

Biology 2401

Human Anatomy and Physiology I/II

Professor: Jeremy Nicholson

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Office Hours: MW 12:00-2:00

TR 12:00-1:00, 3:30-4:00

F 10:00-11:00

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Textbook: Your textbook is free and available online at www.openstax.org. If you feel the need for a hard copy, you can purchase it online, at Amazon.com.

Firearms: Texas Senate Bill 11, regarding the lawful possession of a concealed handgun by an individual licensed to do so, now includes colleges and universities. Beginning in September, the Texas law concerning knives and other bladed instruments changes, however it does not include colleges and universities. So, you still won't be able to carry a sword around.

Cell Phone Policy: No offense, but I hate your phones. Not only that, but it really annoys me that you can't go a few hours without texting someone. It's an addiction. It's worse than an addiction; heroin addicts don't have to get a fix every thirty seconds or so like you do with the phone. Right now, you're thinking, "I'm not an addict, I can quit anytime." That's denial, and denial is the first sign that you have a problem. We're going to work through this together. Think of it as a little intervention, while you learn anatomy. I don't want to see you texting in class. If you just thought, "I'll put it in my lap! He'll never notice it there," then you've just confirmed your addiction. You're a phone junkie. All you have to do is just put it away. You're better than this. Seriously, put the phone away, or your grade will suffer. Not only do you miss the majority of the material, it's a bad idea to annoy the guy who writes your exams. If I see you texting, there will be repercussions. No warnings, no reminders, just good, old-fashioned, passive-aggressive vengeance. Then, when you complain about the difficulty of your exam, I'll blame people texting in class.

Social Media and Recording Policy: If you would like to record the lectures, I'm okay with that. However, you do not have permission to reproduce or publish any audio, video, or other recording to any form of social media, YouTube, or any publicly accessible medium. Think of class like the Super Bowl; you can record it and watch it, but if you share it, the NFL takes your soul.

Laptops, Tablets, and Assorted Technology: Feel free to take notes with your laptop, tablet, or whatever. However, you should be aware that you can't take notes on Facebook. Research indicates that students who take notes with a computer consistently score lower on exams than those who write the notes by hand. You're never going to beat Candy Crush anyway, so you might as well give up now.

Grading: For A&P I, there will be eight exams, four lab practicals and four lecture exams. Your lecture exams will comprise 70% of your final grade; 30% will come from the lab exams. There are no makeup exams, although you can just come to another section and take the exam.

Attendance Policy: *Students are expected to attend all classes in order to be successful in a course. The student may be administratively withdrawn from the course when absences become excessive as defined in the course syllabus. When an unavoidable reason for class absence arises, such as illness, an official trip authorized by the college or an official activity, the instructor may permit the student to make up work missed. It is the student's responsibility to complete work missed within a reasonable period of time as determined by the instructor. Students are officially enrolled in all courses for which they pay tuition and fees at the time of registration. Should a student, for any reason, delay in reporting to a class after official enrollment, absences will be attributed to the student from the first class meeting. Students who enroll in a course but have "Never Attended" by the official census date, as reported by the faculty member, will be administratively dropped by the Office of Admissions and Records. A student who does not meet the attendance requirements of a class as stated in the course syllabus and does not officially withdraw from that course by the official census date of the semester, may be administratively withdrawn from that course and receive a grade of "X" or "F" as determined by the instructor. Instructors are responsible for clearly stating their administrative drop policy in the course syllabus, and it is the student's responsibility to be aware of that policy. It is the student's responsibility to verify administrative drops for excessive absences through MySPC using his or her student online account. If it is determined that a student is awarded financial aid for a class or classes in which the student never attended or participated, the financial aid award will be adjusted in accordance with the classes in which the student did attend/participate and the student will owe any balance resulting from the adjustment.*

If you have two consecutive or four non-consecutive unexcused absences, you will be dropped from the course. In order for an absence to be excused, you must e-mail (not call) me within 24 hours of the absence.

Academic Honesty: Cheating in any form is inexcusable and will result in serious consequences, including, but not limited to, being dropped from the class with an F. Cheating will be subject to the maximum penalties allowed by college policy.

Bonus Points and Extra Credit: There are no opportunities for bonus points or extra credit. I just like to see the look on your face when you read this. Also, I won't be putting smiley face stickers on your exams.

Accommodations: *Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office through the Guidance and Counseling Centers at Reese Center (Building 8) 716-4606, or Levelland (Student Services Building) 716-2577.*

Frequently Asked Questions (FAQ):

1.) How can I raise my grade in this class?

Answer: Get more questions right on the exams.

2.) How do I study for this class?

Answer: Focus on "big picture" ideas, like interactions between systems and the intertwining of form and function. You have to be able to think analytically for many exam questions; critical thinking skills are vital to your success.

3.) I've heard that this class is really hard. Is that true?

Answer: For many students, the answer is yes. I'm not telling you this to discourage you, I'm telling you this so that you have an appropriate level of respect for the difficulty of the material. It's not easy. You're not going to be able to coast through; it's going to take some effort.

4.) Why do I need to know this? (Is this going to be on the exam?)

Answer: The vast majority of you are trying to get into some sort of health care occupation. Basic anatomy and physiology is the basis for all your future education. When you go to nursing school, medical school, radiology school, or any other school of allied health, they're going to expect you to know this material. Also, I really don't want you taking care of me, or my family, if you don't understand how the body works. Don't treat this class as a hurdle. A hurdle is something you jump over and leave behind. Instead, treat this class as a foundation; something permanent that you can build on as you go.

5.) What if I have questions?

Answer: Feel free to ask questions anytime. During class, during office hours, or via e-mail, I can answer your questions. If I don't know the answer, I can find it. In addition, there is a Facebook page for both Biology 2401 and 2402. Often, I'll post thoughts or announcements there. On Facebook, search for "Nicholson's A&P1" or "Nicholson's A&P2".

6.) I studied for eleventy billion hours and I still made a 12 on the exam. What is wrong with you?

Answer: A recent study was done on how students spend their time studying. Students reported studying several hours for an exam, but when a camera was placed in their home, researchers found that only a few minutes were actually devoted to studying. The rest of the time was spent checking Facebook, texting, getting a snack, setting up a study area, arranging books, and finding supplies. So, the next time you study, try it away from the electronics.

7.) Anything else we need to know?

Answer: Leaving me a voice mail isn't a great idea, if you need me to get back to you. Your best bet is e-mail or Facebook. No, you can't text me. Will I answer your e-mail from my cell phone, regardless of where I am, thirty seconds after you hit "send"? No. Will I answer it at all? It depends. Does your question require an answer? If you're e-mailing me to say "I can't be in class," then no, no it doesn't. Plus that's a statement, not a question.

LABORATORY SAFETY

While most A&P labs will not involve chemicals or pathogens of any type, you should follow safety protocol at all times.

1. Never eat, drink, chew tobacco, or smoke in the laboratory. I find it unfortunate that I even have to tell you that.
2. No flip-flops may be worn in lab; bring another pair of closed-toe shoes to lab. There's nothing quite like a scalpel falling on your foot.
3. Wear appropriate clothing for working in a laboratory: dress for the lab, not the club.
4. Wash your hands before and after handling models and/or bones. Sometimes, we have real bones. From a dead person. Also, keep in mind that your classmates are touching the same models and you really don't want to catch whatever that guy has.
5. Notify the instructor of any breakage or missing items or parts of models. These models are ridiculously expensive. Don't break them. Also, some of the bones are real. If you drop them, they'll break, which will result in you being haunted for the rest of your life.
6. DO NOT sit on any lab benches or tables. You may not use chairs/stools for your personal foot rests. Seriously, were you raised by wolves?
7. Clean your lab table/bench at the end of every lab. I have five kids, all boys. I have enough clean-up to do at home. Give me a break.
8. Lab materials are available for your use/study outside of class time; however, you must get an instructor to unlock the cabinets where materials are stored. Please do not interrupt a class to do this. (Obviously.)
9. Most of the models are available at the SPC, Reese, and TTU libraries.
10. Bring your text and atlases to lab for visual references.
11. NEVER touch bones/ models with anything but a probe; PENCILS AND PENS ARE NOT POINTERS.
12. ALL BONES and MUSCLE MODELS must remain in the LABORATORY. If items turn up missing, the labs will be locked when classes are not in session. There are security cameras in the halls. If you decide to "borrow" a model, you will be prosecuted.

Exam Structure and Rules

We will be taking both lab practical and lecture exams on the same day. When you arrive to class, you will find the door locked. When class begins, I will unlock the door and allow a limited number of students to begin the lab exam. As students complete the lab exam, those that are waiting outside will be allowed into the classroom. After completing the lab exam, you will begin the lecture exam. When you complete both sections, please either sit quietly in the classroom, or move to the hallway to wait for everyone to finish. When everyone has completed the test, you will be allowed to see your grade.

NOTE: If you tend to be the last person finished with an exam, you need to be sure that you're in the first group to begin the exam. Class time will not be extended for you to complete the test.

You need a pencil and a scantron. Answer sheets for the lab practical are provided. Please place any other personal items at the front of the classroom.

DO NOT WRITE ON THE EXAM

***SCHEDULE: BIOLOGY 2401, Spring 2018**

<u>Week of:</u>	TOPIC
15Jan	Introduction and Orientation/Chemistry; <i>Skull Anatomy</i>
22 Jan	Cell Physiology; <i>Skull Anatomy</i>
29 Jan	Cell Physiology/Histology; <i>Skull Anatomy</i>
5 Feb	EXAM I; PRACTICAL I Integument; <i>Skeletal Anatomy</i>
12 Feb	Bone Physiology; <i>Skeletal Anatomy</i>
19 Feb	Skeletal Pathophysiology/Joints & Movement; <i>Joint Anatomy</i>
26 Feb	EXAM II; PRACTICAL II The Muscular System; <i>Muscle Anatomy</i>
5 Mar	Muscle Physiology; <i>Muscle Anatomy</i>
19 Mar	Muscle Physiology; <i>Muscle Anatomy</i>
26 Mar	Muscle Physiology; <i>Muscle Anatomy</i>
4 Apr	Exam III; Practical III The Nervous System; <i>Neuroanatomy</i>
9 Apr	Neurophysiology; <i>Neuroanatomy</i>
16 Apr	Neurophysiology; <i>Neuroanatomy</i>
23 Apr	Neurophysiology; <i>Neuroanatomy</i>
30 Apr	Neurophysiology; <i>Neuroanatomy</i>
	EXAM (Final) IV; PRACTICAL 4
	May
7th-11th	, TBA

*This schedule is subject to change as deemed appropriate by the instructor. Note that the dates given are by the *week*.