

Human Anatomy (Anat 1)

Instructor: Dr. Brian Hinck, D.C.

Las Positas College, Fall Semester 2007 (21389 section 093) 4 units

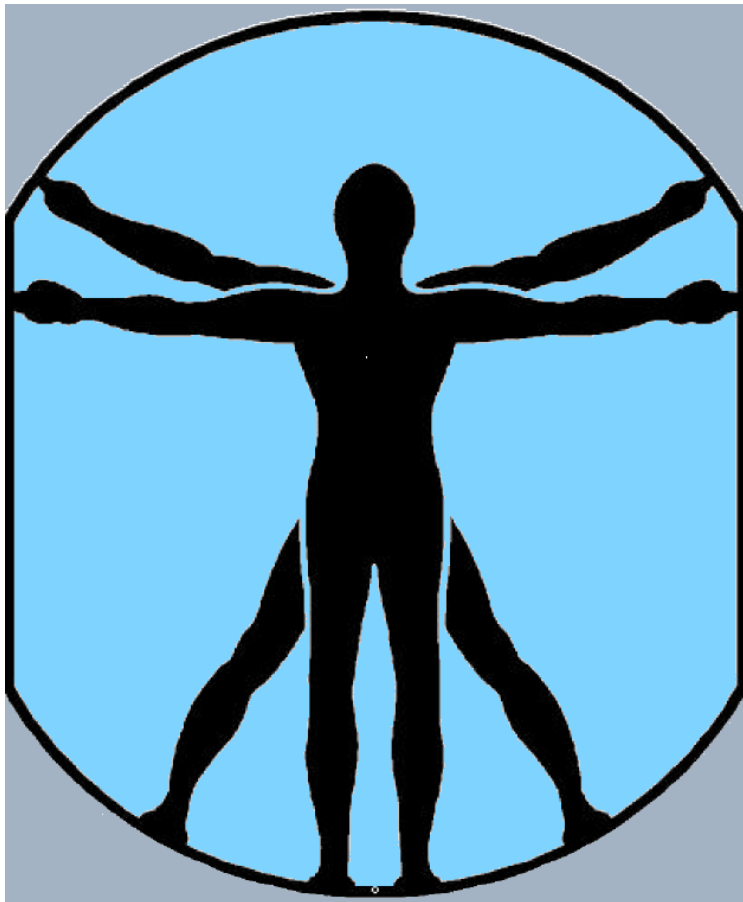
Phone: (925)424-1000, press 1, enter 2351#, and leave a message. I will try to check messages at least once per day.

e-mail: bhinck@laspositascollege.edu. This is the best way to reach me.

Lecture: T/TH 6:00-6:50PM Room 1810

Lab: T/TH 7:00-9:50PM Room 1810

Office Hour: Thursdays 4:00-4:50PM, Room 2006 in the library. Enter the library, go through the bar gate, turn to the right and walk towards the south wall. 2006 is the 3rd door down. Please make use of this resource as it is an excellent opportunity to ask questions on a variety of topics including (but not limited to) difficulties with lecture or lab, study techniques, career issues and any other issue that you may need help with. If I can answer your questions I will do my best to direct you to those who can help. Remember: I want you to succeed. Do not be hesitant or embarrassed to use this resource.



Why take Human Anatomy?

-The first reason is that it is required for your future coursework. Hopefully this is not the only reason you are taking this course.

Most importantly, with regard to the health professions, anatomy is the starting point and basis for all that is to follow. It will serve as the “language” that you will use in all of your future pursuits. When attempting to diagnose and/or treat an injury or illness it is extremely important to understand the tissues, organs, systems etc. involved to truly serve your future patients. Even just moving from anatomy to physiology it is important to first understand form before you can hope to understand function.

-Remember: You are your best cheat sheet! You carry your body with you all day long. If you can learn to relate this class to your own body you will do well with your studies.

Course Format:

From the Las Positas College Catalog:

The structure and function of the human body with emphasis on microscopic, gross, and developmental anatomy. Microscopic examination of normal and pathological tissues, and dissection, supplemented by use of charts, models, and computer assisted instruction. Prerequisite: Biology 31 or equivalent course (completed with a grade of “C” or higher). Strongly recommended eligibility for English 1A or 52A. 2 hours lecture, 6 hours laboratory.

The course consist of both lecture and laboratory components. You cannot take one without the other. Some topics will be presented in lecture or in lab only. Most will be discussed in both. Throughout the semester, in the lab, we will be using A.D.A.M. (Animated Dissection of Anatomy for Medicine), an interactive multimedia software. This will be your main anatomical reference besides gaining experience with cat cadaver dissections. I plan to present lecture in a Power Point format. These should match and compliment the notes to be discussed later. I also have plans to publish them to a class website. Audio and visual learners may wish to record the lectures and then listen to them again while going through the slides. However, as explained below with regard to the notes, I reserve the right to remove these if I feel that they are being used as a crutch or an excuse to miss class. The bottom line is these will be available to give you the chance to use repetition (the mother of learning) to aid in your studies.

Materials Required**Books:**

Required for lecture: Human Anatomy, by Marieb, Mallet, Wilhelm, 5th edition; Pearson Education. Please note that this text has a multitude of included resources including: Practice Anatomy Lab, A Brief Atlas of Human Anatomy, the My A&P website, and Get Ready for A&P (I will be randomly assigning assignments out of this throughout the semester).

Required for Laboratory: Human Anatomy & Physiology Laboratory Manual: Cat Version, by Elaine N. Marieb 9th edition, Benjamin/Cummings Publishing Company

Colored Pencils

Disposable gloves

Safety glasses

Closed toe shoes

Lab coat

Reading Assignments

The course outline indicates whole chapters as reading assignments. Clearly, we cannot cover and digest all of the information in the time available. Rather, the chapter assignments indicate where one should search for coverage of the topics discussed in class. I suggest that your first “reading” of these assignments be the quickest

of surveys. I recommend further reading be done in the sequence that follows. (Also see page 31 in Ready for A&P)

1. Scan the chapter outline and objectives at the beginning of the chapter.
2. Quickly read the chapter summary at the end of the chapter.
3. **Digest the chapter portions specific to course coverage: There should be frequent referral to and from your notes at this stage.**
4. Test your mastery by doing the pertinent review questions at the end of the chapter and the exercises at the My A & P website.
5. Note: While I am furnishing notes to you (which I plan to publish to a forthcoming website) these are to allow you to focus on the lecture and take additional notes as needed. It is important that you not let these notes be a crutch. In other words you must: do the reading, do the exercises, show up to class, etc. If at any time I feel that my notes are being taken at as an excuse to not do the necessary work, I reserve the right to discontinue their distribution as well as remove them from the website. For those who are kinesthetic learners I challenge you to take notes yourself and then rewrite them while referring to both sets as well as drawing the diagrams referenced in the notes.

Homework

There will be frequent homework assignments, mostly in the form of laboratory review sheets. Review sheets will be due the next meeting day after the lab is performed. Late submissions of homework will **not** be accepted. Do the homework to earn those “open book” points! It will help you to prepare for lecture and laboratory exams. I may from time to time give brief written assignments, either from Getting Ready for A & P, or based upon current events. There is the possibility that I may assign a research paper however, if given, you will be fully prepped for it and given enough support to write a successful paper (assuming you have done the work). This is not intended to be a punishment. This is intended to expose you to the process of researching a topic, deciphering the literature, and forming conclusions based on your findings. I will keep you apprised.

Tests and assignments

Please be on time as exams will start promptly to allow you the full time. Bring your colored pencils. The test packet will be provided. Do not bring cell phones, ipods (or any other device capable of storing and/or transmitting data and/or images), or calculators (you will not need them). If a scantron is needed you will know ahead of time.

Lecture exams:

There will be three non-cumulative lecture exams worth 100 points each. The exams will be 50 minutes long. The final lecture is cumulative and worth 200 points.

Lecture Final: Tuesday, December 18th, 6:00 – 7:50 PM in room 1810.

Each of these written exams will be made up of a variety of multiple choice, fill-in-the-blank, T/F, short answer, drawing, and labeling.

There will be **no make-up tests!**

You will have a chance to review your exam after I grade them. You will then return the exams to me after the review. If they are not returned during class you will receive a zero for the exam.

Lab exams:

There will be three laboratory exams.

The first two are non-cumulative and worth 100 points each.

The third, the lab final, is cumulative and worth 200 pts.

There will be **no make-up lab exams!**

The class will be divided into two groups for the exam in order to allow rotations between stations. One group will take the exam 6:30 – 7:30 PM. The other group will take the exam 8:00 – 9:00 PM.

You will have 60 minutes to complete the exam.

Please note: The anatomy instructors are discussing an alternate format for lab exams. If a change is made you will be notified in advance.

Quizzes:

There will be 9 quizzes worth 10 points each.

The lowest score of the nine planned quizzes will be dropped.

There will be **no make-up quizzes!** I reserve the right to give pop quizzes as well.

The quizzes might be given first thing or last thing on the day noted in the syllabus. You will have up to 15 minutes for the quiz.

Lab Reviews: There will be 27 lab review sheets You have the option to omit one of them, but you must hand in a piece of paper with your name and a sentence or two explaining which one you omitted and why. The cat dissection and exercise #15 will receive participation points. You will be responsible for the material for the exams.

There may be an additional project. If given it will be explained later, will be fun and worth 40 points.

There may be some changes in total points possible, depending on the exact number of lab reports and special assignments.

These assignments can only be made up **if previously arranged!**

An example point summary would be:

		approximate %
Lecture exams:	300 pts.	20% grade
Lecture final:	200 pts.	20% grade
Lab exams:	400 pts.	25% grade
Lab reviews, etc.	150 pts.	15% grade
Quizzes:	100 pts.	15% grade

Approximate Total points possible 1000 pts.

*Please note that the numbers and % do not match up. They are intended for illustrative purposes only.

Grading

$\geq 90\% = A$; $\geq 80\% = B$; $\geq 70\% = C$; $\geq 60\% = D$; $< 60\% = F$.

“I” Incomplete grade is designed for a last minute disastrous event that prevents completion of the course. “I” involves a contract between the student and the instructor. The student had to be passing the class prior to the “disaster” in order to receive “I”.

Student Conduct and Academic Honesty

A student is expected to conduct him/herself in accordance with standards of the college. Cheating and plagiarism are not tolerated and are cause for expulsion, suspension or probation. This is very clear in the “Student Conduct and Due Process” pamphlet or the web:

http://laspositacollege.edu/services/honesty_statement.htm

My response to cheating is to give a permanent zero score on the assignment. You will also be required to take all future exams under direct supervision. In case of lab reports or lab exams “direct supervision” will include verbally answering the questions. The incident will be reported to the Dean.

If you disrupt class so that others are unable to learn, you will be asked to leave.

Absenteeism

If you are unable to attend class for medical reasons, please let me know in advance by phone message or e-mail. It is **your responsibility** to check with classmates for notes and any assignments or announcements that you may have missed. Absences greatly hinder your chances for success! Laboratory participation is particularly important since there is no other way to gain the hands-on knowledge that will be tested on lab exams.

Disabilities

LPC is obligated to assist with disabilities. Please we me on the first night of class.

Option: You may sign up on a student study list to share phone numbers and/or e-mails with each other. You may use this to gather info in case of a missed class and to form regular study groups.

Cell Phones must be turned off and put away during class. Failure to do so leads to a stern look from me the first time. The second time 10 points will be deducted from your overall grade. The third time 20 points will be deducted, and the 4th time 40 points etc.

Class rules to encourage teamwork and learning by everyone:

1. ask questions
2. share the time
3. get help
4. use office hours
5. keep up
6. expect to study 8 hours outside of class (2 hours per unit)

Class procedures:

1. no food or drink in class
2. no baseball caps or hats
3. tie hair back for experiments
4. closed toe shoes ONLY!
5. use a lab coat
6. cell phones are not to ring in class (you lose points if your cell phone rings)
7. wear goggles
8. wear gloves
9. do not apply make-up, or perform eye contact care in the classroom
10. take care of our equipment

Important Dates

August 31st: Last day to ADD/DROP with No Grade of Record (NGR) in-person.

Sept. 3rd: Last day to ADD/DROP (NGR) via “Class-Web”

Nov. 9th: Last day to withdraw from classes with a “W” in person. After this date, whatever grade is earned must be reported.

Nov. 22nd: Thanksgiving Holiday. No class. Load up on tryptophan.

Dec. 13th: Last day of class, **Lab Final**.

Final: **Dec. 18th, Tuesday, 6 – 7:50 PM**

Test Dates

Be alert to the timing of all tests in lecture and laboratory so that you may be ready for them. While I will try to follow the timing and sequence indicated on the course outline, sometimes it makes sense to change a test time and/or coverage. If you miss a meeting before a scheduled test, be sure to check with a classmate to determine the test time and coverage.

Field Trip

We may have a chance to visit the cadaver labs at Life Chiropractic College West in Hayward. I will let you know if they can accommodate us this semester. I think you benefit from the trip if it can be scheduled as late as possible in the semester, yet avoiding the holidays and exams. I will have to get back to you on the time. This is a voluntary experience.

Course Topics and Sequence (subject to change)**Date**

T 8/21/2007	Introduction Lecture: Safety, Chap.1 Orientation to the Human Body Syllabus review Lab ex. 1
Th 8/23	Lecture: Chap. 1 planes, directions, cavities Lab ex. 2, ex. 3 Office Hour 4-5
T 8/28	Lecture: Chap.2 Cells, Chap. 3 Embryology Terms Lab ex. 4, start ex. 6A
Th 8/30	Quiz #1: safety and the language of anatomy Lecture: Chap.4 Tissues Lab ex. 6A Office Hour 4 - 5
T 9/4	Quiz #2: microscopes Lecture: Chap. 4 Tissues, cont. Lab ex. 6A finished
Th 9/6	Quiz #3: tissues Lecture: Chap. 5 Integumentary system Labs ex. 7, ex. 8 Office Hour 4 – 5
T 9/11	Lecture: Chap.6 Bone and Skeletal Tissue Introduction to A.D.A.M. Lab ex. 9
Th 9/13	Exam #1 chapters 1-6 6- 6:50 PM Lecture: Chap 7 Axial Skeleton 7-8 PM Lab ex. 10 Office Hour 4-5
T 9/18	Lecture: Chap. 8 Appendicular Skeleton

Lab ex. 11

Th 9/20 Lecture: Chap. 9 Joints
 Lab ex. 13
 Lab review: bones, joints, tissue slides
 Office Hour 4-5

T 9/25 LAB EXAM #1 bones, joints, tissue slides
 2 sections: 6:30-7:30PM
 8:00-9:00PM

Th 9/27 Lecture:Chap.10 Muscle Tissue
 Lab ex. 14
 Office Hour 4-5

T 10/2 Lecture: Chap. 11 Muscles of the body
 Lab ex. 15 and cat dissection

Th 10/4 Quiz #4 muscle
 Lecture: more Chap. 11
 Lab: ex. 15 and cat dissection
 Office Hour 4-5

T 10/9 Exam #2 Bones and muscles Chap. 7-11 6 PM
 Lecture: Chap. 12 Nervous system, nervous tissue
 Lab ex. 17

Th 10/11 Lecture: Chapter 14 Cranial Nerves
 Lab Ex. 19
 DO NOT CUT THE BRAIN TODAY
 Activity 3: 1 and 2, read about CN tests
 Homework #15, 16
 Office Hour 4-5

T 10/16 Quiz #5 CN
 Lecture: Chap. 13 Spinal Cord
 Chap. 14 Spinal nerves
 Reflex Arc
 Lab Ex. 21 No Activity 2
 View Spinal Cord Slide
 Spinal Nerves and Nerve Plexuses
 Activity 3: Choose a nerve in each plexus and follow it to the structure it serves
 NO Autonomic Nervous System in Lab BUT you may want to read about it
 through Activity 5 as a review.

Th 10/18 Lecture: Chap. 13 Brain
 Lab Ex. 19 Brain, meninges, circulation of CSF
 Office Hour 4-5

T 10/23 Quiz #6 on Brain

Lecture: Chap. 15 ANS
 Lecture: Chap 14 Sensory Receptors
 Lecture: Special Senses Taste and Smell

Th 10/25 Lecture: Chap. 16 Eye
 Lab Ex. 24 No visual tests and experiments
 Homework: YES #1-18 NO #19-35

 Office Hour 4-5

T 10/30 Lecture Chap. 16 Ear
 Lab Ex. 25 NO activity 4,5,7

Th 11/1 Lab Exam #2
 Ex. 13, 14, 15, 17, 19, 21, 24, 25 and chap. 12-16
 2 sections: 6:30-7:30PM
 8:00-9:00PM

 Office Hour 4-5

T 11/6 Lecture: Chap. 25 Endocrine
 Lab ex. 27

Th 11/8 Lecture: Chap. 17 Blood
 Lab ex. 29A Universal precautions, review lab safety
 DO activities 1,2, 9
 Homework: 1-8

 Office hour 4-5

T 11/13 Lecture Chap. 18 Heart
 Lab ex. 30

Th 11/15 Quiz #7: blood/heart
 Lecture: Chap. 19 Blood Vessels
 Lab ex. 32

 Office Hour 4-5

T 11/20 Lecture: Chap.20 Lymph
 Lab ex. 35

Th 11/22 **Thanksgiving! No Class! Sorry, I know it's disappointing!**

T 11/27 Lecture: Chap. 21 Respiratory
 Lab ex. 36

Th 11/29 Quiz #8 lymph/respiratory
 Lecture: Chap. 22 Digestive
 Lab. Ex. 38

 Office Hour 4-5

T 12/4 Exam #3 Chap. 25, 17, 18, 19, 20, 21 6-6:50PM

PROJECTS 7-8:30 PM

Finish up digestive

Th 12/6 Quiz #9: digestive
 Lecture: Chap. 23 Urinary
 Lab ex. 40
 Office Hour 4-5

T 12/11 Lecture: chap. 24 Reproductive System
 Lab ex. 42

Th 12/13 LAB FINAL 2 sessions
 6:30-7:30PM
 8:00-9:00PM

Final: Dec. 18th, Tuesday, 6 – 7:50 PM!

Th 12/20 Get some much needed rest. You earned it!

A Note on Attitude:

This is an evening class and everyone is bound to get tired and cranky from time to time. Please realize that this will happen and know that we are all in this together. Try to keep a good attitude and know that you have all of the resources that you need if you will only use them. If you are frustrated about anything, feel free to talk to me away from class, including in my office hour.

This is a very demanding course. Plan to spend at least 2 hours studying outside of class for every hour in class. The more you fully grok (reference: Stranger In A Strange Land- Robert Heinlen) the material the better prepared you will be to serve you future patients/clients.

If I am sick or have an emergency, I will call the college and a note will be posted on the door. Please use this time to study labs or end of chapter questions.

If no sign is posted and I am late please wait 20 minutes. If I have not arrived, you may leave. Please use the time to study.

Microscopes are an integral part of our course. Please pay attention and follow the guidelines when we review them in class. Mistreatment or failure to follow instructions will result in deductions of points from your grade. If something breaks, please let me know.

Please note that this is a living document, meaning it is subject to change. If revisions are made they will be posted to the class website. If it is merely an addendum a handout will be given.