

Applied Human Anatomy w/ Lab

APK2100c | 4 Credits | Fall 2024

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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. Students can expect at least two office hours/week.

LECTURE TIME & LOCATION

MWF | Period 2 (8:30 AM - 10:25 AM)
WEIM 1064

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	Lab Meeting Time	Lab Location
10500	2099	W Period 5 – 6 (11:45 AM - 1:40 PM)	FLG 107A
10429	2094	W Period 4 – 5 (10:40 AM - 12:35 PM)	FLG 107B
10498	2097	R Period 2 – 3 (8:30 AM - 10:25 AM)	FLG 107B
10507	5716	M Period 4 – 5 (10:40 AM - 12:35 PM)	FLG 107B
10512	8093	F Period 5 – 6 (11:45 AM - 1:40 PM)	FLG 107B
10505	5640	R Period 6 – 7 (12:50 PM - 2:45 PM)	FLG 107A
10431	2096	W Period 6 – 7 (12:50 PM - 2:45 PM)	FLG 107B
10499	2098	R Period 4 – 5 (10:40 AM - 12:35 PM)	FLG 107A
10430	2095	W Period 3 – 4 (9:35 AM - 11:30 AM)	FLG 107A
10511	8081	T Period 5 – 6 (11:45 AM - 1:40 PM)	FLG 107B
29134	8094	R Period 9 – 10 (4:05 PM - 6:00 PM)	FLG 107B

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, 9th edition. Pearson. ISBN: 978-0135168059

MATERIALS & SUPPLIES FEES

There is an equipment fee charge of \$4 associated with this course. This money is for replenishing and replacing anatomical models used in the laboratory portion of this course.

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. Labs utilize plastic models, so no specific dress code is required. 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. <https://undergrad.aa.ufl.edu/general-education/gen-ed-program/program-requirements/>

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 graded, but students must attend live lectures in order to get the notes from class. Recordings of lecture will **not** be provided. 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 mandatory and graded**. Attend the lab section you are registered for.

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 professional, courteous standards for all emails and discussions
- Reserve cell phones or other technology for course-related uses only (airplane mode recommended)
- Chat with peers before and after class rather than during presentations
- University of Florida students are bound by the Honor Pledge. On all work submitted for credit by a student, the following pledge is required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Student Honor Code and Conduct Code (Regulation 4.040) specifies a number of behaviors that are in violation of this code, as well as the process for reported allegations and sanctions that may be implemented. All potential violations of the code will be reported to Student Conduct and Conflict Resolution. If a student is found responsible for an Honor

Code violation in this course, the instructor will enter a Grade Adjustment sanction which may be up to or including failure of the course.

APPROPRIATE USE OF AI TECHNOLOGY

The UF Honor Code strictly prohibits *cheating*. The use of any materials or resources prepared by another person or Entity (inclusive of generative AI tools) without the other person or Entity's express consent or without proper attribution to the other person or Entity is considered *cheating*. Additionally, the use of any materials or resources, through any medium, which the Faculty / Instructor has not given express permission to use and that may confer an academic benefit to a student, constitutes *cheating*.

Best uses of AI technology in THIS course include things like generating practice exam questions or consolidation of information for better understanding of complex concepts. Please note: not all AI resources provide accurate information. Students should use good judgement when consuming or using information from AI sources.

IN-CLASS RECORDING

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor. For more info on this policy, see: <https://aa.ufl.edu/policies/in-class-recording/>.

In THIS course, students are permitted to post audio recordings only to the Sharing is Caring discussion board in the CANVAS course shell. Any recordings (video or audio) may not be shared otherwise.

EXAM MAKE-UP POLICY

Step 1: Get documentation of your illness or emergency. 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 emergency you wish to remain more private, you may contact the Dean of Students Office (www.dso.ufl.edu) and follow the DSO Care Team procedures for assistance (<https://care.dso.ufl.edu/instructor-notifications/>).

Step 2: Fill out the make-up request form posted in CANVAS (course orientation module) and submit it to your course instructor via CANVAS email along with documentation. Make-ups will not be granted for personal travel/vacations. Additionally, many students will have multiple exams in one day. Only if another exam is scheduled for the same time as an exam in this course will a make-up request be considered. Your instructor will reply to this email with a decision on your make up request.

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.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 & WELLNESS

- **U Matter, We Care:** If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.
- **Counseling and Wellness Center:** Visit the [Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.
- **Student Health Care Center:** Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the [Student Health Care Center website](#).
- **University Police Department:** Visit [UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).
- **UF Health Shands Emergency Room / Trauma Center:** For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; or visit the [UF Health Emergency Room and Trauma Center website](#).
- **GatorWell Health Promotion Services:** For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

ACADEMIC RESOURCES

- **E-learning technical support:** Contact the [UF Computing Help Desk](#) at 352-392-4357 or via e-mail at helpdesk@ufl.edu.
- **Career Connections Center:** Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.
- **Library Support:** Various ways to receive assistance with respect to using the libraries or finding resources.
- **Teaching Center:** Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring.
- **Writing Studio:** 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.
- **Student Complaints & Grievances:** Students are encouraged to communicate first with the involved person(s), but [here](#) is more information on the appropriate reporting process.

APK ADMINISTRATORS

For suggestions or concerns related to APK courses or programming, please reach out to any of the following:

- Dr. David Vaillancourt (he/him), APK Department Chair, vcourt@ufl.edu
- Dr. Demetra Christou (she/her), APK Department Vice Chair, ddchristou@hhp.ufl.edu
- Dr. Steve Coombes (he/him), APK Graduate Coordinator, scoombes@ufl.edu
- Dr. Joslyn Ahlgren (she/her), APK Undergraduate Coordinator, 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. Grades will be determined by dividing the total points earned in class by the total points offered.

Course Components (number of each)	Points
Lecture Exams (4, 60 pts/exam)	240
Homework (20, 10 pts/homework)	200
Lab Exams (2, 100 pts/exam)	200
Lab Attendance (variable)	50
Communication Assessment (1)	10
Comprehensive Final (1)	50
Lab Extra Credit (10 pts possible)	0
Bingo Card Extra Credit (10 pts possible)	0
Total:	750

Lecture Exams – Each exam will consist of 40 questions, 1.5 points per question, and question formats include 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 lecture 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 completing homework. These are open-resource, 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 get students familiar with the textbook, and 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.
- **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 “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 accommodated 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.

Lab Attendance – Lab attendance is mandatory and worth 50 points of the total grade. Roll call will take place at the END of each lab. Students who leave early will not be counted as present. **Weeks where a review and mock lab exam are held ARE considered lab meetings and students SHOULD attend those.** Points will be calculated based on percent of labs attended. If there are 12 lab meetings and a student attends all 12, then they will earn all 50 points. If there are 12 lab meetings and a student attends 10, then they will earn 83.3% ($10/12 = .833$) of 50 points, 41.65 pts. **Lab Make-up Policy:** If a student has to miss their lab section, they need to submit a notification to their TA in the same week they were absent, along with documentation of their reason for the absence. Students with University-approved reasons for absence will be EXCUSED from that lab. To calculate the attendance grade of that student, if 12 labs were held and they had a valid reason for missing 1 lab, then their grade would be calculated out of 11 labs rather than 12. Students with EXCUSED absences may sit in on any other lab section held that week, but they cannot get EC or attendance points for that unless it is in THEIR lab TA's section. Students with EXCUSED absences should arrange to make up their extra credit quiz with their TA during their help center hours or at a time convenient for the student and TA. **Students with UNEXCUSED absences may not attend alternate labs if they miss their lab section and will need to get the notes from someone who did attend lab; the missed extra credit quiz cannot be made up in this case.**

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 basic questions about it. A detailed grading rubric for this assessment as well as example videos of excellent/fair/poor presentations will be posted in CANVAS for you to use to prepare. Graded components include number of structures (40%), accuracy (30%), system classification (10%), and delivery (20%). 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.

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. This exam assesses students on breadth of information, so it is less detailed than lecture exams. A guide and sample questions will be posted in CANVAS to assist you in preparing for this exam.

Lab Extra Credit - Students can earn up to 10 points of extra credit by completing a weekly quiz offered during each lab meeting. Lab quizzes will contain 2-4 short answer questions focused on the structures from the previous week's lab. 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 (lab resources module). 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 10 points of total lab 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 Extra Credit – Students can earn up to 10 points of extra credit 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. See CANVAS for more details.

GRADING SCALE

There is no curve for this course and final grades will not be rounded up. Minus grades are not assigned for this course. A minimum grade of C is required for all General Education courses, such as this one. The percentages shown in the table below will still be used to calculate grades. More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>. *It is entirely inappropriate to ask your instructor or Lab TA for individualized exceptions to this grading scale. Any such requests will be respectfully ignored.*

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

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

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	Aug 22 – Aug 23	<i>Classes begin on Thurs, Aug 22</i> Ch. 1 – Intro to the Body	<i>No Lab (use this time to locate the lab and print/download your lab slides)</i>
2	Aug 26 – Aug 30	Ch. 2 – Cells & Ch. 4 – Tissues	Lab 1 - Axial Skelton (Ch. 7)

3	Sep 2 – Sep 6	<i>No lecture on Monday - holiday</i> Ch. 4 cont. & Ch. 5 – Integumentary	Lab 2 - Appendicular Skeleton (Ch. 8) <i>Mon labs attend a different lab section</i>
4	Sep 9 – Sep 13	Ch. 5 cont. Lec Exam 1, Wed, Sep 11, WEIM 1064, 8:30am Ch. 6 – Skeletal	Bones Continued
5	Sep 16 – Sep 20	Ch 6 Cont. & Ch. 9 – Articulations	Lab 3 - Muscles: Upper Body
6	Sep 23 – Sep 27	Ch. 10 – Muscular & Ch. 11 – Muscles	Lab 4 - Muscles: Lower Body
7	Sep 30 – Oct 4	Ch. 11 cont. Lec Exam 2, Fri, Oct 04, WEIM 1064, 8:30am	Review and Practice Practical
8	Oct 7 – Oct 11	Ch. 12 – Intro to Nervous & Ch. 13 – CNS	Lab Exam 1: Mon/Tues/Wed Sign up in the Help Center <i>Help Center closed this week</i>
9	Oct 14 – Oct 18	Ch. 13 – CNS cont. & Ch. 14 – PNS <i>No lecture on Friday - homecoming</i>	Lab 5 - Articulations, Skin, Eyes/Ears <i>Fri labs attend a different lab section</i>
10	Oct 21 – Oct 25	Ch. 14 cont. & Ch. 15 – ANS	Lab 6 - Nervous System
11	Oct 28 – Nov 1	Lec Exam 3, Mon, Oct 30, WEIM 1064, 8:30am Ch. 19 - Heart	Lab 7 – Circulatory System
12	Nov 4 – Nov 8	Ch. 20 – Vessels & Ch 22 – Respiratory	Labs 8 & 9 – Respiratory & Digestive Systems
13	Nov 11 – Nov 15	<i>No lecture on Monday – Veteran’s Day</i> Ch. 22 Cont. & Ch. 23 - Digestive	Labs 9 & 10 – Digest & Urinary/Repro <i>Mon labs attend a different lab section</i>
14	Nov 18 – Nov 22	Ch. 23 Cont. & Ch. 24 – Urinary Lec Exam 4, Fri, Nov 22, WEIM 1064, 8:30am	Review and Practice Practical
15	Nov 25 – Nov. 29	<i>Mon-Fri – Thanksgiving Holiday – no lecture</i>	<i>No labs this week – enjoy your holiday!</i>
16	Dec 2- Dec 4	Ch. 25 – Repro & Review For Final (if time) <i>No lecture on Thurs-Fri – Reading Days</i>	Lab Exam 2: Mon/Tues/Wed Sign up in the Help Center <i>Help Center closed this week</i>
Final Exam – WEIM 1064 – Thurs, Dec 12 at 10am-12pm			

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 both differences and similarities in structures like skin/hair/eye color/genitals from one person to the next. I am committed to using this course 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!