.0** (or an online version 3.0 which will be accessible from any computer for two years. This is also a less expensive option. ~\$43.25) from McGraw-Hill. The bookstore has several copies available to purchase for ~\$50. It is a very well produced CD that shows numerous video animations dealing with physiological principles as well as allowing virtual dissection through a real cadaver. Visit website= www.mhhe.com/sem/apr3. Click "student access," on the right click "register as a student," then click "buy online," fill out info and credit card and follow remaining instructions.

A great book that is **FREE** to use as a reference to our course book (along with the numerous anatomy and physiology books on reserve in the library) can be found here: <https://openstaxcollege.org/textbooks/anatomy-and-physiology/get>. You could even donate a few dollars as an incentive for more free books to be made available to everyone.

Course Objectives:

At completion of the course, the dedicated student will learn:

1. **Significant factual knowledge regarding human anatomy and physiology**
2. **Fundamental principles, generalizations, or theories regarding the structure and function of their bodies.**
3. **To apply course material (to improve thinking, problem solving, and decisions) in order to exhibit mastery of information reviewed and studied in this course.**
4. The levels of organization from cell to organism.
5. Requirements to sustain life.
6. What is Homeostasis
7. The human body's cavities and membranes.
8. The 11 main organ systems
9. Body regions
10. Anatomical terminology
11. Atomic structure, basic chemistry
12. The cells and the function of its organelles
13. Transportation of material into and out of the cell
14. The primary tissue that makes up human anatomy
15. Primary bones and joints
16. Primary muscles and what causes muscle contractions
17. Major brain regions and their function
18. The Respiratory System
19. Major hormones and endocrine glands
20. Heart chambers and valves
21. Digestive system anatomy and enzymes providing digestion
22. Reproductive system anatomy, menstrual cycles, reproductive contraceptives

Required Student Skills:

Ability to take notes, follow directions, attend class PROMPTLY, and respond to a lecture teaching method consisting of white-board discussion and multimedia presentations.

Student Assistance:

I will be using Canvas for the management of this class. All reserve materials, including my power point lectures, the syllabus, class schedule, and updated grade sheets, will be available through Canvas. To access Canvas, go to the web address: <https://usu.instructure.com/login>. Student "A numbers" and password will be required to login. Privacy is your responsibility. You will be responsible for every email and quiz submitted under your name. You will also be held accountable for every email I send through Canvas. You will want to check Canvas regularly. Canvas has many useful features (your assignment scores, student study resources, animations, etc.) and you should take the time to explore them from within our course page. You may also contact Debbie Pearson if you have trouble logging on or questions regarding use 613-5716 debbie.pearson@ceu.edu

For the rare situations in which you find yourself missing a lecture, I will be recording each lecture using Panopto. An hour or two after each lecture, the video of the day's lecture will be available to view. However, do NOT use Internet Explorer to attempt to access Panopto. Previously this has not been possible. Chrome, Safari, or Firefox typically work well though. It is also not advised that you miss class intentionally with the hopes that you will be able to merely watch the lecture from home. Panopto is meant to be used as a **backup in case of emergency and to review material for exams**. Furthermore, a nice free Panopto app is available to download and use to watch class from anywhere. Once you have downloaded the app, in settings you will need to tell the app where to find your panopto files. Add "usu.hosted.panopto.com" and then you'll be asked to log in using your "A" number. You likely will only need to sign in the first time using the app.

Library References:

Four computers in the library allow the access and use of Anatomy and Physiology revealed 3.0 from McGraw-hill that I've placed on reserve (every three hours of use and you will need to recheck out the CD) as well as P.A.L. (practice anatomy lab). Check with front desk for which computers that the anatomy software is accessible. Check out the computer's desktop folder entitled Dr. Chappell's anatomy software. You will need to pick up the reserve copies of A&P revealed to use on these computers. P.A.L. shouldn't require additional software to access.

In addition, I have placed numerous anatomy and physiology text books on reserve in the library if you are interested in studying a particular topic in more detail, those books may be used as a resource in the library only, not for check out.

Assignments:

Assignments will be due for every chapter. These assignments will be accessible on canvas and will be open book. You should be able to complete these from any electronic device (Cell phones may give trouble though. Be advised). Assignments are meant to help you study, learn, and review the material to prepare you for exams. Exam questions will be similar, although not necessarily identical to the assignments. Assignments will have 20 questions to answer. Each correct question is worth ½ a point for a total of 10 points if turned in on time or 0 points for turning it in even 1 minute late. You do NOT need to finish the entire assignment in one sitting. Opening an assignment, answering a few questions and then closing your browser will/should save your answers when you come back to it. However, if you have an assignment open for many days, sometimes Canvas will cause it to be submitted before you have completed all the answers.

Pay attention to Canvas' calendar (set up the calendar to remind you when exams or assignments are due) as well as at the end of this syllabus for each assignment's due date. I will not remind you every day when these are due. As with most things in the course, YOU must be responsible for your own success or failure. These assignments can help you greatly with your final grade IF you complete all of them and earn ALL of your points. It would essentially be like taking one exam open book vs the closed book status of all the normal exams.

After submitting the assignment your score will be shown along with your answers. If you truly want to learn the material, immediately after completing the assignment you should go back through the assignment and figure out the correct answer to the ones you missed. The assignments are not busy work. They are supposed to support your learning process.

Exams:

Exams will include material from lecture notes, class discussions, and material found in the textbook and from A&P revealed. There will be 9 total exams. ALL exams will be taken in the Testing Center on campus. Each exam will allow 2 hours for their completion. Exams are worth **100 points**.

There will be **NO make-up exams** without significant reasons and proof for missing an exam. Also, make up exams are most likely to happen only in very rare situations of a severe medical emergency that lasts over several days. You will have two to three days (check schedule for specifics) to take your exams. Try not to procrastinate until the last day that the exam is offered as sometimes students will feel fine on the first or second day the exam is available, then unfortunately become sick the final day that the exam is available. Also be aware that the longer you wait to take the exam, additional/new information will be building up in preparation for the next exam. That is your choice to wait, but you will not be allowed to take the exam later if you become a little sick or just forget about taking it entirely. If you miss an exam, the missed test (or lowest scoring exam) will be dropped for all students, **Except for Exam #9 which is not dropped**. Students are individually responsible to schedule (if the case may be) or take their exams during the Testing Center's hours of operation.

Immediately following each exam you will be able to review your exam in the testing center if you wish to see what you missed along with the correct answer.

All exams are CLOSED book, No notes, No friends, No cell phones.

I suggest that if you decided to not take an exam at all, it is ONLY under the most very serious of reasons. TOO MANY students have felt a little lazy and not taken an exam only to have a serious future situation or illness come up that left them wishing they had an option to drop a test.

Testing center hours of operation M-TH: 8:30 to 9:30pm (last test given out at 9pm). Friday: 8:30-7:30 (last exam given at 7pm).

You must bring picture identification to be admitted for the exam. The Testing Center phone (435) 613-5325, the Director is Cathrin Alaei.

Classroom and Exam Policies:

1. **Cheating** – Cheating in any form will not be tolerated. This includes, but is not limited to, intentionally using or attempting to use or providing others with unauthorized information, materials, or study aids in any academic exercise or activity. Substituting for another student, or permitting another student to substitute for oneself, in taking an examination or preparing academic work is also considered a form of cheating. Those who cheat will be removed from the class roll, and will be subject to College disciplinary measures. In the testing center you may ask for a blank sheet of paper to write on during the exam but the entire sheet **must** be returned to the testing center help prior to you leaving.
2. **Attendance** – Class attendance is your responsibility. However, it has been shown that students who attend classes regularly (and sit closer to the front of the classroom) have a higher grade than those who do not. I **definitely do mind tardy behavior**. Please do not come to class late, it is disruptive for those who come on time and are trying to focus and understand the lecture.

This class is held three times a week. We will be covering a large amount of information each day and you will have to be prepared **PRIOR** to each class by having already read that day's lecture material ahead of time. Otherwise you may become swamped with the new lecture material and become lost very easily.

3. **Class Courtesy** – I reserve the right to remove any student from my class that may be disruptive or hinder the educational progression of any other student.
 - Please be courteous to other students and **turn off cell phones and DO NOT TEXT MESSAGE** during class.
 - Furthermore, it is an embarrassment to you and a waste of your time to come to class, put your head down on your desk and fall asleep. If I feel that your sleepiness is disruptive I will ask you to leave the classroom.
 - Do not talk to your neighbor during lecture. I am teaching to each one of you individually and you are to speak with me directly through your questions and inquiries.
 - I do want to help you succeed, so please ask me questions (not your neighbor, unless it's after class) during lecture or in my office if you'd prefer to discuss something.
 - Also, if you are interested in someone else in class, please keep that to yourself. No cuddling, kissing, snuggling etc. While cute and all, it can be distracting and it makes us all jealous of your excessive PDA. Hug in the hall.
 - Finally, this is a science class, use scientific language when discussing this subject. Do Not use grossly offensive language when you are in my classroom. Please be considerate and respectful to all.
 - It is possible that someone will be kicked out of class this semester for disrupting the educational pursuits of the other members of the class. Do not be this student.
 - If kicked out, you will not be allowed back into class without first discussing the matter with me in my office as well as writing a letter to the class apologizing for your disruption.

Student Support Services (SSS)/Accommodations for Students with Disabilities:

If a student has a disability that qualifies under the Americans with Disabilities Act (ADA) and requires accommodations, he/she should contact the Disability Resource Center for information on appropriate policies and

procedures. Disabilities covered by ADA may include learning, psychiatric, physical disabilities, or chronic health disorders. Students can contact DRC if they are not certain whether a medical condition/disability qualifies. You may contact the DRC by phone (435)613-5337, email karl.burnside@usu.edu or visit the office located at JLSC 223.

Student counseling services are also available in the Office of Student Success. Please contact Darrin Brandt by phone (435)613-5670 or email at darrin.brandt@usu.edu to set up an appointment. This is a free service to USU Eastern students.

Grade-Determination Method:

Total points are distributed as follows:

8 Exams @ 100 points each.....	800 pts.
Canvas assignments @ 10 points each.....	120 pts.
Total Points.....	920 pts.

To receive a B or an A grade, you will need to spend the appropriate amount of focused study outside of class e.g. each credit should merit 3 hours of studying outside of class. Ergo, a 3 credit class should find you studying 9+ hours outside of class each week to attain an A or B. If this amount of studying is not adequately assisting you in the grade that you desire, perhaps additional time may be required as well as serious reflection on your study habits.

Extra Credit: At random times I will give extra credit (EC) points for answering questions in class, often relating to the lecture material, or for answering additional questions on exams.

In addition, +5 points will be given to students that fill out their online student evaluation form for this course. **You will need to print off the page that indicates the completion of the course evaluation and turn it into me immediately afterwards.** An additional +5 points will be given to all if 80% of the class also fills out the student evaluation form. Details will be coming in ~12 weeks. When filling out the course evaluation, please pay extra attention to your feelings regarding the bolded course objectives as mentioned above in bold highlights. Thank you.

DO NOT ASK FOR EXTRA CREDIT THROUGHOUT THE SEMESTER AND DEFINITELY DON'T ASK FOR IT AT THE END OF THE SEMESTER EVEN IF YOU NEED JUST A FEW MORE POINTS ON YOUR GRADE.

Every day, every hour, every exam is important. Work for your grade. Work to understand and learn the material. It is all on you. Your grade, your education, your life, your drive, your reward, your glory. Motivate yourself, drive yourself, respect your future, and respect yourself.

Grading Scale:

The total points obtained by each student will be turned into a letter grade. The grading scale is:

- A** (94% -100%), **A-** (90% - 93%)
- B+** (86% - 89%), **B** (83% - 85%), **B-** (80% -82%)
- C+** (76% - 79%), **C** (73% - 75%), **C-** (70% - 72%),
- D+** (66% - 69%), **D** (60% - 65%),
- F** (those at or below 59%)

Those students who score less than 50% on the first exam **should seriously seek intensive tutoring or drop the class.**

Final word on your final grade, my job is very easy when the final exam is over. Your final grade will directly reflect the grade you EARNED. Some students will miss a higher grade by only a few points. Your grade is YOUR grade. I spend 15 weeks trying to help you learn the material and earn all the points you can. The standard for your grade is the points that you have accrued, no more, no less.

The instructor reserves the right to alter the grade-determination method and following schedule if necessary.

BIO 1500; Human Anatomy & Physiology: Spring 2018

Week	Day	Date	Topic	CH	Notes/Exams/Assignment due dates
1	M	8-Jan	Syllabus		Unpaid tuition will cause a student purge
	T	9-Jan			
	W	10-Jan	Organization of the body	1	
	TH	11-Jan			
	F	12-Jan	Organization of the body	1	
	Sat	13-Jan			
	Sun	14-Jan			
2	M	15-Jan			Martin Luther King Jr. /Civil Rights Day
	T	16-Jan			
	W	17-Jan	Organization of the body/Chemistry of Life	1, 2	
	TH	18-Jan			
	F	19-Jan	Chemistry of Life	2	Assignment #1 due: CH 1
	Sat	20-Jan			
	Sun	21-Jan			
3	M	22-Jan	Chemistry of Life	2	
	T	23-Jan			
	W	24-Jan	Chemistry of Life/ Cell Structure	2, 3	
	TH	25-Jan			
	F	26-Jan	Cell Structure	3	Exam#1; CH 1, 2; Jan 25-29th. Assignment #2 CH 2.
	Sat	27-Jan			
	Sun	28-Jan			
4	M	29-Jan	Cell Structure	3	Last day to drop without "W"
	T	30-Jan			
	W	31-Jan	Cell Structure	3	
	TH	1-Feb			
	F	2-Feb	Body Tissues	4	Assignment #3 due: CH 3.
	Sat	3-Feb			
	Sun	4-Feb			
5	M	5-Feb	Body Tissues	4	
	T	6-Feb			Exam#2; CH 3, 4; Feb 6-9th.
	W	7-Feb	The Skeletal System	6	Assignment #4 due: CH 4
	TH	8-Feb			
	F	9-Feb	The Skeletal System	6	
	Sat	10-Feb			
	Sun	11-Feb			
6	M	12-Feb	The Skeletal System	6	
	T	13-Feb			
	W	14-Feb	The Muscular System	7	Exam#3; CH 6; Feb 13-16th. Assignment #5 due: CH 6
	TH	15-Feb			
	F	16-Feb	The Muscular System	7	
	Sat	17-Feb			
	Sun	18-Feb			
7	M	19-Feb	President's Day		
	T	20-Feb	The Muscular System	7	Treated as a Monday
	W	21-Feb	The Nervous System	8	Exam#4; CH7; Feb 21-26th. Assignment #6 due: CH 7.
	TH	22-Feb			

	F	23-Feb	The Nervous System	8	For Exam #5, Look under notes in canvas for exam #5 figures!
	Sat	24-Feb			
	Sun	25-Feb			
8	M	26-Feb	The Nervous System	8	
	T	27-Feb			
	W	28-Feb	The Nervous System	8	
	TH	1-Mar			
	F	2-Mar	The Nervous System	8	
	Sat	3-Mar			
	Sun	4-Mar			
9	M	5-Mar			
	T	6-Mar	Spring Break		
	W	7-Mar			
	TH	8-Mar			
	F	9-Mar			
	Sat	10-Mar			
	Sun	11-Mar			
10	M	12-Mar	The Endocrine	10	Exam#5; CH8; Mar 2nd-12th. Assignment #7 due: CH 8
	T	13-Mar			
	W	14-Mar	The Endocrine	10	
	TH	15-Mar			
	F	16-Mar	The Endocrine	10	
	Sat	17-Mar			
	Sun	18-Mar			
11	M	19-Mar	The Endocrine	10	
	T	20-Mar			
	W	21-Mar	The Endocrine	10	
	TH	22-Mar			
	F	23-Mar	The Cardiovascular System	12	Assignment #8 due: CH 10
	Sat	24-Mar			
	Sun	25-Mar			
12	M	26-Mar	The Cardiovascular System	12	
	T	27-Mar			
	W	28-Mar	The Cardiovascular System	12	
	TH	29-Mar			
	F	30-Mar	Cardiovascular System (Stop at end of pg 220/268 full text book)	12	Exam#6; CH 10, 12; Mar 30-Apr 3rd.
	Sat	31-Mar			
	Sun	1-Apr			
13	M	2-Apr	The Respiratory System	14	Assignment #9 due: CH 12.
	T	3-Apr			
	W	4-Apr	The Respiratory System	14	
	TH	5-Apr			
	F	6-Apr	The Respiratory System	14	
	Sat	7-Apr			
	Sun	8-Apr			
14	M	9-Apr	The Digestive System	15	Exam#7; CH 14 ; April 6-9th. Assignment #10 due: CH 14
	T	10-Apr			
	W	11-Apr	The Digestive System	15	
	TH	12-Apr			

	F	13-Apr	The Digestive System	15	
	Sat	14-Apr			
	Sun	15-Apr			
15	M	16-Apr	The Digestive System	15	
	T	17-Apr			
	W	18-Apr	Your Inner Fish video. Take notes! video questions will be on final exam.		Exam#8 CH 15 Apr 16-20th. Assignment #11 due: CH 15.
	TH	19-Apr			
	F	20-Apr	The Reproductive System	17	
	Sat	21-Apr			
	Sun	22-Apr			
16	M	23-Apr	The Reproductive System	17	
	T	24-Apr			
	W	25-Apr	The Reproductive System	17	
	TH	26-Apr			
	F	27-Apr	The Reproductive System	17	
	Sat	28-Apr			
	Sun	29-Apr			
17	M	30-Apr	Exam #9 CH 17: Monday		BY 12PM Monday Assignment #12 is due: CH 17
	T	1-May	to Wednesday		
	W	2-May	Apr 30- May 2nd. Exam#9		
	TH	3-May			
	F	4-May			