

The course syllabus and schedule provide a general plan for the course; deviations may be necessary.

# BIOL 2251 Human Anatomy and Physiology I

SPRING 2024

Biology Department, College of Science and Math  
Valdosta State University

**Instructor:** Dr. Adam Safer

**Office:** Bailey Science Center 1211

**Office Hours:** Monday and Wednesday 12:00 PM – 2:00PM. I can also meet outside of these times if necessary. Please ask me for help if you need it.

**Phone:** 229.333.6001

**E-mail:** absafer@valdosta.edu

*Email is my preferred method of communication. Please allow 24 hours for me to respond.*

**Lectures:** Bailey Science Center 1011 Monday and Wednesday 2:00 PM - 3:15 PM Bailey Science Center

**Labs:** Bailey Science Center 1203 – Check your schedule to see what section you are in and what day your lab meets.

Section A meets Thursday 10:00 AM - 11:50 AM

Section B meets Thursday 2:00 PM - 3:50 PM

Section C meets Friday 9:00 AM - 10:50 AM

Section D meets Friday 11:00 AM - 12:50 PM

*You will need a dissection kit that can be purchased at the VSU bookstore.*

**Text:** Principles of Anatomy and Physiology, (14<sup>th</sup>, 15<sup>th</sup> or 16<sup>th</sup> edition), by G. J. Tortora & B. Derrickson, John Wiley & Sons.

**Lab Manual:** *(Optional hard copy)* Laboratory Manual for Human Anatomy and Physiology, 3<sup>rd</sup> ed., Smith and Loughry, Burgess Publishing.

The lab manual is available online at:

<https://blog.valdosta.edu/ap1/>

**Course Description: BIOL 2251. Human Anatomy and Physiology I. 4 Hours.** This integrated lecture and laboratory course is the first course in a two-semester sequence designed to explore the biological and chemical processes underlying the structure and function of the human body at the cellular, tissue, organ, and whole-body level Topics to be covered include, but are not limited to, biological chemistry; cellular structure and

function; tissues; and the integumentary, skeletal, muscular, and nervous systems. This course includes laboratory exercises that supplement the material covered in lectures. This course is designed primarily for non-biology majors, especially those pursuing majors in nursing and the allied health professions.

**Course Goals and Learning Outcomes:**

1. To learn and develop a working knowledge of anatomic terminology and be able to apply this terminology.
2. To understand the basic organization (i.e. anatomy) of the human body.
3. To learn chemical and physiologic principles as they apply to the human body.
4. To learn the structure and function of the integumentary, skeletal, muscular, nervous, and endocrine systems of the human body at the chemical, cellular, tissue, and gross levels.

This course is associated with the following VSU educational outcomes:

VSU Biology Department outcomes 1, 3, and 4

University general outcomes 3, 4, 5, and 7

**Attendance:** Please be on time for class and lab. To get the most from any course, you need to attend all the scheduled classes and laboratory periods. The only way to really know what is going on in class is to show up. The undergraduate catalog states that a student, whether/online or face-to-face, who misses or does not participate in more than 20% of the scheduled course or course activities could be subject to receiving a failing grade in the course. At the very least, any student that misses more than 20% of classes/labs will lose %10 off their final grade for the semester. The full attendance/absence regulations are available in the online catalog at <http://catalog.valdosta.edu/undergraduate/academic-affairs/>

**Academic Honesty:** Plagiarism and cheating are considered forms of dishonesty and are violations of the university's policy on academic honesty. If you are caught plagiarizing or cheating you will receive a "0" for that test or assignment. As a result, academic and disciplinary action may be taken. Please take time to familiarize yourself with the academic honesty policy here at VSU. For more information visit <https://www.valdosta.edu/academics/academic-affairs/academic-honesty-at-vsua.php>

**Disruptive Behavior:** Please note that the following behaviors are considered disruptive:

1. Socializing during class - Students pay money to learn. Talking during presentations and lectures is not only disrespectful to fellow students and the instructor, but also considered disruptive behavior. This includes cell phone use and texting.
2. Disrupting class by noisily arriving late
3. Leaving before the end of class
4. Arguing or speaking to fellow students or the professor in a disrespectful manner
5. Sleeping

6. Noisily eating or opening packages of food

For more information, please refer to the Student Code of Conduct at <https://www.valdosta.edu/administration/student-affairs/student-conduct-office/student-handbook.php>

**Students with Disabilities:** Students with disabilities who are experiencing barriers in this course may contact the Access Office (<https://www.valdosta.edu/student/disability/>) for assistance in determining and implementing reasonable accommodations. The Access Office is located in University Center Room 4136 Entrance 5. The phone numbers are 229-245-2498 (V), 229-375-5871. For more information, please visit VSU's Access Office or email: [access@valdosta.edu](mailto:access@valdosta.edu). To request reasonable accommodations for pregnancy and childbirth, contact Ms. Myia Miller, Title IX Compliance Officer, at [maburden@valdosta.edu](mailto:maburden@valdosta.edu). Please note, you will be required to provide documentation from an appropriately licensed medical professional indicating the requested accommodations are medically necessary.

**Title IX Statement:** Valdosta State University (VSU) upholds all applicable laws and policies regarding discrimination on the basis of race, color, sex (including sexual harassment and pregnancy), sexual orientation, gender identity or expression, national origin, religion, age, veteran status, political affiliation, or disability. The University prohibits specific forms of behavior that violate Title IX of the Education Amendments of 1972. Title IX of the Education Amendments of 1972 prohibits discrimination on the basis of sex in education programs and activities that receive federal funding. VSU considers sex discrimination in any form to be a serious offense. Title IX refers to all forms of sex discrimination committed against others, including but not limited to: sexual harassment, sexual assault, sexual misconduct, and sexual violence by other employees, students or third parties and gender inequity or unfair treatment based on an individual's sex/gender. The designated Title IX Coordinator for VSU is Ms. Selenseia Holmes. To view the full policy or to report an incident visit: <https://www.valdosta.edu/administration/student-affairs/title-ix/>

**Extra Help with Coursework The Academic Support Center (ASC):** The [Academic Support Center \(ASC\)](#) provides **unlimited, in-person, free peer tutoring** in core courses such as math, English/writing, sciences, social sciences, and languages. We also offer **8 hours of free online tutoring via Tutor.com** (8 hours per student, available 24/7). Click the Free Tutoring link in any Blazeview course to make appointments. Please drop by our space in Odum Library, 2nd floor, or call 229-333-7570, email [asc@valdosta.edu](mailto:asc@valdosta.edu), or visit the website [www.valdosta.edu/asc](http://www.valdosta.edu/asc) for more information.

## **GRADING SCHEME**

Grades will be based on the following:

### **Exams**

#### **650 points**

There will be 5 online exams posted in Blazeview during the semester worth 130 points each, totaling 650 points. I reserve the right to move exams back into a face-to-face classroom setting at my discretion at any point during the semester. Exams may include multiple-choice, short answer, true-false, matching, essay questions or any format I deem necessary.

**Please note that there are no make-up exams. I will replace your lowest exam score or a missed exam with the score on the final (but not both). You will be allowed to review your test within one week of test grades being posted.**

#### **Important Note about Online Testing**

It is your responsibility to make sure that you have a good internet connection when logging on to take an online test. To help ensure academic honesty and maintain course integrity you will have approximately 60 seconds per question on the online lecture tests. Please note that for a 65-question multiple-choice style test you would have 65 minutes. This is the exact amount of time you would have if you were taking the test in class. Research has shown that students that have studied and are prepared do not need more time than this to complete multiple choice type test questions. In addition, these time limits are recommended by VSU to ensure course integrity and are being followed by other professors on campus. **STUDY FOR TESTS EARLY AND OFTEN. BE PREPARED AS IF YOU WERE TAKING THEM IN THE CLASSROOM.**

### **Laboratory**

#### **200 points**

There will be 4 lab practicals worth 50 points each, totaling 200 points. Lab practicals will be administered during the lab period, face-to-face during lab time. **Please be aware that there are no makeup lab practicals. You are allowed to review your lab practical within one week of the grade being posted.**

### **Optional Comprehensive Final Lecture Exam**

#### **130points**

The final is optional will include material from the entire semester. **I will replace your lowest exam score or a missed exam with the score on the final (but not both).**

## **Total Points for the course 850**

### **Final Grades**

- A 765-850 points (90% - 100%)
- B 680-764 points (80% - 89%)
- C 595-679 points (70% - 79%)
- D 510-594 points (60% - 69%)
- F Below 510 points (below 60%)

**March 7** is the withdrawal date for the course. If at midterm you are not earning the grades that you desire, please consider withdrawing from the course and registering for a future semester when you are more able and prepared.

*Please note-according to federal law an individual's grades will not be released to anyone but that individual. Furthermore, I will not discuss grades over the phone or email. For more information refer to the Family Educational Rights and Privacy Act (FERPA) of 1974.*

**SOI Statement:** At the end of the term, all students will be expected to complete an online Student Opinion of Instruction survey (SOI) that will be available through SmartEvals. Students will receive an email notification through their VSU email address when the SOI is available (generally at least one week before the end of the term). SOI responses are anonymous to instructors/administrators, and they will be able to access results only after they have submitted final grades. Before final grade submission, instructors will not be able to see any responses, but they can see the percentage of students who have or have not completed their SOIs. While instructors will not be able to see student names, an automated system will send a reminder email to those who have yet to complete their SOIs. Complete information about the SOIs, including how to access the survey, is available on the [SOI Procedures webpage \(https://www.valdosta.edu/academics/academic-affairs/sois/\)](https://www.valdosta.edu/academics/academic-affairs/sois/).

## Tentative Lecture Schedule

Chapter	Topic
1	An Introduction to the Human Body
3	The Cellular Level of Organization
4	The Tissue Level of Organization
5	The Integumentary System
6	The Skeletal System: Bone Tissue
9	Joints
10	Muscular Tissue
12	Nervous Tissue
13	The Spinal Cord and Spinal Nerves
14	The Brain and Cranial Nerves
15	The Autonomic Nervous System
16	Sensory, Motor, and Integrative Systems
17	The Special Senses

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### Lecture Test Dates (tentative)

Lecture Exam I (Chapters 1, 3, 4)	1/31/2024
Lecture Exam II (Chapters 5, 6, 9)	2/21/2024
Lecture Exam III (Chapters 10 and 12)	3/20/2024
Lecture Exam IV (Chapters 13, 14, 15)	4/10/2024
Lecture Exam V (Chapters 16 and 17)	4/29/2024

### Optional Final Exam is

Tuesday April 30<sup>th</sup> 2:45pm-4:45pm

## Tentative Lab Schedule

<b>Week of</b>	<b>TOPIC</b>
Jan. 8	<b>No Lab</b>
Jan. 15	Intro/Tissues and Skin
Jan. 22	Tissues and Skin
Jan. 29	Tissues and Skin
Feb. 5	<b>Lab Practical I</b>
Feb. 12	Skeletal System
Feb. 19	Skeletal System
Feb. 26	<b>Lab Practical II</b>
Mar. 4	Muscular System
Mar. 11	<b>No Lab (Spring Break)</b>
Mar. 18	Muscular System
Mar. 25	<b>Lab Practical III</b>
Apr. 1	Sheep brain dissection & cow eye dissection
Apr. 8	Sheep brain dissection & cow eye dissection
Apr. 15	<b>Lab Practical IV</b>
Apr. 22	

### Spring 2024 Important Dates

Mon, Jan 8	First Class Day
Mon, Jan 15	Martin Luther King, Jr. Holiday
Thurs, Feb 29	Official Midterm
Mon-Fri, Mar 11-15	Spring Break
Mon, April 29	Last Class Day
Tues-Fri, April 30-May 3	Semester Final Examinations
Sat, May 4	Commencement Ceremony