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

This is the first semester of a two-semester course in human anatomy and physiology. Topics include: gross anatomy, human embryology, microanatomy, physiology, pathology, and homeostatic relationships. This course is intended for students entering health care or medically related fields such as nursing, physical therapy, and medical technology. (3 hours lecture).

Pre-requisites: High school chemistry or equivalent preparation, or consent of instructor.

Recommended preparation: High school biology, BIOL 100, BIOL 101 or ZOOL 101, co-registration in ZOOL 141L.

Activities Required at Scheduled Times Other Than Class Times

- Read assigned text book chapter PRIOR to class section
- Take online quizzes

STUDENT LEARNING OUTCOMES

The student learning outcomes for the course are as follows:

1. Use the scientific method to design a medical research study.
2. Critically evaluate scientific claims made in primary journal articles and popular literature.
3. Discuss the major chemical elements found in the human body and describe the different ways in which these elements combine to form molecules and compounds.

4. Understand the functions of cellular organelles, and be able to trace the path of protein manufacture in the cell.

5. Compare and contrast the physical, chemical, and biological factors governing the transport of materials across the cell membrane.

6. Discuss the link between cells and tissues and describe how tissue structure determines its suitability for secretion, absorption, support, or protection.

7. Use standard medical terminology to describe body positions and the orientations.

8. Describe the anatomy and function of the integumentary, skeletal, muscular, and nervous systems, and discuss how these systems maintain homeostasis in the human body.

9. Discuss how negative feedback maintains homeostasis in each of the above body systems. Also, be able to explain how disease and disorders disrupt the homeostasis of each of the above body systems and discuss how common medical treatments and drugs are used to restore homeostasis.

**COURSE CONTENT**

*Concepts or Topics*

The student will describe and integrate basic biological principles and define basic biological terms presented in lecture, required texts, and other instructional materials. These principles include the following areas:

- Philosophy and characteristics of science and the scientific method;
- The difference between hypotheses, theories and laws;
- Hierarchical architecture of the human body (cells, tissues, organs, and organ systems);
- The chemical composition of the human body and the functions of the major groups of biological molecules;
- Anatomy and physiology of cells including: protein synthesis, cellular respiration, cell division (mitosis and meiosis), senescence and cell death (apoptosis);
- Anatomy and physiology of the systems that make up the human body, including skeletal, integumentary, muscular, and nervous systems;
- Mechanisms for maintenance of homeostasis in the human body.

*Skills or Competencies*

1. Critically read and evaluate research data
2. Associate physiological concepts learned in lecture with anatomical structures covered in lab
3. Develop a system of memorization
COURSE TASKS

1. Attend class at scheduled times
   a. **Provide a valid MEDICAL excuse for any absences by the next class session**
      i. Attendance is REQUIRED and tracked. Students are expected to be responsible for providing valid excuses by the next class session and excuses will not be accepted after that time resulting in deduction of attendance points.
   b. **Do not get up and leave the classroom during class**

2. Complete assigned readings prior to lecture

3. Participate in class discussions and activities

4. Present a short (10 minute) oral report on a clinical aspect of a topic covered in lecture

5. Complete 3 in-class examinations (2 midterms, 1 final)

6. Take online quizzes

ASSESSMENT TASKS AND GRADING

There are approximately 1000 points possible in this class. The grading scale is a straight percentage, so keep track of your points! Midterm grades will NOT be calculated, it is expected that students keep track of their own points by using the Grade Book tool in Laulima.

EXAMINATIONS – approximately 550 points, subject to change.
1. Quizzes based on each reading assignment – 10 points each, approximate total = 250 points
   a. Taken online in the Laulima tool known as Assignments Tests and Surveys (ATS)
      i. Timed (10-20 minutes)
      ii. Matching, 10 items/responses
      iii. Open book/note
      iv. Two quizzes per week, each open for the applicable week (M-F)

2. Midterms – 100 points each
   a. Taken online in the testing center
      i. Timed (1.25 hour)
      ii. 100 Multiple choice questions based on review questions in ATS
      iii. Closed book, no notes, no aides
      iv. Two per semester, NOT comprehensive
   b. If you miss a midterm due to illness or a legitimate emergency, you must email me within 24 hours to arrange a time for a make-up exam.
      i. Make up exams ARE NOT the same exam as taken by the rest of the class.
      ii. If you miss an exam for any other reason, you will not be allowed to take a make up and will thus forfeit any potential points for that exam.
      iii. NO RETESTS for ANY reason.
      iv. “N” grades are NOT given in this course.

3. Final exam – 200 points
   a. Taken online in the testing center
      i. Timed (2 hours)
      ii. 100 multiple choice questions worth 2 points each
         • 75% will be verbatim from review questions, 25% may be rewritten or new questions based on the material covered
         • **COMPREHENSIVE** (covers material from the entire course)
iii. Closed book, no notes, no aides
b. If you miss the final, you must contact me by email within 24 hours of the start of the exam. You will only be scheduled for a make up exam if you have a legitimate excuse. You may be asked to prove legitimacy (e.g., doctor’s note).

ATTENDANCE –
1. Attendance is taken at the start of class, and you must be seated at that time to be marked present.
   a. Excessive absenteeism is grounds for failure in the course.
   i. Every late arrival or early departure = “absent”
   ii. Every time you get up during class and leave, even if you return
   iii. Any unexcused absence (bring a doctor’s note by the NEXT class session!)
   b. Excessive absenteeism means more than three unexcused absences or five disruptions (e.g., arriving late, leaving early, etc.).

ORAL PRESENTATION – 100 points
1. 10 minute, oral presentation on a clinical aspect of a topic covered in lecture (cells, tissues, muscles, bones, nervous system). If it was a disease specifically addressed in lecture, it is not fair game.
   a. Diseases are on a 1st come, 1st serve basis
      i. A sign up sheet will be brought to class, it is the student’s responsibility to sign up.
   b. You will be graded on presentation skills, knowledge of the topic, ability to field questions and comments, and relevance to Zoology 141. The grading matrix may be found as a PDF link on our Laulima homepage.

STUDENT CONDUCT
• ANY student who engages in behavior or language inconsistent with accepted codes may be subject to academic disciplinary action. Please review the following policies if you have any question about what constitutes appropriate behavior. Absolutely not tolerated will be swearing, racist or sexist speech or behavior meant to intimidate any person in class. All UH policies may be found online at http://www.hawaii.edu/policy/?action=search
  o EP 1.204 – Sexual Harassment and Sexual Assault
  o EP 7.205 – System-wide Student Disciplinary Sanctions
  o EP 7.208 – System-wide Student Conduct Code

ACADEMIC DISHONESTY
• Any student involved in academic dishonesty will receive an “F” grade for the course.
  o Academic dishonesty includes, but is NOT LIMITED to:
    ▪ Cheating on exams, or helping someone else cheat
    ▪ Plagiarism
  o See the current WCC Course Catalog for a description of the College’s policies concerning academic dishonesty.

LEARNING RESOURCES


Options for purchasing the text:
1. WCC bookstore
   a. Hardback text
   b. E-text with a 2-year subscription
   c. 3-ring binder edition (purchase chapters “a la carte”).
Options for purchasing the Mastering Anatomy & Physiology 9/e:
1. WCC bookstore
2. Through Pearson (http://www.masteringaandp.com/)
   a. This is the same site where you register for Mastering

Additional Information

STUDENT RESPONSIBILITIES

- You are expected to attend all lectures, participate in all course activities, and complete all examinations, quizzes, and course assignments on time.
- Please be considerate of others by turning your cell phone to “plane” mode or vibrate if you can’t turn it off.
- **Please do NOT DISRUPT class by leaving during lecture to use the bathroom, get a drink or any other activity that is more appropriately done before or after class.**
- Any changes in the lecture schedule, such as exam dates, deadlines, etc., will be announced in class ahead of time, and/or in an announcement posted on the homepage for our section of ZOOL 141. It is the STUDENT’S responsibility to be informed about these changes, including those that are critical to making registration changes (e.g., the last day to withdraw without a “W” on your transcript).
- The Grade Book in Laulima does not allow for extra credit points to be tracked separately. We will probably have at least 100 points of extra credit. It is the student’s responsibility to keep track of their points so they know their grade. The instructor will only calculate the grade at the end of the course.
- Students must take responsibility for their own learning. If you do not understand the review questions, you must do one of the following:
  a. Allocate additional time to study
  b. Attend scheduled weekly review sessions
  c. Make an appointment with either myself to arrange tutoring or seek tutoring through TRIO
  d. Find a study partner and test each other on material in the Natural Sciences study room (112B Imiloa).

HOW TO BE SUCCESSFUL IN ZOOLOGY 141

- You will be given lecture outlines and review questions, but you will NOT succeed without attending lecture prepared to take detailed notes on the corresponding material in the text. You must read the text, but merely reading it will not suffice. Zoology 141 requires you to memorize and UNDERSTAND a huge amount of medical and anatomical terms and concepts, most of which will probably be foreign to you. It will seem completely overwhelming at times, but this is time for a reality check: all undergraduate science courses have a very steep learning curve. You are going to be faced with a lot of material in a short amount of time, so plan accordingly. You must create a system to learn the material.
  o **Intend to remember** – you must actively PLAN to remember things for them to stick.
  o **Outline the task** – outlines give your brain a framework that helps make material logical.
- **Review immediately** after learning – most forgetting takes place immediately (the information isn’t transferred to long-term memory), so take a minute to briefly review at the end of every study session.

- **Learn ACTIVELY** – don’t just read the text! Self-testing, diagramming, telling someone else… all are far more effective at helping you remember.

- **Break big tasks into manageable smaller ones** – don’t try to tackle an entire chapter, read a section or two each day. Another aspect of this is when you are trying to memorize information, you will do better by attacking the material in chunks and adding one or two new terms at a time.

- **Practice!!** – Just because we have moved on from a chapter, you shouldn’t just forget it (literally!). Take a moment, at least once a week, to review.

- **Be ORGANIZED** – it is easiest to remember things that are in a logical pattern, this is especially important when you go to learn physiological concepts. Be systematic in your approach.

- **Bring highlighters to lecture and use different colors to help separate information on the slides.**

- **The Natural Sciences courses at Windward Community College typically require a MINIMUM of 2-3 hours of independent study time for EACH HOUR spent in class.** It is your responsibility to allocate the appropriate amount of time needed for study and to be realistic about all the personal and professional commitments that may cut into your study time.

**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 3 June 2017
<table>
<thead>
<tr>
<th>Lecture</th>
<th>Topic(s)</th>
<th>Reading</th>
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<tbody>
<tr>
<td>1.</td>
<td>Introduction, syllabus</td>
<td>Chp1:1-22</td>
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<tr>
<td>2.</td>
<td>Basic chemistry</td>
<td>Chp2:23-37</td>
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<td>3.</td>
<td>Biochemistry</td>
<td>Chp2:38-60</td>
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<td>5.</td>
<td>Cells: organelles and cell development</td>
<td>Chp3:81-115</td>
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<td>7.</td>
<td>Tissues: muscle and nervous tissues</td>
<td>Chp4:136-149</td>
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<td>8.</td>
<td>The organization of tissues into organs</td>
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<td>9.</td>
<td>The integumentary system</td>
<td>Chp5:150-172</td>
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<tr>
<td><strong>Catch up</strong></td>
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<td>10.</td>
<td>Midterm #1 (intro through integument, chapters 1-5) – taken online in the testing center.</td>
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<td>11.</td>
<td>Bone as a tissue</td>
<td>Chp6:173-198</td>
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<td>12.</td>
<td>The axial skeleton</td>
<td>Chp7:199-226</td>
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<td>13.</td>
<td>The appendicular skeleton</td>
<td>Chp7:227-248</td>
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<td>14.</td>
<td>Joints</td>
<td>Chp8:249-275</td>
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<td>15.</td>
<td>Muscle as a tissue</td>
<td>Chp9:276-305</td>
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<td>16.</td>
<td>Actions and interactions of muscles</td>
<td>Chp10:319-385</td>
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<td><strong>Catch up</strong></td>
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<td>17.</td>
<td>Midterm #2 (bones – muscles, chapters 6-10) – taken online in the testing center.</td>
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<td>18.</td>
<td>Nervous system basics, anatomy and histology</td>
<td>Chp11:386-427</td>
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<td>19.</td>
<td>Functional aspects of neurotransmission</td>
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<td>21.</td>
<td>The special senses: vision</td>
<td>Chp15:544-590</td>
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<td>22.</td>
<td>The special senses: taste and hearing</td>
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<td><strong>THANKSGIVING HOLIDAY</strong></td>
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<td></td>
<td>The Autonomic Nervous System: adrenergics</td>
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<td></td>
<td>Oral presentations</td>
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<td><strong>COMPREHENSIVE FINAL EXAM</strong></td>
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<td>TAKEN ONLINE IN TESTING CENTER</td>
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My Proposed Fall 2017 Schedule

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<tr>
<th>Time</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td>09:00</td>
<td>OFFICE HOURS 118 IMILOA</td>
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<td>OFFICE HOURS 118 IMILOA</td>
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<td>11:30</td>
<td>Z141 – 123 IMILOA CRN 63017</td>
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<td>12:00</td>
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<td>JABSOM</td>
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<td>Z141 – 123 IMILOA CRN 63032</td>
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<tr>
<td>5:00</td>
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<td>Generally not on campus R or F</td>
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