Applied Human Anatomy w/ Lab (UF Online / PACE)

APK2100c | Class # 15836 | 4 Credits | Summer C 2025

UF Department of Applied Physiology and Kinesiology
College of Health and Human Performance
UNIVERSITY of FLORIDA

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Course Info

INSTRUCTOR

Joslyn Ahlgren, PhD
*Study tips and a personal note from Doc. A are on the last 2 pages.
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

Virtual office hours are held weekly. 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 hours of available office hours per week.

MEETING TIME & LOCATION

Access course through Canvas on UF e-Learning (https://elearning.ufl.edu/) or the Canvas mobile app by Instructure.

This is a fully online course with no required, synchronous meeting location or times.

Although the canvas mobile app is convenient, students are strongly encouraged to complete coursework using a PC or laptop and the e-Learning website.

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, and/or biology will be helpful to students.

REQUIRED AND RECOMMENDED MATERIALS

You will need the following materials for class:

- **TEXTBOOK and MASTERING A&P ACCESS:** Please note that this course will be participating in the UF All Access program this semester. Students will have two options to gain access to the required textbook and Mastering A&P materials when classes begin. Students will have a choice to "Opt-In" to Mastering A&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 a standalone code through the UF Bookstore. Both options provide access to the same online materials.

  Textbook: Human Anatomy by Marieb, Wilhelm, Mallatt, 9th edition. Pearson. ISBN: 978-0135168059

- **DISSECTION KIT:** This is an optional component of the course. This dissection kit will provide you with a fetal pig, a sheep heart and brain, a cow eyeball, and all dissection tools needed. Within the first few weeks of class, you will be provided with specific instructions on how to receive your kit. If you opt-in to the dissection component of the course, you will also need the following:
  - **PUSH PINS/DISSECTION PINS**: You can get these on Amazon quickly and for around $5. They usually come in a plastic container and I recommend getting the pins with the t-shape rather than the colored, rounded tips...they are much easier to use. Also, I recommend 2-inch pins...longer is better than shorter. These are entirely optional, but do come in handy.
  - **TRASH BAGS OR PLASTIC TABLECLOTH:** I use a 13-gallon trash bag to cover my table each time I do a part of this dissection and I recommend you do the same. Trash bags are nice because they are double-layers and a perfect size, not too large, but large enough that you won't feel too scrunched for space.
  - **GALLON-SIZED ZIP-CLOSURE BAGS:** Your kit will come with an extra plastic bag (maybe even two), but having an extra bag on-hand can't hurt.
  - **MORE GLOVES:** You will want to have at least 1-2 pair of gloves for each part of the dissection. And you never know when a glove will get torn, so extras are a plus. You can buy these online or at your local pharmacy store. Make sure that if you have a latex allergy, you purchase nitrile gloves.
  - **DIGITAL CAMERA**: You'll be taking pictures of your work, so make sure that you have a camera. Your cell phone camera should be fine for this.
  - **PAPER TOWELS**: Sometimes the preservative liquid dribbles all over your workspace and you'll want to wipe it up for neatness and for better pictures.

Instructional materials for this course consist of only those materials specifically reviewed, selected, and assigned by the instructor. The instructor is only responsible for these instructional materials.

COURSE FORMAT

This course has both a lecture and a lab component. For **lectures**, students will watch pre-recorded lectures and complete weekly homework questions in Mastering A&P. Students are encouraged to read the related textbook chapter before watching lectures. For **lab**, students can either complete a dissection project or a fully virtual 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
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.	Dissection, lecture exams, engagement
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 exams

Course & University Policies

PARTICIPATION POLICY

Because this is an entirely online course, you are not expected to physically be on UF's campus at any time. However, you most certainly ARE expected to participate in and complete the dissections, homework assignments, **engagement activities**, and exams.

PERSONAL CONDUCT POLICY

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

- Read and refer to the syllabus

- Submit assignments on time
- Use of professional, courteous standards for all emails and discussions
- Engage respectfully with others in discussions, emails, and virtual meeting spaces
- 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.
    - Any use, access, or handling of unapproved technology during an exam will result in a zero on the exam **and** further academic and educational sanctions.
    - All allegations, regardless of the severity, will be reported to the Dean of Students Office for University-level documentation and processing.
    - Use of secondary electronic devices has been a problem in the past on exams in this course. Please know that your instructor DOES monitor the Honorlock videos in an effort to support academic integrity and help students develop a sense of pride in their academic ethics.

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 and follow the DSO Care Team procedures for assistance.

Step 2: Fill out the make-up request quiz in canvas. 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.

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 found here.

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. ***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. Students can complete evaluations in three ways: (1) The email they receive from GatorEvals, (2) Their Canvas course menu under GatorEvals, or (3) The central portal located here. Guidance on how to provide constructive feedback is available at the gator evals site. Students will be

notified when the evaluation period opens. Summaries of course evaluation results are also available at the gator evals site.

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.

DEPARTMENT 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 (e.g., severe weather, major emergencies) will be posted as an announcement in CANVAS.

Course Components (number of each)	% of Total Grade
Syllabus quiz – mandatory, not graded	0%
Lecture Exams (4)	35%
Homework (20)	20%
First Half of Lab (2 exams)	20%
Second Half of Lab (dissection or 2 exams)	20%
Engagement (variable)	5%

Syllabus Quiz – Students must earn 100% on the syllabus quiz in CANVAS before access to the rest of the course modules is permitted.

Lecture Exams – Each lecture exam will consist of 40 questions. Questions will be multiple choice, true/false, and matching. Exams will be proctored by HonorLock. Exams will be open for 24 hours—students must complete the exam within that time frame. Students are not permitted access to any kind of materials or notes during these exams. Students will, however, be allowed use of a white board/dry erase marker for lecture exams only (not lab exams). 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. These exams are intended to test your depth of knowledge for the given chapters — *details are important*.

Homework – Homework is due each week on Saturday at 11:59pm. Homework problems are multiple choice, true/false, fill in the blank, and matching. These questions are specific to the textbook readings, so that should be your primary resource for answering those questions. 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. ***Late submissions will be penalized 25% per day.***

First Half of Lab – All students will work through virtual labs that culminate in two lab exams. Lab Exam 1 will cover bones of the body. Lab Exam 2 will cover muscles of the body. Each lab exam will consist of 40-50 questions. Questions could be multiple choice, true/false, and matching. Lab Exams will be proctored by HonorLock. Exams will be open for the entire week—students must complete the exam by Fri at 11:59pm. Once you begin the exam, you will be given 30 minutes to complete the exam. The Lab exams will be 40 multiple choice questions, so you must think quickly. These questions will consist of an image with a structure labeled. You must select the correct name for the structure labeled in the image. Some of the images will be from plastic models, others may be x-rays or cadavers. Success on these exams will be directly dependent upon your familiarity with the structures you are required to know for each exam. In other words: practice, practice, practice! Students are not permitted access to any kind of materials or notes during these exams. No whiteboard or scratch paper is allowed on these exams.

Second Half of Lab – Once students have completed the first two lab exams, they can choose to EITHER continue with virtual labs and online lab exams (similar formatting as first half of lab) OR complete a dissection project. The dissection project is divided into an introduction and five parts: pig joints and muscles, sheep brain and pig nerves, sheep heart and pig heart and vessels, pig lungs and respiratory structures, and pig digestive and urinary

structures. For each part, students will perform a dissection activity using the contents of the dissection kit, capture images of their dissections, and generate a PowerPoint document of those images. Students will then identify and label a list of structures on their images—which is what will be turned in for evaluation. Detailed rubrics as well as examples of excellent work for each part will be provided in canvas. These are involved labs and should not be procrastinated. Each assignment will be due on Sundays at 11:59pm.

Engagement – For optimal learning (and fun), students should engage with one another and with the course instructor. Students are free to choose their own method(s) of engagement from the list below. Students may also propose alternate ideas to the course instructor and points can be negotiated for those ideas if accepted. All engagement points must be completed by 11:59pm on the Monday of the last week of classes. Detailed grading rubrics for each of the following will be provided in canvas so it is clear how to earn these points. ***Students are encouraged to start early in the semester on this part of the class.***

- Discussion board posts
- Participating in the class GroupMe
- Virtual Office Hours participation
- Scheduling an exam review to go over missed questions
- Sharing is Caring discussion board post

Extra Credit – Students can earn up to 5 extra credit points toward each lecture exam through comprehensive mastery exams for each exam module (1-4). These mastery exams take the place of a comprehensive final and will cover less detailed information from each exam module (1-4). Points earned from these mastery exams get added directly to your lecture exam scores. These will consist of 20-25 multiple choice, true/false, matching, and multiple answer questions, they will be monitored via HonorLock, and are closed-notes (no resources allowed).

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 respectfully ignored.***

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

- May 12: First day of Summer C Term
- May 12-13: Drop-Add
- May 26: Memorial Day
- June 19: Juneteenth
- June 23-27: Summer Break
- July 4: Independence Day
- Aug 8: Last Day of Summer C Term

WEEKLY SCHEDULE

The following tables outline what you should do each week for LECTURE and for LAB. Following these weekly recommendations will help you meet your weekly deadlines and stay on-track for learning the material at a respectable rate leading up to each exam.

Earning a 100% on the syllabus quiz will give you access to all course contents—so do that first.

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

If you choose to do the **dissection project**…this is your weekly schedule:

Week	Dates	Lecture (Chapters/Topics) & Lab (Topics) Schedule	HW Due Dates
1	May 12 - 16	Lecture: Ch 1 (Intro to Anatomy) + Ch 2 (Cells) Lab: Virtual Lab 1 - Axial Skeleton	Ch 1 & 2 Mastering HW due Sat May 17 @ 11:59pm EST
2	May 19 - 23	Lecture: Ch 4 (Tissues) + Ch 5 (Integumentary) Lab: Virtual Lab 2 - Upper Limb Skeleton	Ch 4 & 5 Mastering HW due Sat May 24 @ 11:59pm EST
3	May 26 – 30	Lecture: **Exam 1 Wed May 28** + Ch 6 (Skeletal) Lab: Virtual Lab 2 - Lower Limb Skeleton	Ch 6 Mastering HW due Sat May 31 @ 11:59pm EST
4	June 02 - 06	Lecture: Ch 9 (Joints) + Ch 10 (Muscular System) Lab: **Exam 1 (opens Jun 02, due Jun 07 @ 11:59pm)** + Virtual Lab 3 – Craniofacial & Trunk Muscles	Ch 9 Mastering HW due Sat Jun 07 @ 11:59pm EST
5	June 09 - 13	Lecture: Finish Ch 10 + Ch 11 (Muscles of the Body) Lab: Virtual Lab 4 – Upper Limb Muscles	Ch 10 & 11 Mastering HW due Sat Jun 14 @ 11:59pm EST
6	June 16 - 20	Lecture: **Exam 2 Mon Jun 16** + Ch 12 (Intro to Nervous) Lab: Virtual Lab 4 – Lower Limb Muscles + Introduction to Dissection (due Sun Jun 22…*can be turned in early*)	Ch 12 Mastering HW due Sat Jun 21 @ 11:59pm EST
7	June 23 - 27	Summer Beak – relax, study, do what ya need to do!	

8	June 30 – July 04	Lecture: Ch 13 (CNS) + Ch 14 (PNS) Lab: **Exam 2 (opens June 30, due Jul 05 @ 11:59pm)** + Part 1 Dissection – Joints & Muscles (due July 06)	Ch 13 & 14 Mastering HW due Sat Jul 05 @ 11:59pm EST
9	July 07 - 11	Lecture: Ch 15 (ANS) + **Exam 3 Fri Jul 11** Lab: Part 2 Dissection – Brain & Nerves (due July 13)	Ch 15 Mastering HW due Sat Jul 12 @ 11:59pm EST
10	July 14 - 18	Lecture: Ch 19 (Heart) + Ch 20 (Blood Vessels) Lab: Part 3 Dissection – Heart & Vessels (due July 20)	Ch 19 & 20 Mastering HW due Sat Jul 19 @ 11:59pm EST
11	July 21 – 25	Lecture: Ch 22 (Respiratory) + Ch 23 (Digestive) Lab: Part 4 Dissection – Respiratory (due July 27)	Ch 22 Mastering HW due Sat Jul 26 @ 11:59pm EST
12	Jul 28 – Aug 01	Lecture: Finish Ch 23 + Ch 24 (Urinary) Lab: Part 5 Dissection – Digestive and Urinary (due Aug 03)	Ch 23 & 24 Mastering HW due Sat Aug 02 @ 11:59pm EST
13	Aug 04 – Aug 08	****All Engagement Points due Mon Aug 04**** Lecture: Ch 25 (Reproductive) + **Exam 4 Fri Aug 08** Lab: no labs due this week…so Doc. A can grade!	Ch 25 Mastering HW due **Fri Aug 08 @ 11:59pm EST**

If you choose to do **all virtual labs** and not the dissection project…this is your weekly schedule:

Week	Dates	Lecture (Chapters/Topics) & Lab (Topics) Schedule	HW Due Dates
1	May 12 - 16	Lecture: Ch 1 (Intro to Anatomy) + Ch 2 (Cells) Lab: Virtual Lab 1 - Axial Skeleton	Ch 1 & 2 Mastering HW due Sat May 17 @ 11:59pm EST
2	May 19 - 23	Lecture: Ch 4 (Tissues) + Ch 5 (Integumentary) Lab: Virtual Lab 2 - Upper Limb Skeleton	Ch 4 & 5 Mastering HW due Sat May 24 @ 11:59pm EST
3	May 26 – 30	Lecture: **Exam 1 Wed May 28** + Ch 6 (Skeletal) Lab: Virtual Lab 2 - Lower Limb Skeleton	Ch 6 Mastering HW due Sat May 31 @ 11:59pm EST
4	June 02 - 06	Lecture: Ch 9 (Joints) + Ch 10 (Muscular System) Lab: **Exam 1 (opens Jun 02, due Jun 07 @ 11:59pm)** + Virtual Lab 3 - Craniofacial & Trunk Muscles	Ch 9 Mastering HW due Sat Jun 07 @ 11:59pm EST
5	June 09 - 13	Lecture: Finish Ch 10 + Ch 11 (Muscles of the Body) Lab: Virtual Lab 4 - Upper Limb Muscles	Ch 10 & 11 Mastering HW due Sat Jun 14 @ 11:59pm EST
6	June 16 - 20	Lecture: **Exam 2 Mon Jun 16** + Ch 12 (Intro to Nervous) Lab: Virtual Lab 4 - Lower Limb Muscles	Ch 12 Mastering HW due Sat Jun 21 @ 11:59pm EST
7	June 23 - 27	Summer Beak – relax, study, do what ya need to do!	
8	June 30 – July 04	Lecture: Ch 13 (CNS) + Ch 14 (PNS) Lab: **Exam 2 (opens June 30, due Jul 05 @ 11:59pm)** + Virtual Lab 5 (Sensory)	Ch 13 & 14 Mastering HW due Sat Jul 05 @ 11:59pm EST

9	July 07 - 11	Lecture: Ch 15 (ANS) + **Exam 3 Fri Jul 11** Lab: Virtual Labs 6 (Nervous) and 7 (Cardiovascular)	Ch 15 Mastering HW due Sat Jul 12 @ 11:59pm EST
10	July 14 - 18	Lecture: Ch 19 (Heart) + Ch 20 (Blood Vessels) Lab: **Exam 3 (opens July 14, due Jul 19 @ 11:59pm)** + Virtual Lab 8 (Respiratory)	Ch 19 & 20 Mastering HW due Sat Jul 19 @ 11:59pm EST
11	July 21 – 25	Lecture: Ch 22 (Respiratory) + Ch 23 (Digestive) Lab: Virtual Lab 9 (Digestive)	Ch 22 Mastering HW due Sat Jul 26 @ 11:59pm EST
12	Jul 28 – Aug 01	Lecture: Finish Ch 23 + Ch 24 (Urinary) Lab: Virtual Lab 10 (Urinary/Repro)	Ch 23 & 24 Mastering HW due Sat Aug 02 @ 11:59pm EST
13	Aug 04 – Aug 08	****All Engagement Points due Mon Aug 04**** Lecture: Ch 25 (Reproductive) + **Exam 4 Fri Aug 08** Lab: **Exam 4 (opens Aug 04, due Aug 08 @ 11:59pm)**	Ch 25 Mastering HW due **Fri Aug 08 @ 11:59pm EST**

SUCCESS AND STUDY TIPS

These 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 watching the lectures.** *Do not take notes, underline, highlight, or attempt to memorize anything directly from the reading…JUST READ for the sake of baseline familiarity.*
- **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 lecture 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. This is totally doable via zoom.
- **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 instructor (Doc. A).** If you have questions or concerns, please reach out to Doc. A quickly. Waiting until the last minute is not recommended as it limits the ability of your instructor to help you.
- **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!