ANATOMY AND PHYSIOLOGY LABORATORY

INSTRUCTOR: Allison Beale
OFFICE: 118 Imiloa
OFFICE HOURS: TBA see office door after the semester stats
TELEPHONE: use email
EMAIL: abeale@hawaii.edu
EFFECTIVE DATE: Spring 2016

WINDWARD COMMUNITY COLLEGE MISSION STATEMENT

Windward Community College offers innovative programs in the arts and sciences and opportunities to gain knowledge and understanding of Hawai‘i and its unique heritage. With a special commitment to support the access and educational needs of Native Hawaiians, we provide O‘ahu’s Ko‘olau region and beyond with liberal arts, career and lifelong learning in a supportive and challenging environment — inspiring students to excellence.

CATALOG DESCRIPTION

Laboratory to accompany ZOOL 142. Reinforces the facts and concepts of human anatomy and physiology discussed in ZOOL 142 through dissections, examination of models, laboratory activities, and other hands-on experiences. This course is intended for students entering health care or medically related fields such as nursing, physical therapy and medical technology.

Prerequisite: Credit for or registration in ZOOL 142 or equivalent preparation or consent of instructor.

DY.

Activities Required at Scheduled Times Other Than Class Times

No REQUIRED scheduled activities outside of lab. There may be OPTIONAL activities.

STUDENT LEARNING OUTCOMES

The student learning outcomes for the course are as follows:

1. Use the scientific method to design and conduct a clinical research study.
2. Describe the anatomy of the endocrine, circulatory, lymphatic, respiratory, digestive, urinary, and reproductive systems from prepared slides, models, and real and virtual animal dissections.
3. Use basic laboratory and medial equipment (microscopes, sphygmomanometers, stethoscopes, ECG apparatus, and respiratory spirometers) to evaluate functions of the above body systems.
4. Use critical thinking to analyze and interpret clinical data.
5. Prepare an oral presentation and written summary of lab activities using the scientific method.
**COURSE CONTENT**

**Concepts or Topics (the terms, topics, or concepts students should know or understand)**

- Scientific method
- Chemistry including biochemistry related to osmosis, diffusion, metabolism and respiration.
- Homeostasis
- Anatomical terms
- Cell anatomy and physiology
- Organ system anatomy and physiology
  - Fat (adipose tissue)
  - Skeletal (bone, cartilage and joints)
  - Muscle, including origins and insertions of major muscles.
  - Nervous and sensory
  - Cardiovascular
  - Respiratory
  - Digestive system
  - Endocrine
  - Blood and Lymphatic systems
  - Urogenital system
- Tissue anatomy and physiology
  - Connective
  - Epithelial
  - Muscular
  - Nervous

**Skills or Competencies (what students should be able to do in order to complete the student learning outcomes)**

1. Identify the anatomy of major organ systems;
2. Explain the physiology of major cell types;
3. Explain the physiology of major tissues;
4. Explain the physiology of major organs.
5. Identify the major cellular components of major tissues and organs.
6. Use the “tools of the trade” appropriately, including microscopes, dissection tools, and microscope slides.
7. Interpret visual, hands-on materials, including slides, models and virtual dissections into an oral and written presentation and lab notebook.
8. Interpret visual, hands-on materials and data into clinical profiles.

**COURSE TASKS**

1. Attend class at scheduled times, **not arriving late or leaving early without prior consent** of instructor.
2. Participate in all lab activities, including:
   a. Making yourself familiar with all lab safety procedures
   b. Taking appropriate precautions at all times to ensure your own safety and the safety of others and the environment
      i. Know the locations of important safety equipment and the fundamentals of their use including:
         1. Eyewash stations
         2. Safety shower(s)
         3. Fire extinguisher
         4. First Aid kit
         5. Who to summon in the event of an accident or emergency
   c. Follow instructions
   d. Dress appropriately for lab
i. Closed toed shoes are REQUIRED
ii. Safety glasses and gloves are REQUIRED for any lab using chemicals, hot-plates or which may expose you or others to body fluids.
iii. Lab coat or other appropriate covering REQUIRED
e. Report any chemical spills, broken glassware or other hazardous situations immediately to the instructor
   i. Place all broken glass, sharps and dissected specimens in the appropriate receptacles, NOT IN THE TRASH.
   ii. All tissues and body fluids, human or otherwise, including saliva, blood, or other tissues, must be disposed of in the appropriate bio-hazard container, NOT IN THE TRASH.
f. Chemicals used in lab may be poisonous, corrosive or flammable.
   i. Do not ingest any chemical, even those known to be safe, in the lab.
   ii. Do not touch any chemical in the lab without wearing gloves unless specifically instructed by your instructor to do so.
   iii. Unless otherwise instructed, chemical wastes should NOT GO DOWN THE DRAIN.
   iv. **DO NOT CONSUME FOOD OR BEVERAGES IN LAB.**
   v. Again: **NO FOOD OR BEVERAGES ALLOWED IN THE LAB!**
g. Know how to safely use and operate all lab equipment and tools, including:
   i. Microscopes
   ii. Glass microscope slides
   iii. Hematology supplies
   iv. Scalpels and other dissection tools
h. Treat all organisms, living or dead, with care and respect.
   i. Always handle dissection specimens with gloves.
   ii. Wash your hands, even if you have been wearing gloves, after handling dissection specimens.
   i. Clean all lab supplies and return them to their proper location before leaving lab.
j. **WASH YOUR HANDS immediately following lab to reduce the possibility of infection or contamination.**

3. Record results of lab activities in a lab notebook.
   a. Number, prior to the start of class, all the pages of your lab notebook using a pen (not a pencil).

4. Complete weekly quiz.
5. Complete 2 in-class practical exams.
6. Present (orally and in writing) results of lab activities.

### ASSESSMENT TASKS AND GRADING

**Practical Exams** – 2-3 in-class practical exams. 100 points each, for a maximum of up to **300 points**.

Practical exams cover:
1. Anatomy (gross and cellular) and physiology (function) of major systems covered in lab.
2. Practical exams may be online and taken in lab.

**Lab Notebook** – submitted twice, 100 points each time for a total of **200 points**.

**Lab Reports** – one written lab report, worth **50 points**:
1. Cardiovascular physiology
2. Respiratory physiology (if CV report score was less than 30 points)
Oral Report –
  • 100 points
  • Clinical application of a topic covered in lab.

Participation and attendance – **Attendance is mandatory.**
  • The “bank” consists of **100 points**
  • Each unexcused absence, late arrival or early departure will result in a deduction of **20 points** from the student’s attendance “bank”.
    o Excused absences include a medical emergency for yourself or an immediate family member, which must be confirmed with a written, signed and dated waiver on official stationary.
  • Make up labs are not an option, so **two unexcused absences** will result in a failing grade (an “F”).
  • Some labs involve non-invasive clinical measurements (such as skin-fold measurements or reflex testing). If you have a health condition or other reason why you should not be required to participate in these activities, you must notify the instructor. Experiments involving invasive or semi-invasive procedures will be performed on volunteers only. Such procedures may include finger sticks and urinalysis.

NOTE: All assignments are due ON or BEFORE the due date (at the START of lab on the due date). The following are NOT ACCEPTED:
  1. Late assignments
  2. eMailed work
  3. Materials left in my office or mailbox.

Extra Credit –
  • **5 points per lab**
  • Involves completion of **ALL** the review questions at the end of each lab exercise in the lab manual.
    o No partial credit, all the questions for any lab exercise performed must be completed
      ▪ **Must be 100% complete**, anything missing will result in no credit.
    o Due at the start of the following (subsequent) lab.
    o No late work

Total points for the course: approximately 650-750.
Total optional, EC: approximately 45-55 points. Doing all the EC can raise your grade a full grade!!
Grade is a straight percentage.

**LEARNING RESOURCES**


Laulima: [https://laulima.hawaii.edu/portal](https://laulima.hawaii.edu/portal). Students need a UH email account and access to a computer (available in Imiloa and the WCC Library Learning Commons). Laulima hosts a webpage for our course where you will find additional resources including, guidance and instructions, updates, announcements, links to lab activities and the Extra Credit materials.
LAB ATTIRE, CONDUCT AND HYGEINE

1. Biology labs often involve the use of chemicals, including potentially hazardous materials, and potentially dangerous equipment, including sharps such as scalpels and glassware.
   a. Therefore students MUST wear:
      i. Closed toe shoes
      ii. And may be required to wear safety glasses and/or protective gloves or other protective equipment.
      iii. Lab coat
   b. Therefore students MUST adhere to a strict code of conduct.
      i. Any student engaging in conduct that threatens the safety of themselves or others in lab will be expelled from class and receive an “F” grade for the course.

2. Some lab activities involve body measurements (such as body fat determination through skin fold analysis), light exercise, or the placement of electrodes or sensors on the body. Therefore, students should wear:
   a. Loose-fitting clothing that allows for a free range of movement
   b. Students failing to wear appropriate clothing will not be allowed to participate in lab exercises and will be considered absent for the day.

3. Some lab activities involve contact with chemicals as described in #1 above, other students, as described in #2 above, or with biological fluids during dissections. Therefore, students should:
   a. Maintain a clean lab bench, free of excess personal belongings;
   b. Promptly clean up any spills;
   c. NEVER bring food or beverages into the lab;
   d. ALWAYS WASH YOUR HANDS at the end of lab.

DISABILITIES ACCOMMODATION STATEMENT

If you have a physical, sensory, health, cognitive, or mental health disability that could limit your ability to fully participate in this class, you are encouraged to contact the Disability Specialist Counselor to discuss reasonable accommodations that will help you succeed in this class. Ann Lemke can be reached at 235-7448, lemke@hawaii.edu, or you may stop by Hale ‘Akoakoa 213 for more information.

Revised November 2014
Schedule subject to change. See posted schedule online and watch for announcements in Laulima.

<table>
<thead>
<tr>
<th>Week</th>
<th>Topics</th>
<th>Reading</th>
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<tbody>
<tr>
<td>1.</td>
<td>Introduction and Endocrine 1</td>
<td>Syllabus Exercise 27</td>
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<td>2.</td>
<td>Lymphatics and immunity</td>
<td>Exercise 35</td>
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<td>3.</td>
<td>Blood</td>
<td>Exercise 29</td>
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<td>4.</td>
<td>Anatomy of the heart and blood vessels</td>
<td>Exercises 30 &amp; 32</td>
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<td>5.</td>
<td>CV Physiology, Blood Pressure and Pulse</td>
<td>Exercise 33</td>
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<td>6.</td>
<td>Kidney Anatomy</td>
<td>Exercise 40</td>
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<td>7.</td>
<td>Lung anatomy</td>
<td>Exercise 36</td>
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<td><strong>Cardiovascular report due</strong></td>
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<td>8.</td>
<td>Lung Physiology</td>
<td>Exercise 37</td>
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<td>9.</td>
<td>Lab practical #1</td>
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<td>Notebooks due</td>
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<td>10.</td>
<td>GIT anatomy</td>
<td>Exercise 38</td>
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<td>Optional Lung report (only if score on CV report was less than 60%)</td>
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<td>11.</td>
<td><strong>SPRING BREAK</strong></td>
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<td>12.</td>
<td>Surface Anatomy</td>
<td>Exercise 46</td>
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<td>13.</td>
<td>Heredity</td>
<td>Exercise 45</td>
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<td>14.</td>
<td>Cadaver Lab at JABSCOM - TBA</td>
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<td>15.</td>
<td>Reproduction and development</td>
<td>Exercise 42-44</td>
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<td><strong>Gastrointestinal physiology report due</strong></td>
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<td>16.</td>
<td><strong>ORALS</strong></td>
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<td>Notebooks due</td>
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<td>17.</td>
<td>Lab practical #2 – Comprehensive final</td>
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<td>Finish any orals as necessary</td>
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