

BIOL 221 - Human Anatomy & Physiology I - Fall 2020
Mon., Wed., & Fri: 9:00 - 9:50am
RITA 101
4 credit hours

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Contact Info

Instructor: Dr. Jason Vance
e-mail: vancejt@cofc.edu (please type "Biol221_01" in Subject Line)
Office Hours: See OAKS for current schedule
Correspondence via e-mail will be returned within 48 hours.

Course Description

BIOL 221, Human Anatomy & Physiology I, explores the gross morphology, microscopic anatomy, structure and function of the integumentary, skeletal, nervous, muscular (skeletal, cardiac, and smooth) and endocrine systems of the human body. In addition, the lab presents the histology and gross anatomy of these tissues, organs and organ systems, and provides hands-on experience for learning the topics and principles of physiology presented in the lecture. This course is intended for pre-allied health, pre-nursing, and physical education majors.

Learning Outcomes

1. Identify and use the basic vocabulary of human anatomy and physiology.
2. Reiterate key physiological processes, and the relationship between structure and function.
3. Relate physiology to human health and disease.
4. Demonstrate an understanding of the scientific method and experimental design.
5. Demonstrate continued development of written, oral, and computational skill sets.

Course Hub: OAKS

Required Text: *Anatomy and Physiology*, *openstax* open-access textbook
<https://openstax.org/details/books/anatomy-and-physiology>

Required Laboratory App: *Visible Body:* <https://visiblebody.com>
Histology Guide: <http://histologyguide.com/>

Required Technology: Personal computer with reliable, high-speed internet access; webcam;
[Respondus LockDown Browser](#)

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Lecture Schedule

	Week of:	Topic	Book Chapters	Notes, Exams
Module 1	8/24	Intro, Homeostasis and Cell	1, 3	
	8/31	Cell, Tissues	4	
	9/7	Tissues	4	
	9/14	Integumentary System	4, 5	Exam 1 - 9/18
Module 2	9/21	Bone - Structure, Development	6	
	9/28	Bone - Development, Growth	6	
	10/5	Bone - Growth, Repair	6	Exam 2 - 10/9
Module 3	10/12	Excitable Cell Physiology, Neurons	3, 12	
	10/19	Action Potentials, Graded Potentials	12	
	10/26	Skeletal Muscle - Structure, Excitation	10	
	11/2	Muscle - E-C Coupling, Contraction	10	Exam 3 - 11/6
Module 4	11/9	Cardiac and Smooth Muscle	10, 19	
	11/16	Metabolism	10, 24	
	11/23	Endocrine System	17	Thanksgiving
	11/30	Endocrine System	17	Exam 4 - 12/11, 8:00am

Monday/ Tuesday Lab Schedule

	Week of:	Topic	Book Chapters	Quizzes
Module 1	8/24	No Lab		
	8/31	Cell, Histology	3, 4	
	9/7	Histology	4	Q1 - Cell, Histology
	9/14	Integument	5	Q2 - Integument
	9/21	Exam 1		
Module 2	9/28	Bone, Axial Skeleton	6, 7	
	10/5	Axial Skeleton	7	Q3 - Osteology, Skull
	10/12	Appendicular Skeleton	8	Q4 - Vertebrae
	10/19	Appendicular Skeleton, Joints	8, 9	Q5 - Appendicular
	10/26	Exam 2		
Module 3	11/2	Election Day - No Lab		
	11/9	Muscle - Head/Torso	10,11	
	11/16	Muscle- Arms/Legs	11	Q6 - Muscles: Head/Torso
	11/23	Endocrine	17	Q7 - Muscles: Arms/Legs
	11/30	Exam 3		

Wednesday/Thursday Lab Schedule

	Week of:	Topic	Book Chapters	Quizzes
Module 1	8/24	No Lab		
	8/31	Cell, Histology	3, 4	
	9/7	Histology	4	Q1 - Cell, Histology
	9/14	Integument	5	Q2 - Histology
	9/21	Exam 1		
Module 2	9/28	Bone, Axial Skeleton	6, 7	
	10/5	Axial Skeleton	7	Q3 - Osteology, Skull
	10/12	Appendicular Skeleton	8	Q4 - Vertebrae
	10/19	Appendicular Skeleton, Joints	8, 9	Q5 - Appendicular
	10/26	Exam 2		
Module 3	11/2	Muscle - Head/Torso	10,11	
	11/9	Muscle- Arms/Legs	11	Q6 - Muscles: Head/Torso
	11/16	Endocrine	17	Q7 - Muscles: Arms/Legs
	11/23	Thanksgiving Break - No Lab		
	11/30	Exam 3		

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Assessment

Assessment of the course will be in the form of 4 lecture exams and 20 online quizzes; 3 lab practical exams, and 7 lab quizzes. The Laboratory component will make up 40% of your overall BIOL 221 grade. The lecture and laboratory components both count towards the final grade and are not assessed as separate units.

Exams will cover material presented in the textbook, lecture and lab (in person, on Zoom, and pre-recorded videos), and content guides; these are non-cumulative and will test the material presented since the previous exam. Lecture exams will consist of a multiple-choice portion that will take 60 minutes. Lab exams will consist of short, typed responses and will take 60 minutes. Online exams will be administered on OAKS using the Respondus LockDown Browser + Webcam, and multiple-choice scores are logged to the gradebook automatically; short, typed responses are graded automatically, but please allow 48-72 hours for your instructor to manually review your exam submission and update your grade.

Quizzes will cover material presented during the previous lecture or lab section. Lecture quizzes will take 10 minutes; they may be taken twice, with the highest of the two attempts recorded. Lab quizzes will take 15 minutes; they may be taken once. Quizzes will be administered on OAKS using the Respondus LockDown Browser + Webcam, and multiple-choice scores are logged to the gradebook automatically; short, typed responses are graded automatically, but please allow 48-72 hours for your instructor to manually review your exam submission and update your grade.

Lecture

Exams (4 @ 100 pts each)	400 pts
Quizzes(20 @ 10 pts each)	200 pts

Lab

Practical Exams (3 @ 100 pts each)	300 pts
Quizzes (7 @ 15 pts each)	100 pts

Total **1000 pts**

Grade Policy

93-100% A; 90-92% A-; 87-89% B+; 83-86% B; 80-82% B-; 77-79% C+; 73-76% C;
70-72% C-; 67-69% D+; 63-66% D; 60-62% D-; 0-59% F

The last day to withdraw from this course with a grade of “W” is October 28, 2020.

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Student Conduct

1. Students will follow all College-mandated COVID precautions, use of face-masks and other PPE (where directed), and social-distancing guidelines while in the classroom and/or lab. Please visit OAKS for the most current policies/procedures.
2. There is to be no talking during the instruction period of the lecture. If you have a question, please raise your hand (or indicate in Zoom) prior to asking the question. While answering a student's question, please remain quiet so that the student and other class members can hear the reply.
3. No outside materials may be used during quizzes or practical exams, and all quizzes/exams will use the Respondus LockDown Browser. In the face-to-face setting, there is to be no talking during the quizzes or practical exams. If you have a question, please raise your hand and remain quiet until the instructor can come to you.
4. Please silence cellular phones before lecture begins. If you use your cell-phone rings during lecture, Dr. Vance will likely glare at you and/or ridicule your choice of ring-tone.
5. Because we won't meet face-to-face at the beginning of the semester (or, you may have opted to take the course entirely online), it's essential that you maintain an active presence in the course, including: viewing the video lectures assigned to each topic; taking quizzes and exams at the times scheduled; attending office hours and review sessions on Zoom; using the study materials posted to Quizlet; and, attending SI sessions when available.
6. Please observe the following "netiquette" when meeting with others on Zoom review sessions or office-hours, or when participating in online discussions:
 - a. **Be kind and ethical.** Avoid using sexist, racist, and homophobic language in your writing and speaking; it will not be tolerated.
 - b. **Be aware** of how your communication may be perceived by others. For example, if you use ALL CAPITAL LETTERS, folks may interpret you are angry or shouting. Avoid sarcasm, as it is prone to misinterpretation.
 - c. **Be forgiving.** We all make communication faux pas, so ask clarifying questions rather than attacking. But if you experience any questionable or outright inappropriate behavior from your colleagues, please let me know.
 - d. **Cite your sources.** When you share information, it's important to support your claims with sources. This doesn't mean that you must have a citation for *everything* you post, but providing evidence will strengthen your arguments and will also provide additional resources for your colleagues. Furthermore, whenever you are using the intellectual property of others, you must always cite your sources.
 - e. **Help each other.** If you notice a colleague has asked a question or written about a problem, jump in and offer assistance. This is especially true in the OAKS discussion board.
7. No form of academic dishonesty is acceptable. Dishonesty includes, but is not limited to: cheating on an exam; stealing exam questions; substituting one person for another at an exam; falsifying data; destroying, tampering with, or stealing a computer program or file; and plagiarizing (using as one's own the ideas and writings of another). Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Students can find the complete Honor Code and all related processes in the *Student Handbook* at <http://www.cofc.edu/generaldocuments/handbook.pdf>
8. If you have a documented disability than may require assistance, you will need to contact the Center for Disability Services for coordination of your academic accommodations. If the CDS will be involved in administering an exam, I request that you inform me in advance so that adequate accommodations can be made (e.g. the day before the exam is not acceptable).
9. No College of Charleston employee or student should be subject to unwelcome verbal or physical conduct. It is expected that students, faculty and staff will treat one another with respect. Individuals who violate this policy are subject to discipline up to and including termination and/or expulsion from the College and the possibility of civil and criminal prosecution.

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Helpful Tips

- Please log into **OAKS** daily for important announcements and course content, which includes lecture videos, quizzes, assignments, posted grades, etc. Despite the hybrid format, this class is organized like a traditional course: quizzes, exams, and online content will be delivered synchronously. The lecture and lab materials are incremental and designed to be accessed/viewed according to the schedule to provide adequate time for learning, retention, and comprehension. **This is not a self-paced study! Please budget your time accordingly and avoid falling behind schedule.**
- The **Course Objectives** under the Content menu on OAKS effectively serves as a study-guide for the course. It may not be necessary to read the entire book chapter prior to a given topic on the schedule; however, please refer to the Course Objectives for the relevant book sub-chapters and figures that will be covered in each video.
- You will be provided a link to sign up for study material on **Quizlet**. This material has been compiled by prior students of my course, and reflects information these students found to be important for their success in the course. In addition, Quizlet will provide you opportunities for self-assessment to gauge your progression through the material at introductory, intermediate and advanced levels of difficulty. Use it often!
- **Lecture quizzes** on OAKS become available after completing the respective Course Objectives (i.e. watching the VoiceThreads/video lectures), and must be completed by 11:59pm on the date of the Exam for that respective Module. The best score out of the two attempts will be recorded in the gradebook. Please note, however, that quizzes pull from questions randomly from a library, so you may not necessarily see the same questions on the second quiz attempt. It is advised that you complete both attempts of the scheduled quizzes, as this will help you become familiar with the types of questions that might be asked on exams. You may request to review your quiz submission during office hours on Zoom to further help you study for the subsequent quiz attempt (or exam).
- **Visible Body** provides a practice quiz environment that will allow you to test your knowledge of the anatomy prior to the scheduled lab quizzes and practical exams. Your success identifying the assigned anatomical structures on these practice quizzes are a good predictor for success on the graded quizzes and exams. Whether using Quizlet, answering lecture video concept questions, or utilizing the learning tools on Visible Body, self-assessment is critically important for preparing for the graded lecture and lab quizzes and exams. Please consider incorporating these tools into your study habits!
- **Draw it out!** The anatomy component of “A&P” requires visual learning. Understanding the physiology of specific structures first requires that you recognize and differentiate related structures. Some video lessons will request that you draw/illustrate a process alongside my lecture.

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