

Anatomy & Physiology 1

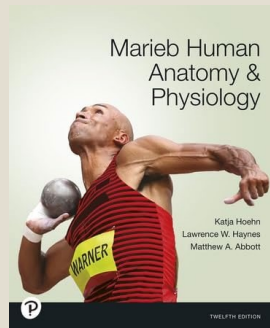
Spring 2025

Instructor: Amanda Rakhshandeh, PhD

Required Materials:

Textbook

- E-text included in tuition fees
- Available on first day of class
- You can opt out. See Blackboard for more info.



Note-taking & Study Guide

- Download & print for free OR
- Purchase pre-printed from SPC bookstore (~\$40)

BIOLOGY 2401: ANATOMY & PHYSIOLOGY I SOUTH PLAINS COLLEGE

NOTE-TAKING & STUDY GUIDE

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External Webcam

- Check out from SPC library OR
- Purchase on your own
- Typical cost - \$20 - \$30



Scan for SPC library
contact info



Where & when do we meet?

We don't. This course is a fully online course, so all material can be found through Blackboard.

How do I get ahold of you?

Drop by:

M/W: 12:30 – 2:30
T/Th: 12:30 – 1
F: 10 – 1

Science Building
Room 135

Or email for an appointment at another time

Call me:

806.716.2317

Email me:

arakshandeh@southplainscollege.edu

Expect a reply sometime the next business day.

Important dates:

- 1/13: First day of class
- 1/20: no class (MLK day)
- 1/28: Last day to drop without it on your transcript
- 3/17 – 3/21: no class (Spring Break)
- 4/18: no class (Easter)
- 4/24: Last day to drop with a "W"

What will we learn in this class?

Topics Covered

Building Background Knowledge

Themes, body overview, terminology (Ch. 1)

Chemistry (Ch. 2)

Cell Structure & Transport (Ch. 3)

Tissues (Ch. 4)

Organ Systems in Depth

Integumentary System (Ch. 5)

Skeletal System (Chs. 6 & 7)

Nervous System (Chs. 11 to 14)

Muscular System (Chs. 9 & 10)

Questions we'll ask in every section

How does the shape of a body part cause it to function in a specific way?

What new functions can be seen once different anatomical structures begin working together?

How do different parts of the body sense their environment? How do they then respond?

How do different parts of the body obtain and use energy?

How do biologists describe the body to one another?

How are different biological structures & functions similar? How are they different?

Overall goal: Prepare you for the next step in your Allied Health career

Life can impact learning, but SPC can help:

The SPC Health & Wellness Center has several resources that can help you, should unexpected emergencies arise, including:

- Food assistance
- Help paying bills
- Medical care
- Mental health counseling and referrals
- Other free or reduced cost programs

Visit this link to learn more:

<https://www.southplainscollege.edu/health/studenthealth.php>



Car break down?

Don't worry, there's a shuttle service between Lubbock & Levelland. Visit this link to learn more:

<https://spartanpublictransit.com/spc-express.php>



How do I succeed in this class?

Spend enough time studying outside of class.

- 16-week classes = 12 hours a week
- 8-week classes = 20 hours a week
- 5-week classes = 30 hours a week

Watch videos & fill out the note-taking guide **before class.**

- If you don't watch videos before class, you've missed lecture. I don't re-lecture in class.
- Actively take notes while watching videos. Pause often. Details matter, so write them down. Write down questions.

Ask questions.

- Enter questions in the open-ended response at the end of each video. The more specific you are, the better I can help.
- Ask questions in class to make sure you fully understand everything, and your note-taking guide is fully filled out.
- Meet with me during my office hours for extra help.

Use the learning tools I provide.

- I post learning aids for every section in the weekly folders on Blackboard.
- The Course Resources section has many learning aids, too. Try them out and see which ones work best for you.

Make your own study aids & quiz your memory repeatedly.

- Make your own study aids, such as outlines, drawings, diagrams or mind maps as you review your notes.
- Quiz your memory over and over again using any of the following: blank versions of the note-taking guide, practical exam flash cards, extra online tutorials, lecture exam reviews. Only use your notes to briefly jog your memory when you forget something. Then, close them and continue testing your memory.
- Note: Reading text, notes, review guides, or images over and over again is the **LEAST EFFECTIVE** way to study for this class. Students who do not test their memories of course concepts when studying typically earn around a 40 to 50% on major examinations.

Which learning tools are used most often?

YouTube channel: Re-watch course videos any time.

Note-taking guide: Structure your notes & know when you miss something important.

Lecture exam reviews: Lists topics for the exams. All topics match some part of the Note-taking guide.

Practical exam "terms to know"

Mock quizzes: Get a sneak peek into the exam and adjust your studying habits early.

Online tutorials: Check your note-taking guide, test what you know & quiz your memory.

Instructor-made flash cards: Contains all structures that could be seen on the practical exams.

Hands-on Models – Check them out for on-campus use at the SPC Science Center, the Texas Tech main library or the Plainview Center.

Tutoring – Free SPC tutors are available to all currently enrolled students.



Other tools available in Course Resources on Blackboard.

What are your other policies?

Attendance

- I may drop you after you miss two days' worth of assignments.
- If I drop you, you will receive a grade of "X", rather than "W".
- If you decide to stop attending class, it is your responsibility to drop this course and verify that you are no longer enrolled.

Major exam protocols

- Most are given online using HonorLock and an external webcam.
- You must show official picture identification.
- Blackboard lists exam conduct requirements, as well as consequences for violations.
- Consequences for violating exam protocol will be suspended on the prior knowledge quiz, so that I can help you correct honest mistakes.
- *Immediately* visit HonorLock support for technical difficulties. If you email me, regularly check your email, in case of a quick reply.

Cyber or in-person bullying

- Disorderly conduct, verbally abusive or intimidating emails, or subjecting another person to inappropriate, abusive, threatening, or demeaning actions will be subject to disciplinary action, including being required to withdraw from the course.

Cheating

- Cheating will not be tolerated and is subject to disciplinary action.
- A list of what may be considered cheating is found on Blackboard.

Other SPC Policies:

For information regarding Intellectual Exchange, Disabilities, Non-Discrimination, Title IX Pregnancy Accommodations, CARE (Campus Assessment, Response, and Evaluation) Team, and Campus Concealed Carry, please use the following link:

<https://www.southplainscollege.edu/syllabusstatements/>



For information and resources about COVID-19, please visit <https://www.southplainscollege.edu/emergency/covid19-faq.php>



For the college withdrawal policy, please visit <https://www.southplainscollege.edu/admission-aid/apply/schedulechanges.php>



Week	Date	Tentative Topical Agenda Spring 2025
1	Jan 13 – 17	Introduction to A&P, The language of anatomy, Organ systems overview (Ch. 1)
2	Jan 21 – 24	Chemicals of life (Ch. 2)
3	Jan 27 – 31	Cells – anatomy & transport (Ch. 3)
	Feb 2	Lecture exam: Chs. 1, 2 & 3 and Lab practical exam: Chs. 1 & 3
4	Feb 3 – 7	Tissues (Ch. 4)
5	Feb 10 – 14	Tissues, con't & Integumentary system (Ch. 5)
6	Feb 17 – 21	Integumentary system, con't and Bones & skeletal tissues (Ch. 6)
	Feb 23	Lecture exam: Chs. 4, 5 & 6
7	Feb 24 – 28	The skeleton (Ch. 7)
8	Mar 3 – 7	The skeleton, con't
9	Mar 10 – 14	The skeleton, con't & Joints (Ch. 8)
	Mar 23	Lecture exam: Chs. 7 & 8 and Lab practical exam: Ch. 7
10	Mar 24 – 28	Nervous tissue (Ch. 11)
11	Mar 31 – Apr 4	Nervous tissue, con't & The central nervous system (Ch. 12)
12	Apr 7 – 11	The central nervous system, con't & the peripheral nervous system (Ch. 13)
13	Apr 14 – 17	The peripheral nervous system, con't & Autonomic nervous system (Ch. 14)
	Apr 20	Lecture exam: Chs. 11, 12, 13 & 14 and Lab practical exam: Chs. 11, 12, & 13
14	Apr 21 – 25	Skeletal muscle tissue (Ch. 9)
15	Apr 28 – May 2	Muscular system (Ch. 10)
	May 4	Lecture exam: Chs. 9 & 10 and Lab practical exam: Ch. 10
16	May 7	Optional comprehensive final exams – lecture & lab (Chs. 1 through 14)

The instructor reserves the right to make changes to this schedule as necessary.

BIOLOGY 2401 TENTATIVE ASSIGNMENTS SCHEDULE SPRING 2025– ALL ASSIGNMENTS ARE DUE AT 11:59 PM CST ON THE DATE LISTED, EXCEPT FOR IN-CLASS ASSIGNMENTS. YOU ARE WELCOME TO WORK AHEAD AT ANY TIME!

Due Date	Week 1 assignments	Webcam needed?	Done?
T – Jan 14	Orientation Videos (#1 through 4)	---	
	Am I Ready? Quiz	---	
	Study Schedule	---	
	Video: scanning when testing	---	
	Prior knowledge quiz	Yes	
	Course messages quiz	---	
	Student learning survey	---	
	Do you want models? survey	---	
W – Jan 15	Chapter 1 videos (#1, 2, 3 & 4)	---	
Th – Jan 16	Chapter 1 videos (#5, 6, 7 & 8)	---	
F – Jan 17	Chapter 1 online tutorial, Chapter 1 lab quiz, Chapter 1 quiz & Discussion Board	---	

Due Date	Week 2 assignments	Webcam needed?	Done?
T – Jan 21	Chapter 2 videos (#1 & 2)	---	
W – Jan 22	Chapter 2 videos (#3 & 4)	---	
Th – Jan 23	Chapter 2 videos (#5, 6 & 7)	---	
F – Jan 24	Chapter 2 online tutorial & Discussion Board	---	

Due Date	Week 3 assignments	Webcam needed?	Done?
M – Jan 27	Chapter 3 videos (#1 & 2)	---	
T – Jan 28	Chapter 3 videos (#3, 4 & 5)	---	
W – Jan 29	Chapter 3 videos (#6 & 7)	---	
Th – Jan 30	Chapter 3 videos (#8 & 9)	---	
F – Jan 31	Chapter 3 online tutorial & Discussion Board	---	
Sun – Feb 2	Lecture Exam 1: Chs. 1, 2 & 3	Yes	
	Lab Practical Exam: Chs. 1 & 3	Yes	

Due Date	Week 4 assignments	Webcam needed?	Done?
M – Feb 3	Chapter 4 videos (#1, 2 & 3)	---	
T – Feb 4	Chapter 4 videos (#4 & 5)	---	
W – Feb 5	Chapter 4 videos (#6)	---	
Th – Feb 6	Chapter 4 videos (#7 & 8)	---	
F – Feb 7	Chapter 4 videos (#9, 10 & 11) & Discussion Board	---	

Due Date	Week 5 assignments	Webcam needed?	Done?
M – Feb 10	Chapter 4 online tutorials (#1 & 2)	---	
T – Feb 11	Chapter 5 videos (#1 & 2)	---	
W – Feb 12	Chapter 5 videos (#3 & 3a)	---	
Th – Feb 13	Chapter 5 videos (#4, 5 & 6)	---	
F – Feb 14	Chapter 5 online tutorial & Discussion Board	---	

Due Date	Week 6 assignments	Webcam needed?	Done?
M – Feb 17	Chapter 5 online tutorial	---	
T – Feb 18	Chapter 6 videos (#1 & 2)	---	
W – Feb 19	Chapter 6 videos (#3 & 4)	---	
Th – Feb 20	Chapter 6 videos (#5 & 6)	---	
F – Feb 21	Chapter 6 online tutorial & Discussion Board	---	
Sun– Feb 23	Lecture Exam: Chs. 4, 5 & 6	Yes	

Due Date	Week 7 assignments	Webcam needed?	Done?
M – Feb 24	Chapter 7 videos (#1 & 1a)	---	
T – Feb 25	Chapter 7 videos (#1b & 1c)	---	
W – Feb 26	Chapter 7 videos (#1d & 1e)	---	
Th – Feb 27	Chapter 7 online tutorial (#1)	---	
F – Feb 28	Chapter 7 videos (#2 & 2a) & Discussion Board	---	

Due Date	Week 8 assignments	Webcam needed?	Done?
M – Mar 3	Chapter 7 videos (#3 & 3a)	---	
T – Mar 4	Chapter 7 video (#3b)	---	
W – Mar 5	Chapter 7 online tutorial (#2)	---	
Th – Mar 6	Chapter 7 videos (#4 & 4a)	---	
F – Mar 7	Chapter 7 videos (#4b & 4c) & Discussion Board	---	

Due Date	Week 9 assignments	Webcam needed?	Done?
M – Mar 10	Chapter 7 videos (#5 & 6)	---	
T – Mar 11	Chapter 7 online tutorial	---	
W – Mar 12	Chapter 8 videos (#1 & 2)	---	
Th – Mar 13	Chapter 8 videos (#3 & 4)	---	
F – Mar 14	Chapter 8 online tutorial & Discussion Board	---	
Sun– Mar 23	Lecture Exam: Chs. 7 & 8	Yes	
	Lab Practical Exam: Ch. 7	Yes	

Due Date	Week 10 assignments	Webcam needed?	Done?
M – Mar 24	Chapter 11 videos (#1 & 2)	---	
T – Mar 25	Chapter 11 videos (#3 & 9)	---	
W – Mar 26	Chapter 11 videos (#4 & 5)	---	
Th – Mar 27	Chapter 11 video (#6)	---	
F – Mar 28	Chapter 11 videos (#7 & 8) & Discussion Board	---	

Due Date	Week 11 assignments	Webcam needed?	Done?
M – Mar 31	Chapter 11 online tutorial	---	
T – Apr 1	Chapter 12 videos (#1, 2 & 12)	---	
W – Apr 2	Chapter 12 videos (#3 & 4)	---	
Th – Apr 3	Chapter 12 videos (#5, 6 & 7)	---	
F – Apr 4	Chapter 12 online tutorial (#1) & Discussion Board	---	

Due Date	Week 12 assignments	Webcam needed?	Done?
M – Apr 7	Chapter 12 videos (#8, 9 & 13)	---	
T – Apr 8	Chapter 12 videos (#10 & 11)	---	
W – Apr 9	Chapter 12 online tutorial (#2)	---	
Th – Apr 10	Chapter 13 videos (#1, 2 & 6)	---	
F – Apr 11	Discussion Board	---	

Due Date	Week 13 assignments	Webcam needed?	Done?
M – Apr 14	Chapter 13 videos (#3, 4, & 5)	---	
T – Apr 15	Chapter 13 online tutorial	---	
W – Apr 16	Chapter 14 videos (#1 & 2)	---	
Th – Apr 17	Chapter 14 online tutorial & Discussion Board	---	
Sun– Apr 20	Lecture Exam: Chs. 11, 12, 13 & 14	Yes	
	Lab Practical Exam: Chs. 11, 12 & 13	Yes	

Due Date	Week 14 assignments	Webcam needed?	Done?
M – Apr 21	Chapter 9 videos (#1 & 2)	---	
T – Apr 22	Chapter 9 videos (#3 & 4)	---	
W – Apr 23	Chapter 9 videos (#5 & 6)	---	
Th – Apr 24	Chapter 9 video (#7)	---	
F – Apr 25	Chapter 9 online tutorial & Discussion Board	---	

Due Date	Week 15 assignments	Webcam needed?	Done?
M – Apr 28	Chapter 10 videos(#1, 1a, 1b, 1c & 1d)	---	
T – Apr 29	Chapter 10 videos (#1e, 1f & 1g)	---	
W – Apr 30	Chapter 10 videos (#1h, 1i & 1j)	---	
Th – May 1	Chapter 10 videos (#2 & 3)	---	
F – May 2	Chapter 10 online tutorial & Discussion Board	---	
Sun– May 4	Lecture Exam: Chs. 9 & 10	Yes	
	Lab Practical Exam: Ch. 10	Yes	

Due Date	Week 16 assignment	Webcam needed?	Done?
W – May 7	Optional comprehensive final exams – lecture and lab (Chs. 1 through 14)	Yes	