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PHYL 141L
Human Anatomy and Physiology Laboratory

M: 11:30AM-2:15 PM (60154)

M: 2:30PM-5:15PM (60155)

HYBRID: 'Imiloa 103 + Online Activities

INSTRUCTOR:	Ross Langston, PhD Hale
OFFICE:	'Imiloa 102
EMAIL:	langston@hawaii.edu By
OFFICE HOURS:	Appointment via Google Meet
TELEPHONE:	236-9119 (office) or 429-6218 (cell)
EFFECTIVE DATE:	Fall, 2021

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 PHYL 141. Reinforces major concepts of human anatomy and physiology through dissections, examination of models, laboratory experiments, and other hands-on activities. This course is intended for students entering health care or other medically related fields such as nursing, physical therapy, and medical technology. (3 hrs. lab)

STUDENT LEARNING OUTCOMES

Upon successful completion of PHYL 141L, the student should be able to:

1. Use the scientific method to design and conduct a clinical research study.
2. Describe the anatomy of the integumentary, skeletal, muscular, and nervous systems from prepared slides, skeleton models, and real and virtual animal dissections.
3. Use basic laboratory equipment (microscopes, slides, and dissecting tools) to observe and characterize human tissues.
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.

NOTE: THIS IS A HYBRID CLASS WHICH REQUIRES BOTH ONLINE AND IN-CLASS MEETINGS. THE SCHEDULE FOR THESE MEETINGS WILL BE DISCUSSED DURING THE SECOND WEEK OF CLASS. IN ORDER TO PARTICIPATE, STUDENTS MUST:

1. Have a computer with a working webcam and microphone
2. Show their Lumisight App listing their COVID-19 vaccine and/or negative COVID TEST RESULT before entering lab.

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:

- Scientific Method
- Chemical Reactions
- Homeostasis
- Osmosis and Diffusion
- Cell Anatomy and Cell Division
- Classification of Tissues
- Body Fat
- Skeletal System and Bone Tissue
- Joints
- Muscular System and Muscle Tissue
- Nervous System and Nervous Tissue
- Sensory Systems
- Reflex Physiology

COURSE TASKS

- 1) Attend class at scheduled times.
- 2) Participate in lab and online activities.
- 3) Complete one formal lab report.
- 4) Complete weekly quizzes.
- 5) Complete 2 in-class practicums.

ASSESSMENT TASKS AND GRADING

QUIZZES (100 points total- 10 points for each quiz). Students will take a short quiz prior to or during each class (12 total) via Lulima or Socrative. Each quiz will be based on the material covered in the previous lab. The lowest two quizzes will be dropped. Students who fail to take the quiz prior to lab will receive a zero on the quiz. **(NO EXCEPTIONS!)**.

LAB REPORTS (50 points). Formal lab reports are required for activities indicated by an '*'. The reports will be graded for completeness, accuracy, clarity, and effort. The format for the lab reports will be discussed during the first laboratory session. Students are required to complete ONE lab report. Reports are due 1-2 weeks after the lab activity. I will subtract 10 points a day for late reports. Lab reports must be uploaded to the course dropbox by 11:00 AM on the due date.

LAB PRACTICUMS (200 points total-100 points for each practicum). The student will take two lab practicums (non-cumulative) to demonstrate knowledge and understanding of

information presented in lab activities. These practicums will cover anatomy (e.g., organ identification and histology) and physiology of major systems covered during lab and will be





similar in content and scope to the lab quizzes.

ATTENDANCE & CLASS PARTICIPATION (150 points): Attendance and class participation are mandatory. Each student is allowed **one** absence without penalty. Each absence above one will result in a deduction of points. Students with more than two unexcused absences will receive an “F” grade in the class. Participation in lab activities will be evaluated by worksheets or in-class assessments. Because most laboratory sessions require special equipment and preparation, make-up labs will NOT be given. Finally, students who leave early, do not properly clean up their lab area, do not wear required attire (including face covering), or fail to turn in class data at the end of each lab will be counted as absent.

METHOD OF GRADING

The table below reflects the *approximate* distribution of points for the class. Note that the total number of points in your class may be smaller or greater, depending on the number of assignments and quizzes. Rest assured that the calculation of final grades will always follow the percentage cutoffs below. The assignment of points will be according to the following:

Quizzes (10)	100 points
Lab Reports (1 x 50)	50 points
Practicums (2 x 100)	200 points
<u>Attendance</u>	<u>150 points</u>
TOTAL	500 points

GRADING SCALE

Percentage Points	Grade
90-100	A
80-89	B
70-79	C
60-69	D
0- 59	F

Grades may be curved at the instructor’s discretion; however, the student should use the above grading scale to evaluate their performance throughout the class. If you miss an examination because of an illness or legitimate documentable emergency, you must contact the instructor **within 24 hours** to arrange a time to take a make-up exam. The instructor may request that the student present evidence of the illness or emergency that caused the student to miss the exam. If the student misses an exam for any other reason, the student may be prohibited from taking a make-up exam, thus failing to receive any points for the missed exam. While make-up exams will cover the same content area as a missed exam, the exam format and specific questions may be different. **No retests will be given for any reason.**

LEARNING RESOURCES

Lab Manual: Smith, M and R. Langston. 2019. Anatomy and Physiology I Laboratory Manual (Open Access). Windward Community College

Histology Manual: Smith, M and R. Langston. 2019. Histology and Microscopy for Human Anatomy and Physiology (Open Access). Windward Community College



Textbooks: OpenStax College. (2013). Anatomy & physiology. Houston, TX: OpenStax CNX. Retrieved from <http://cnx.org/content/col11496/latest/>

Laulima: <https://laulima.hawaii.edu/portal> Contains links to lecture outlines, lab activities, and review materials. Students will need a UH email account and access to a computer to access the Laulima site.

* In addition, many students find it helpful to bring a **digital camera** and **USB flash drive** to class in order to photograph anatomical specimens and exchange data and picture files.

Additional Information

LAB ATTIRE, CONDUCT, AND HYGIENE

Because biology labs often involve working with chemicals or hazardous materials, **students MUST wear close-toed shoes**. In addition, some lab activities will require students to wear gloves and safety glasses (provided by the college). Several labs will involve body measurements (e.g., body fat), light exercise, or the placement of electrodes or sensors on the body. Students should therefore wear loose-fitting clothing that allows for a free range of movement (i.e. no tight-fitting pants or jeans). Students failing to dress appropriately for lab will not be permitted to participate in laboratory exercises and will be considered absent. Students engaged in conduct that threatens themselves or others in the lab will be refused access to the lab for the remainder of the semester and receive an “F” grade for the course.

LAB SUBJECT POLICY

Most labs involve non-invasive clinical measurements (e.g., skin-fold measurement, reflex tests, etc). ALL students are required to participate in these activities. If you have a health condition or other reason why you should not participate you should inform the instructor. Experiments involving invasive or semi-invasive procedures (e.g., finger sticks and urinalysis) will be performed on volunteers only.

ACADEMIC DISHONESTY

Students involved in academic dishonesty will receive an "F" grade for the course. Academic dishonesty includes cheating on exams and plagiarism. See page 14-16 of the 2015-2017 course catalog for a description of the College's policies concerning academic dishonesty.

MySuccess Student Support System

At Windward community college we want every student to be successful. MySuccess is a system wide effort that seeks to support students early in the semester when they first begin experiencing difficulty in class. If I feel that you're having difficulty in my class within the first few weeks of the semester (e.g. missing class, missing assignments, or low test scores) and working together to address your challenges shows that you would really benefit from being connected to resources outside of the classroom, I may refer you to your assigned counselor. Once referred, MySuccess will:

- Call you and send an email to your Hawaii.edu account to let you know about my referral;
- Have a Counselor follow up with you by phone or by email to find out what kinds of help you might need and connect you with the necessary resources to help you devise a strategy for success.

I will not refer you without telling you. However, if I do refer you, know that I am doing so in an effort to connect you with all of the help you may need to do well this semester as your success is important to me.

DISABILITIES ACCOMMODATIONS

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 ʻĀkoakoa 213 for more information.

TITLE IX

Title IX prohibits discrimination on the basis of sex in education programs and activities that receive federal financial assistance. Specifically, Title IX prohibits sex discrimination; sexual harassment and gender-based harassment, including harassment based on actual or perceived sex, gender, sexual orientation, gender identity, or gender expression; sexual assault; sexual exploitation; domestic violence; dating violence; and stalking. For more information regarding your rights under Title IX, please visit: https://windward.hawaii.edu/Title_IX/.

Windward Community College is committed to the pursuit of equal education. If you or someone you know has experienced sex discrimination or gender-based violence, WCC has resources to support you. To speak with someone confidentially, contact the Mental Health & Wellness Office at 808-235- 7393 or Kaahu Alo, Designated Confidential Advocate for Students, at 808-235-7354 or kaahualo@hawaii.edu. To make a formal report, contact the Title IX Coordinator, Karla K. Silva-Park, at 808-235-7468 or karlas@hawaii.edu.

ACADEMIC INTEGRITY

Work submitted by a student must be the student's own work. The work of others should be explicitly cited and paraphrased.

Students can upload papers to <http://www.TurnItIn.com> to have papers checked for authenticity, highlighting where the paper potentially fails to appropriately reference sources.

In this class, students who commit academic dishonesty, cheating or plagiarism will have the following consequence(s):

Students will receive a failing grade for plagiarized assignments.

All cases of academic dishonesty are referred to the Vice Chancellor for Student Affairs.

ALTERNATE CONTACT INFORMATION

If you are unable to contact the instructor, have questions that your instructor cannot answer, or for any other issues, please contact the Academic Affairs Office:

Location: Alakai 121

Phone: 808-235-7422

Email: wccaa@hawaii.edu

LAB SAFETY RULES

- 1) YOU MUST WEAR AN APPROPRIATE FACE COVERING OVER YOUR MOUTH AND NOSE DURING EACH CLASS AND ANYTIME YOU ARE ON CAMPUS.
- 2) Be familiar with lab safety procedures and take appropriate precautions at all times to insure the safety of all lab students.
- 3) Follow all instructions carefully, especially when hazardous materials are being used.
- 4) Know the locations of important safety equipment: eyewash, safety shower, fire extinguisher, and first aid kit.
- 5) Report all injuries to the instructor immediately.
- 6) Dress appropriately for lab. Closed-toe shoes are required for ALL labs. Safety glasses and gloves are required for labs utilizing chemicals, bodily fluids, or hot-plates.
- 7) Report any hazardous conditions (e.g. chemical spills or broken glass) to the instructor immediately.
- 8) NO FOOD ALLOWED IN LAB
- 9) Chemicals used in lab may be poisonous, corrosive, or flammable. No chemicals, even those known to be safe, should be ingested or touched with un-gloved hands unless you are specifically directed to do so by your instructor.
- 10) Know how to safely operate all lab equipment and tools (e.g., microscopes, scalpels, and hematology supplies). Safe usage will be demonstrated by your instructor.
- 11) Clean all lab supplies and return them to their proper location before leaving lab.
- 12) Treat all organisms, living or dead, with care and respect. Use gloves when handling dissected specimens.
- 13) Place broken glass, sharps, and dissected specimens in the appropriate receptacles (NOT IN THE TRASH!)
- 14) Unless otherwise instructed, chemical wastes should NOT be disposed of down the drain.
- 15) Human tissues and bodily fluids (e.g., saliva and blood) must be disposed of in appropriate bio-hazard containers (NOT IN THE TRASH!).
- 16) Wash your hands immediately following each lab to reduce the possibility of contamination or infection.

PHYL 141L Schedule Fall, 2021

* Please note: this schedule is subject to change. Any changes will be announced in-class or on the course website.

Week	Date	Topics	Lab Manual	Histo Manual	Assignments Due
1	8/23	Lab Intro/Orientation Language of Anatomy	Syllabus CH 1-2		THIS MEETING IS ONLINE ONLY L1 Participation Quiz (Assignments, Tests, Surveys)
2	8/30	Scientific Method Cell Anatomy	CH 0,4	CH 1-2	THIS MEETING IS ONLINE ONLY Q1: Language of Anatomy & SM Scientific Method Lab Report
3	9/6	HOLIDAY: LABOR DAY			
4	9/13	Cell Membrane Transport*	CH 5		THIS MEETING IS ONLINE ONLY Q2: Cell Anatomy
5	9/20	Classification of Tissues	CH 6	CH 3	Q3: Anatomy Jeopardy
6	9/27	The Integumentary System*	CH 7	CH 4	Q4: Tissues Cell Transport Lab Report
7	10/4	Bone Tissue and Axial Skeleton	CH 8-9	CH5	Q5: Integumentary System
8	10/11	Appendicular Skeleton	CH 10-11	CH 5	Q6: Axial Skeleton Integumentary Lab Report
9	10/18	Lab Practicum #1	None		Q7: Axial and Appendicular (Online)
10	10/25	Joints and ROM*	CH 12	None	
11	11/1	Muscle Tissue Gross Anatomy and Classification of Muscles I	CH 12-13	CH 6	Q8: Joints
12	11/8	Gross Anatomy and Classification of Muscles II	CH 13 CH 6	CH 3	Q9: Muscle Tissue & Anat
13	11/15	Histo Nervous Tiss Gross Anatomy of the Brain & Spinal Cord	CH 15-17	CH 7	Q10: Muscle Origins, Insertions, & Actions
14	11/22	Human Reflex Physiology* General Senses	CH 18		Q11: Nervous System Lunchmeat Histo Lab Report
15	11/29	Special Senses	CH 19-22	CH 8	Q12: Human Reflexes & Gen Senses Reflex Phys Lab Report
16	12/6	Lab Practicum #2			Q13: Practice Practicum II (Online)

Important Dates:

- Last day for full refund: August 31st



- Last day to drop without “W” grade: September 14th
- Last day to Withdraw (“W” entered on transcript): November 1st