

Department of Applied Physiology and Kinesiology

UNIVERSITY of FLORIDA

APPLIED HUMAN ANATOMY W/ LAB

APK 2100C ~ 04 CREDITS ~ FALL 2020

INSTRUCTOR: Joslyn Ahlgren, Ph.D

Office: FLG 108 Office Phone: 352-294-1728

Email: jahlgren@ufl.edu

Currently enrolled students: please use CANVAS email

OFFICE HOURS: A schedule of office hours will be posted in CANVAS

LECTURE TIME/LOCATION: MWF Period 4 (8:30am) / Zoom

Due to the unique circumstances surrounding the covid-19 pandemic, this course will be offered via <u>remote instruction</u>. Please know that your course instructor has been teaching online for seven years and is confident that you will have an outstanding learning experience—even if online courses are not your favorite.

LAB TIME/LOCATION: In a typical semester, students meet for lab once a week

for a two-period block. This semester, students will view pre-recorded labs, but are expected to check in with their

Lab TA at least six times during the term.

Class #	TA	Lab Day and Meeting Time
10597	Vishwas Jindal	W Period 4 - 5 (10:40 AM - 12:35 PM)
10598	Vishwas Jindal	W Period 3 - 4 (9:35 AM - 11:30 AM)
10599	Florian Roth	W Period 6 - 7 (12:50 PM - 2:45 PM)
10674	Jean Kok	R Period 2 - 3 (8:30 AM - 10:25 AM)
10675	Emily Tobin	R Period 4 - 5 (10:40 AM - 12:35 PM)
10676	Eddy Rijos	W Period 5 - 6 (11:45 AM - 1:40 PM)
10681	Steven Winesett	R Period 6 - 7 (12:50 PM - 2:45 PM)
10683	Vinicius Mariani	M Period 4 - 5 (10:40 AM - 12:35 PM)
10687	Marisa Mulvey	T Period 5 - 6 (11:45 AM - 1:40 PM)
10688	Steven Winesett	F Period 5 - 6 (11:45 AM - 1:40 PM)

FERPA: Aspects of this course may be recorded for students in the class to revisit. If you participate with your camera engaged or utilize a profile image, you are agreeing to have yourself/image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image during recorded sessions. Students who un-mute during class and participate orally during recorded sessions are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded, you will need to keep your mute button activated and communicate using the "chat" feature.

COURSE DESCRIPTION: Study of general anatomy of the human body from a systematic approach. Understanding anatomical terminology, gross structures, and locations of different body structures are primary concerns. Cells, tissues, and organs of the integumentary, skeletal, muscular, nervous, circulatory, respiratory, digestive, urinary and reproductive systems are emphasized.

PREREQUISITE KNOWLEDGE AND SKILLS: There are no prerequisites for this course; however, any previous experiences in medical terminology, physiology, physics, chemistry, and/or biology will be helpful to students.

REQUIRED AND RECOMMENDED MATERIALS: Please note that APK2100 will be participating in the UF All Access program this semester. Students will have two options to gain access to the required MasteringA&P materials when classes begin. Students will have a choice to "Opt-In" to MasteringA&P access through a link provided in CANVAS for a reduced price and pay for these materials through their student account. Students who do not choose this option will be able to purchase an access code through the UF Bookstore. Both options provide access to the same online materials. There will also be a discounted, loose-leaf version print version of the textbook available at the UF Bookstore for students who would like a physical text for the course.

Textbook: Human Anatomy by Marieb, Wilhelm, Mallatt, 9th edition. Pearson.

COURSE FORMAT: Students will attend a 1-period virtual "live" lecture three times each week via zoom. A recurring link will be posted in CANVAS for students to use during class times. Labs are pre-recorded and students will need to watch the videos and take good notes using the provided power point slides each week. Normally, these labs are two periods long. Accordingly, each pre-recorded lab is no more than two periods total. Students will be required to check in with their Lab TA at least 6 times during the course of the semester during the scheduled lab section time. Students should read required textbook pages and print out or download PDF slides posted in CANVAS <u>before</u> viewing recorded lab sessions and attending zoom lectures.

PURPOSE OF COURSE: The purpose of this course is to introduce students to anatomy (the study of the body's structures) and to present information and engage students in a way that promotes critical and creative thinking within the context of health and movement studies. Students will be asked to not only identify important structures of

the human body, but also to incorporate some of the functions of the structures and tissues so that the information can be applied to novel, clinical scenarios. This applied method of teaching anatomy is intended to enhance the long-term retention of the concepts covered and prepare students for future courses and experiences which may require health or movement-based communication and problem solving.

GENERAL EDUCATION SUBJECT AREA GOALS: Biological science courses provide instruction in the basic concepts, theories and terms of the scientific method in the context of the life sciences. Courses focus on major scientific developments and their impacts on society, science and the environment, and the relevant processes that govern biological systems. Students will formulate empirically-testable hypotheses derived from the study of living things, apply logical reasoning skills through scientific criticism and argument, and apply techniques of discovery and critical thinking to evaluate outcomes of experiments. *The course purpose explains how these objectives will be met.*

COURSE LEARNING OBJECTIVES: The following table describes the UF General Education student learning outcomes (SLOs) and the specific learning objectives for APK 2100c. By the end of this course, students should be able to:

GEN ED SLOS	APK 2100C COURSE GOALS	ASSESSMENT METHODS
Content: Demonstrate competence in the terminology, concepts, methodologies and theories used within the discipline. Communication: Communicate	 Identify and describe gross and microscopic structures of the organ systems covered. Describe the relationship between structure and function at all levels of organization (cellular, tissue, organ, system, organism). Communicate with peers and 	 Homework problems All lecture exams Lab exams 1 & 2 Oral communication
knowledge, ideas, and reasoning clearly and effectively in written or oral forms appropriate to the discipline.	professionals using anatomical terminology.	assessment using anatomical models
Critical Thinking: Analyze information carefully and logically from multiple perspectives, using discipline specific methods, and develop reasoned solutions to problems.	 Predict functions of unknown body structures if given the anatomical make-up or vice-versa (predict anatomical make-up of body structures if given clues about function). Predict potential causes of disease/injury symptoms from a functional anatomy perspective. 	 Clinical scenario homework problems All lecture exams Lab Exam 1

COURSE AND UNIVERSITY POLICIES:

LAB ATTENDANCE POLICY: Students in this course can earn up to 15 points of extra credit. Those points are assigned by your individual lab TA. To qualify for ANY extra credit, however, you must have attended at least six labs during your assigned lab meeting day/time (see page one table). Attendance during zoom sessions is recorded.

LECTURE ATTENDANCE POLICY: Attendance will not be taken during lectures, but students are expected to attend the zoom lectures or watch the recordings of them in a timely manner.

PERSONAL CONDUCT POLICY: Students are expected to exhibit behaviors that reflect highly upon themselves and our University:

- Read and refer to the syllabus
- Arrive to lecture and lab zoom meetings on time (a few minutes early)
- Show respect for the authority of the course instructor and graduate TAs through politeness and use of proper titles (e.g., "Dr. Ahlgren" or "Doc. A")
- Use of professional, courteous standards for all emails and discussions:
 - Descriptive subject line
 - Address the reader using proper title and name spelling
 - o Body of the email should be concise but have sufficient detail
 - o Give a respectful salutation (e.g., thank you, sincerely, respectfully)
 - No textspeak (e.g., OMG, WTH, IMO)
- No texting or checking social media during lecture/lab instruction time
- No personal conversations during lecture/lab instruction time
- Adherence to the UF Student Honor Code: https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/
 - Honor code violations of any kind will not be tolerated and sanctions will be determined by the course instructor for first-time violators
 - Any use, access, or handling of technology during an exam will result in a zero on the exam <u>and</u> further sanctions (potential failure of the course)
 - All allegations, regardless of the severity, will be reported to the Dean of Students Office for University-level documentation and processing
 - Sharing or posting of Doc. A's lecture videos anywhere is strictly prohibited and will be processed as an Honor Code violation. Students who are aware of such sharing/posting of the lecture videos are obligated to disclose that information to their course instructor.

MAKE-UP POLICY: Make-ups (exams or assignment extensions) will be given at the discretion of the instructor. To schedule a make-up, please fill out the make-up request form posted in CANVAS and submit it to your course instructor via CANVAS email. Documentation will be required. Unexcused missed exams/assignment deadlines will result in a zero for that exam/assignment (this includes contacting the instructor after

the fact if you are ill). You are absolutely not permitted a make-up for personal travel/vacations. Additionally, many students will encounter having multiple exams in one day. Only if another exam is scheduled for the same time/overlaps with this course's exams will a request be considered (and documentation will be required). If you have a serious emergency or life event, please contact the Dean of Students Office (www.dso.ufl.edu) and they will contact your instructors so that you do not have to provide documentation of the emergency/death in order to get a make-up. In the case that a student misses an exam due to an unexcused reason (i.e. overslept, mixed up the exam time, forgot about differences in time zones, etc.), if the student contacts the course instructor within 24 hours after the start time of the missed exam, students will be allowed to take the exam with a 20% penalty. If the student contacts the course instructor within 48 hours after the start time of the missed exam, students will be allowed to take the exam with a 40% penalty. Contacting the instructor 48 hours after the start time of the missed exam.

Requirements for class attendance and make-ups, assignments, and other work are consistent with the university policies that can be found at https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx.

USABILITY, DISABILITY AND DESIGN: I am committed to creating a course that is inclusive in its design. If you encounter barriers, please let me know immediately so that we can determine if there is a design adjustment that can be made or if an accommodation might be needed to overcome the limitations of the design. I am always happy to consider creative solutions as long as they do not compromise the intent of the assessment or learning activity. You are also welcome to contact the Disability Resource Center's Getting Started page at https://disability.ufl.edu/students/get-started/ to begin this conversation or to establish accommodations for this or other courses. I welcome feedback that will assist me in improving the usability and experience for all students. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester. It is imperative that you verify your specific access needs with your course instructor at least 48 hours PRIOR to scheduled assessments.

COURSE EVALUATIONS: Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at https://gatorevals.aa.ufl.edu/students/. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via https://ufl.bluera.com/ufl/. Summaries of course evaluation results are available to students at https://gatorevals.aa.ufl.edu/public-results/.

GETTING HELP:

HEALTH AND WELLNESS

- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575
- Counseling and Wellness Center: https://counseling.ufl.edu/, 352-392-1575
- Sexual Assault Recovery Services (SARS) Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies)
 http://www.police.ufl.edu/

ACADEMIC RESOURCES

- E-learning technical support, 352-392-4357 (select opti on 2) or e-mail to Learning-support@ufl.edu. https://lss.at.ufl.edu/help.shtml
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. https://career.ufl.edu/
- Library Support, http://cms.uflib.ufl.edu/ask. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. http://teachingcenter.ufl.edu/
- Student Complaints On-Campus: https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/ On-Line Students Complaints: http://distance.ufl.edu/student-complaint-process/

GRADING:

The following table outlines the point-accruing components of the course. The total points earned from each component will be summed and divided by 700. Any changes to this due to mid-semester interruptions (*it is 2020...*) will be posted as an announcement in CANVAS.

EVALUATION COMPONENTS	POINTS PER	APPROXIMATE % OF
(NUMBER OF EACH)	COMPONENT	TOTAL GRADE
Lecture Exams (4)	60 pts each = 240 pts	240/700 = 34.5%
Homework (20)	10 pts each = 200 pts	200/700 = 28.5%
Lab Exams (2)	100 pts each = 200 pts	200/700 = 28.5%
Communication Assessment (1)	10 pts each = 10 pts	10/700 = 1.5%
Comprehensive Final (1)	50 pts each = 50 pts	50/700 = 7%
Extra Credit	15 points possible	0%

LECTURE EXAMS – Each exam will consist of 40 questions, 1.5 points per question. Questions will be multiple choice and true/false format. Students are not permitted access to any kind of materials or notes during these exams. Lecture exams will be

administered in Canvas as a Quiz and they will be proctored using Honor Lock. Exam questions are generated by the course instructor and the majority of focus should be given to the lecture notes and chapter learning objectives when studying. Students will be allowed 60 minutes to take these mid-term exams.

HOMEWORK – Homework in MasteringA&P will be due Fridays at 11:59pm each week. Homework problems are multiple choice, true/false, fill in the blank, and matching. These questions are specific to the textbook, so that should be your primary resource for answering those questions. However, these are open-resource assignments, so students are encouraged to work on these question sets with peers. These assignments are NOT intended to be used as the primary study tool for preparing for the exams. The function of the homework assignments is to (a) get students more familiar with the textbook, and (b) to get students eased into answering anatomy questions.

The following are specific homework grading guidelines to keep in mind:

- You may open/close an assignment as many times as you wish until it is due.
- For the fill in the blank questions, spelling and proper tense of the word counts.
- For multiple choice and fill-in-the-blank questions, you are penalized 50% if you miss on the first attempt and 100% if you miss on the second attempt.
- For true/false questions, you are penalized 100% if you miss on the first attempt.
- You are penalized a small fraction for opening a hint if one is available.
- Late submissions will be penalized 25% per day.

LAB EXAMS – Lab exams will consist of 80 multiple choice questions, 1.25pts per questions. Lab exams will be in the form of a Canvas quiz. Students will be asked to identify structures from pictures or diagrams and will have 60 minutes to complete the lab exam. Students will be given a 24-hour period to take the exam with specific dates designated in the course schedule (below). Due to the 24-hour window that students are able to take this exam, there is no make-up lab exam and if a student fails to complete the lab exam prior to the end of the 24-hour window, the student will receive a zero grade.

COMMUNICATION ASSESSMENT – Students will be assessed on their ability to effectively communicate using anatomical terminology. Students will select any colored image to orally describe the model and answer basic questions about it over a Zoom Meeting with the Graduate TA for their lab. Students may also select a lab model that the GTA can hold as the student is describing it. A grading rubric for this assessment will be posted in CANVAS for you review and prepare with. Please work with your lab TA to schedule and complete this assessment via Zoom. Please note: lab GTAs often impose their own deadlines for the completion of communication assessment. Students who fail to complete their communication assessment by the GTA's imposed deadline will be given a zero.

COMPREHENSIVE FINAL – The final exam will consist of 80 multiple-choice and true-false questions, each worth 0.625 pts. You will be allowed two hours to complete this exam. Similar to lecture exams, this will be in the form of a CANVAS quiz and Honor Lock will be required. A guide will be posted in CANVAS to assist you in studying for this exam. Students are encouraged to wait until after the last midterm to focus on this study guide.

EXTRA CREDIT - Students can earn up to 15 points of extra credit in this course through their lab TA. Each GTA will assign extra credit differently, so it is the students' responsibility to learn their GTA's policies for earning these points. Up to 5 of the 15 points of extra credit can be earned for participating as a subject in an approved research study. Approved studies will be posted in CANVAS throughout the semester. Participation in a research study is NOT necessary to earn the maximum amount of extra credit. Participation in a research study CANNOT earn you more than 15 points of extra credit. If you do participate in a study, the study coordinator will give your name and extra credit points to your instructor at the end of the semester. All extra credit points will be uploaded to the gradebook prior the final exam. Any discrepancies must be brought to the attention of your GTA before 5pm on the last reading day.

GRADING SCALE: Any discrepancies with the gradebook should be pointed out to the instructor before the final exam. **There is no curve for this course and final grades will not be rounded up.** More detailed information regarding current UF grading policies can be found here: https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/. Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.

Minus grades are not assigned for this course. A minimum grade of C is required for all General Education courses, such as this one. Should points need to be altered during the term (not likely, but things like hurricanes can really muck things up), these <u>percentages</u> will still be used to calculate grades (i.e., 90% = A).

LETTER GRADE	POINTS NEEDED TO EARN EACH LETTER GRADE	PERCENT OF TOTAL POINTS ASSOCIATED WITH EACH LETTER GRADE	GPA IMPACT OF EACH LETTER GRADE
Α	≥ 630	90.00-100%	4.0
B+	609-629.99	87.00-89.99%	3.33
В	560-608.99	80.00-86.99%	3.0
C+	539-559.99	77.00-79.99%	2.33
С	490-538.99	70.00-76.99%	2.0
D+	469-489.99	67.00-69.99%	1.33
D	420-468.99	60.00-66.99%	1.0
E	≤ 419.99	0-59.99%	0

WEEKLY COURSE SCHEDULE:

The following table represents current plans for the term. Any changes to this plan will be posted in CANVAS as an announcement.

WEEK	DATES	BOOK CHAPTER - LECTURE TOPIC (READING PAGES)	LAB
1	Aug 31 – Sep 04	Ch.1 – Intro to the Body (1-9, 11-13) Ch. 2 – Cells (22-35)	No Lab – Drop/Add Week
2	Sep 07 – Sep 11	Sep 07 is Martin Luther King Jr. Day – No Lecture Ch. 4 – Tissues (64-95)	Lab 1 - Axial Skelton (Corresponds with Ch. 7)
3	Sep 14 – Sep 18	Ch. 5 – Integumentary (103-116)	Lab 2 - Appendicular Skeleton (Corresponds with Ch. 8)
4	Sep 21 – Sep 25	Exam 1 – Mon, Sep 21 10:40am EST - HonorLock Ch. 6 – Skeletal (123-141)	Bones Continued
5	Sep 28 – Oct 02	Ch. 9 – Articulations (208-221 and the specific joints covered in lecture) Ch. 10 – Muscular (241-254)	Lab 3 - Muscles: Upper Body
6	Oct 05 – Oct 09	Ch. 10 – Muscular continued Ch. 11 – Muscles (262-266, 270-273)	Lab 4 - Muscles: Lower Body
7	Oct 12 – Oct 16	Ch. 11 – Muscles continued Exam 2 – Wed, Oct 014 10:40am EST - HonorLock	Review and Practice Practical
8	Oct 19 – Oct 23	Ch. 12 – Intro to Nervous (349-364) Ch. 13 – CNS (374-377, 401-412, Optional: 378-400, 413-419)	Lab Exam 1 Fri, Oct 23, 12am – 11:59pm
9	Oct 26 – Oct 30	Ch. 13 – CNS continued Ch. 14 – PNS (427-428, 432-446, 459-460)	Lab 5 - Articulations, Skin, Eyes/Ears
10	Nov 02 – Nov 06	Ch. 15 – ANS (467-476, 480) Exam 3 – Fri, Nov 06 10:40am EST - HonorLock	Lab 6 - Nervous System
11	Nov 09 – Nov 13	Ch. 19 – Heart (562-574, 577-580) Nov 11 is Veteran's Day – No Lecture Ch. 20 – Vessels (588-597, 616hepatic portal)	Lab 7 – Circulatory System
12	Nov 16 – Nov 20	Ch. 20 – Vessels continued Ch. 22 – Respiratory (645-663)	Labs 8 & 9 – Respiratory & Digestive Systems
13	Nov 23 – Nov 27	Ch. 23 - Digestive (675-711) Nov 25-27 is Thanksgiving Break — No Lectures	Thanksgiving Break

14	Nov 30 – Dec 04	Ch. 23 – Digestive Continued Exam 4 – Fri, Dec 04 10:4am EST- HonorLock	Labs 9 & 10 – Digestive & Urinary/Reproductive
15	Dec 07 – Dec 11	Ch. 24 - Urinary (720-736) — This chapter will be on the Final Exam, but not on Exam 4	Lab Exam 2 Wed, Dec 09, 12am – 11:59pm

Comprehensive Final Exam – Thursday, Dec 17 @ 7:30-9:30am (BRIGHT & EARLY)

SUCCESS AND STUDY TIPS:

STUDY TIPS FOR DOC. A's CLASS:

- Read from the text BEFORE attending zoom lectures. Do not take notes, underline, highlight, or attempt to memorize anything...JUST READ and enjoy!
- Snow-ball your notes. Begin studying lecture material immediately after the first lecture. Then, after the second lecture, begin your studies with day one lecture material. Continue this all the way up to the exam.
- If there is something in the textbook that was NOT in lectures, you are not expected to know it. There is a lot in the text that we don't have time to cover.
- Google novel images. For example, if there is a picture of the brainstem in your notes, Google "brainstem images" and see if you can identify the structures from the lecture.
- Google diseases. For example, if we are studying bone tissue, Google "bone disease". Click on any link and just read a paragraph to see if you can understand based on what you now know about bone tissue anatomy. If you don't understand it, that's okay...did you recognize any words?
- Study with others! Even in online classes, students should reach out to others in the class to study in groups using platforms such as zoom or FaceTime.
- Study from the Learning Objectives for each chapter. It is highly recommended that as you study (especially with others), you follow along with the learning objectives. Many students share google docs and split up the work to make comprehensive study guides.

SUCCESS TIPS FOR DOC. A's CLASS:

- Stay on top of your schedule. This course moves at a FAST pace...and you can easily get overwhelmed if you procrastinate. Complete the homework as you go and study for the exam on a daily basis.
- Stay organized. Keep track of all important due dates and move through each day
 in a uniform manner so that you are always aware of what you have done and
 what is left to be completed.

- Utilize the Undergraduate Teaching Assistants (UGTAs). These students have earned an A in my course recently and can help you with both lecture and lab.
- Set up your canvas notifications so that you receive notices when announcements are posted.
- Prepare your study space. Being in an online learning environment can sometimes blur the lines between "home" and "school." To help you get into a mindset for studying, designate a specific area for studying or watching lectures or set up a "school time" ritual for yourself. For example, clear off your table and get a glass of water (or your favorite mug of coffee) every time you set aside time to work on your classes. This could be the same for each class or it could be different depending on what class you are working on at the moment.
- Have a positive attitude! THIS STUFF IS COOL!

PERSONAL NOTE FROM DOC. A:

If you are totally overwhelmed by the stresses of your semester and feel like you just can't handle the pressure, please contact me or someone at UF's Counseling and Wellness center. I genuinely care for my students' wellbeing. Without you, I would have no one to teach...and that's uncool.

Also, it is important to me that you feel welcome and safe in this class; and that you are comfortable participating in class discussions and communicating with me. If your preferred name is not what shows on the official UF roll, please let me know. I would like to acknowledge your preferred name and pronouns that reflect your identity. You may also change your "Display Name" in Canvas. Canvas uses the "Display Name" as set in myUFL. The Display Name is what you want people to see in the UF Directory, such as "Ally" instead of "Allison." To update your display name, go to one.ufl.edu, click on the dropdown at the top right, and select "Directory Profile." Click "Edit" on the right of the name panel, uncheck "Use my legal name" under "Display Name," update how you wish your name to be displayed, and click "Submit" at the bottom. This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official UF records.

Let's ROCK this semester, yeah?!

Doc. A