

# Applied Human Anatomy w/ Lab

APK2100c | 4 Credits | Spring 2023

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## Course Info

### INSTRUCTOR

Joslyn Ahlgren, PhD

\*Study tips and a personal note from Doc. A are on the last page.\*

Office: FLG 108

Office Phone: 352-294-1728

Email: jahlgren@ufl.edu

Preferred Method of Contact: Canvas email if you are a current student

### OFFICE HOURS

Both *live* and *virtual* office hours will be offered this semester. A schedule, tips for how to best use office hours, and zoom info for office hours will be posted in CANVAS.

### LECTURE TIME & LOCATION

MWF Period 4 (10:40-11:30am)  
CSE A101

### LAB TIME & LOCATION

The following table shows all lab sections along with where and when those lab sections will meet. Labs do not meet in the first week of classes.

Class Number	Section Number	Meeting Time	Lab Location
10571	0538	R   Period 2 – 3 (8:30 - 10:25 AM)	FLG 107A
10584	8582	T   Period 6 – 7 (12:50 - 2:45 PM)	FLG 107A
10577	1248	W   Period 6 – 7 (12:50 - 2:45 PM)	FLG 107A
10580	1289	M   Period 6 – 7 (12:50 - 2:45 PM)	FLG 107A
10581	4700	T   Period 8 – 9 (3:00 - 4:55 PM)	FLG 107A
10578	1257	M   Period 2 – 3 (8:30 - 10:25 AM)	FLG 107A
10583	4705	R   Period 8 – 9 (3:00 - 4:55 PM)	FLG 107A
10582	4703	M   Period 8 – 9 (3:00 - 4:55 PM)	FLG 107A

## 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 APK2100c 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, 9<sup>th</sup> edition. Pearson. ISBN: 978-0135168059**

## COURSE FORMAT

For **LECTURE**, students will physically attend a one-period class three days each week. For **LABS**, students will physically attend a two-period class once per week. Students will additionally have access to the Anatomy Help Center (FLG 107) for practicing with the anatomical models at times outside of their scheduled lab section. Students should read required textbook pages and print out or download PDF slides posted in CANVAS before attending lecture and lab.

## COURSE LEARNING OBJECTIVES:

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 purpose of **this** course is to introduce students to the body’s structures and present information and engage students in a way that promotes critical and creative thinking within the context of health and movement studies. Students will identify important structures of the human body AND incorporate functions of the structures and tissues. 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.

By the end of this course, students should be able to...

UF Gen Ed Student Learning Objectives	APK 2100c Student Learning Objectives	How will these SLOs be assessed?
Demonstrate competence in the terminology, concepts, methodologies, and theories used within the discipline.	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).	Homework problems  Lecture exams  Lab exams 1 and 2

Communicate knowledge, ideas, and reasoning clearly and effectively in written or oral forms appropriate to the discipline.	Communicate with peers and professionals using anatomical terminology.	Communication assessment
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.	Homework problems  Lecture exams  Lab Exam 1

## Course & University Policies

### ATTENDANCE POLICY

Lecture attendance is not mandatory, but strongly encouraged. Recordings of lecture will **not** be provided unless the instructor is absent. If you are absent from a lecture for any reason, please get the notes from a friend in class or check the Sharing is Caring discussion board (where students regularly post their notes and audio recordings).

Lab attendance is not mandatory, but it is necessary for maximizing extra credit points and attendance will be recorded for that purpose. Attend the lab section for which you are enrolled. There are 12 lab meetings this semester. Students who attend 8 or more of their lab meetings will earn 3 of their 15 possible points of extra credit. Attending a different TAs section will not count toward these 8 meetings, so if you have to miss your lab for any reason, please make arrangements with your Lab TA to attend another lab section that week—*preferably another one of their sections*. If you cannot make it to one of their sections, that is fine, you may attend someone else's...but it will not count toward your attendance-related extra credit.

### PERSONAL CONDUCT POLICY

Students should aim to exhibit behaviors that reflect highly upon themselves and our University:

- Read and refer to the syllabus
- Be in your seat and prepared at the start of any meetings (lecture, lab, exams, etc.)
- Use of professional, courteous standards for all emails and discussions
- Reserve cell phones or other technology for course-related uses only
- Chat with peers before and after class rather than during presentations
- Adherence to the UF Student Honor Code: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>
  - Use, access, or handling of resources or technology during an exam will result in both academic and educational sanctions. This *typically* results in a zero on the exam where cheating occurred.
  - All allegations, regardless of the severity, will be reported to the Dean of Students Office for University-level documentation, investigation, and processing.

## EXAM MAKE-UP POLICY

A student experiencing an illness should visit the UF Student Health Care Center or their preferred healthcare provider to seek medical advice and obtain **documentation**. If you have an illness, family emergency or death, please contact the Dean of Students Office ([www.dso.ufl.edu](http://www.dso.ufl.edu)) and follow the DSO Care Team procedures for documentation and submission of a request for make-up assignment (<https://care.dso.ufl.edu/instructor-notifications/>). The DSO will contact the instructor. The instructor will follow the recommendations from the DSO. You do not need to provide any documentation to the instructor regarding illness or family emergency unless you are comfortable doing so.

Once you have reached out to the DSO or have documentation of your emergency or illness, please fill out the **make-up request form** posted in CANVAS (orientation module) and submit it to your course instructor via CANVAS email. Make-ups will not be granted 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 make-up request be considered.

Should a student miss an exam due to an unexcused reason (e.g., overslept, mixed up the exam time, etc.), the exam can be taken with a 20% penalty if taken within 24 hours of the original exam time or with a 40% penalty if taken within 48 hours of the original time.

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>.

## ACCOMMODATING STUDENTS WITH DISABILITIES

Your instructor is committed to creating a course that is inclusive in its design. If you encounter barriers, please let your instructor know immediately so they can determine if there is a design adjustment that can be made or if an accommodation might be needed. 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. Your instructor welcomes feedback that will assist in improving the usability and experience for all students.

Students who are already registered with UF's DRC should share their accommodation letter with the course instructor and discuss their access needs as early as possible in the semester.

## 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.ua.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.ua.ufl.edu/public-results/>.

## Getting Help

### HEALTH & WELLNESS

- U Matter, We Care: If you or a friend is in distress, please contact [umatter@ufl.edu](mailto: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 option 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/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- 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/>

## INCLUSION, DIVERSITY, EQUITY, AND ACCESSIBILITY RESOURCES

For suggestions or concerns related to IDEA, please reach out to any of the following:

- Dr. Ashley Smuder, APK IDEA Liaison, [asmuder@ufl.edu](mailto:asmuder@ufl.edu)
- Dr. Rachael Seidler, APK Graduate Coordinator, [rachaelseidler@ufl.edu](mailto:rachaelseidler@ufl.edu)
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, [jahlgren@ufl.edu](mailto:jahlgren@ufl.edu)

## Grading

### COURSE COMPONENTS & CALCULATING YOUR GRADE

The following table outlines the point-accruing components of this course. Any changes to this due to mid-semester interruptions will be posted as an announcement in CANVAS.

Course Components (number of each)	% of Total Grade
Lecture Exams (4)	34.3%
Homework (20)	28.6%
Lab Exams (2)	28.6%
Communication Assessment (1)	1.4%
Comprehensive Final (1)	7.1%
Extra Credit (15 points possible)	0%
Bingo Card (10 points possible)	0%

*Lecture Exams* – Each exam will consist of 40 questions, 1.5 points per question, and formats including multiple choice and true/false. Exams will take place in the lecture room during a regularly scheduled class period (see schedule below). Students are not permitted access to any kind of materials during exams. 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. Exams are designed to assess students on depth of information, so details as well as using information to solve problems is what makes the exams challenging. Students will be allowed 50 minutes to take these mid-term exams. Sample exam questions will be available in CANVAS.

*Homework* – Homework in MasteringA&P will be due Fridays at 11:59pm EST. Homework problems are multiple choice, true/false, fill in the blank, multiple answer, and matching. These questions are specific to the textbook, so that should be the 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 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 matters.
- 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, 1.25 points per question. These exams are practical “bell-ringer” exams in which the student moves from station to station identifying gross anatomical structures on plastic models. There will be 40 stations, 2 questions per station, and students will have 40 minutes to complete the exam. **Students should sign up for lab exam times in the Anatomy Help Center.** DRC-registered students will email the course instructor to sign up for lab exam days/times. Students who do not arrive to the lab exam on time (i.e., 10 minutes early) will need to wait outside the lab for the next exam time. If there is not room in the next exam time, the student will need to continue waiting until an opening is available. If there are no more exams, then the student will have to take a written make up exam.

*Communication Assessment* – Students will be assessed on their ability to effectively communicate using anatomical terminology. Students will select any lab model and orally describe the model and answer questions about it. A grading rubric and video examples of poor, good, and excellent communication assessments are posted in CANVAS and should be used to prepare. Please work with your Lab TA to schedule and complete this assessment. Failure to complete this on or before the last day of classes (before the reading days) will result in a zero. Exceptions to this policy are made only for documented illness or emergencies.

*Comprehensive Final* – The final exam will consist of 80 multiple-choice and true-false questions, each worth 0.625 pts. Students will have two hours to complete this exam. The exam will be held in the lecture room. A guide will be posted in CANVAS to assist you in studying for this exam.

*Extra Credit* - Students can earn up to 15 points of extra credit toward their lab grade in through their Lab TA. Each Lab TA will assign extra credit uniquely. 3 points can be earned from simply attending 8 lab meetings (your own section or in case of make ups, your TAs sections only). Up to 5 points of extra credit can be earned for participating as a subject in an approved research study. Approved studies will be posted in CANVAS. Participation in a research study is NOT necessary to earn the maximum amount of extra credit—as all TAs will offer 18 points worth of extra credit opportunities. 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 Lab TA before 5pm on the last reading day.**

*Bingo Card* – Students can earn up to 10 points of extra credit toward their lecture exam grade by visiting the help center and live office hours to get stamps on their bingo card. Some stamps can only be obtained in the first half of the semester, so students are encouraged to begin work on their bingo cards as early as possible.

## GRADING SCALE

Any discrepancies with the gradebook should be pointed out to the instructor immediately. 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 and pandemics can really muck things up), these percentages will still be used to calculate grades (i.e., 90% = A).

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	90.00-100%	4.0
B+	87.00-89.99%	3.33
B	80.00-86.99%	3.0
C+	77.00-79.99%	2.33
C	70.00-76.99%	2.0
D+	67.00-69.99%	1.33
D	60.00-66.99%	1.0
E	0-59.99%	0

## Weekly Course Schedule

### CRITICAL DATES & UF OBSERVED HOLIDAYS

- Jan 16 – Martin Luther King Jr. Day
- Mar 11-19 – Spring Break
- Apr 27-28 – Reading Days

### WEEKLY SCHEDULE

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

**Watch the instructor welcome, read the syllabus, and take the syllabus quiz before coming to class on day one. Earning a 100% on the syllabus quiz will give you access to all course contents (lecture and lab slides, etc.).**

**Homework for each chapter is due every Friday at 11:59pm EST. You must register for MasteringA&P (instructions posted in CANVAS) to access the homework.**

**Specific pages to read from the textbook are posted in CANVAS for each chapter.**

Week	Dates	Lecture Schedule (Chapters/Topics)	Lab Schedule (Topics)
1	Jan 09 – Jan 13	Ch.1 – Intro to the Body Ch. 2 – Cells	<i>No Lab (use this time to locate the lab and print/download your lab slides)</i>
2	Jan 16 – Jan 20	<i>Mon is a holiday...no class or labs</i> Ch. 2 – Cells cont. & Ch. 4 – Tissues	<i>Mon labs attend a different section</i> Lab 1 - Axial Skelton (Ch. 7)



3	Jan 23 – Jan 27	Ch. 4 cont. Ch. 5 – Integumentary	Lab 2 - Appendicular Skeleton ( <i>Ch. 8</i> )
4	Jan 30 – Feb 03	<b>Lec Exam 1, Mon, Jan 30, CSE A101, 10:40am</b> Ch. 6 – Skeletal	Bones Continued
5	Feb 06 – Feb 10	Ch. 9 – Articulations & Ch. 10 – Muscular	Lab 3 - Muscles: Upper Body
6	Feb 13 – Feb 17	Ch. 10 – Muscular cont. & Ch. 11 – Muscles	Lab 4 - Muscles: Lower Body
7	Feb 20 – Feb 24	Ch. 11 – Muscles cont. <b>Lec Exam 2, Fri, Feb 24, CSE A101, 10:40am</b>	Review and Practice Practical
8	Feb 27 – Mar 03	Ch. 12 – Intro to Nervous & Ch. 13 – CNS	<b>Lab Exam 1: Mon/Tues/Wed Help Center Closed</b>
9	Mar 06 – Mar 10	Ch. 13 – CNS cont. & Ch. 14 – PNS	Lab 5 - Articulations, Skin, Eyes/Ears
10	Mar 13 – Mar 17	<i>Spring Break – no classes</i>	<i>Spring Break – no labs Help Center Closed</i>
11	Mar 20 – Mar 24	Ch. 14 cont. & Ch. 15 – ANS	Lab 6 - Nervous System
12	Mar 27 – Mar 31	<b>Lec Exam 3, Mon, Mar 27, CSE A101, 10:40am</b> Ch. 19 – Heart & Ch. 20 – Vessels	Lab 7 – Circulatory System
13	Apr 03 – Apr 07	Ch. 20 – Vessels cont. Ch. 22 – Respiratory	Labs 8 & 9 – Respiratory & Digestive Systems
14	Apr 10 – Apr 14	Ch. 23 - Digestive Ch. 24 - Urinary	Labs 9 & 10 – Digestive & Urinary/Reproductive
15	Apr 17 – Apr 21	Ch. 23 – Urinary cont. <b>Lec Exam 4, Fri, Apr 21, CSE A101, 10:40am</b>	Review and Practice Practical
16	Apr 24 – Apr 28	Ch. 25 – Repro <i>Thurs/Fri are reading days – no lecture or labs</i>	<b>Lab Exam 2: Mon/Tues/Wed Help Center Closed</b>
<b>Final Exam for Anatomy Students – CSE A101 – Tues, May 02, 3-5pm</b>			

### SUCCESS AND STUDY TIPS

The following tips have been provided by both your course instructor as well as students who've been successful in the course.



### STUDY TIPS:

- **Read from the text BEFORE attending the lectures.** *Do not take notes, underline, highlight, or attempt to memorize anything...JUST READ and enjoy!*
- **Snowball your notes.** Begin studying lecture material immediately after the first day. Then, after the second lecture, begin your studies with day one notes. Continue this all the way up to the exam.
- **Study from lectures notes...not the text.** If there is something in the textbook that was NOT covered 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 lecture notes, Google "brainstem images" and see if you can identify the structures from the lecture on a different image.
- **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!** This does not mean review ppt slides together...you can do that on your own. When you study with others, do something more productive, like working on the sample test questions, googling things to discuss, or even creating practice exam questions for yourselves.
- **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 for each chapter. Many students share google docs and split up the work to make comprehensive study guides.

### SUCCESS TIPS:

- **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 and can help you with both lecture and lab.
- **Visit the Help Center early and often.** Many students push this off until right before the lab exam...but it's a better idea to study as you go. The Help Center is open >40 hours/week Mon-Fri.
- **Set up canvas notifications** so that you receive and read all class announcements.
- **Avoid Smokin' Notes**...seriously...don't get me started on how bad these are for *LEARNING*. Take your own notes...swap notes with friends in class for comparison...but for goodness sake, don't spend extra money on notes for this class.
- **Have a positive attitude!** *THIS STUFF IS COOL!*

### PERSONAL NOTE FROM DOC. A

Anatomy is all about the human body. That includes things like skin/hair/eye color/genital differences and similarities from one individual to the next. I am committed to using this course content to help students become comfortable, competent, and caring when discussing issues related to the body and dismantling systems which inherently disadvantage some bodies. These attributes can help us all advocate for ourselves and others. If you have ideas for me along these lines or feel uncomfortable at any point, please reach out to me—I'd love to hear your perspectives and have a conversation. Also, it is important to me that you feel welcome and safe in this class; and that you are comfortable communicating with me, your TA, and your classmates. If your preferred name is not what shows on the official UF roll, please let me know—I can show you how to change it. I would like to acknowledge the name and pronouns that reflect your identity.

Welcome to Anatomy...it's going to be a great semester!