

**WEST LOS ANGELES COLLEGE
DEPARTMENT OF SCIENCE**

- I. ANATOMY 001:** Section 0257
MSA 212
- II. PREPARED BY:** PATRICIA ZUK, Ph.D.
- III. REVISED FOR:** Winter 2016
- IV. PREREQUISITES:** BIOLOGY 3A or equivalent
Recommended courses: English 28 & Math 115
- V. UNITS AND HOURS:** 4 UNITS; 8 HOURS LECTURE, 8 HOURS LABORATORY
LECTURE: 8:00 AM TO 10:05 PM, M - F
LABORATORY: 10:05 PM TO 12:20 PM, M - F
- VI. COURSE INSTRUCTOR:** PATRICIA ZUK, Ph.D
- VII. COURSE DESCRIPTION:** This course presents the structure of the human body by subdividing it into individual body systems. It is intended to meet the requirements for students entering Nursing, Dental Hygiene or Occupational Therapy; and for students majoring in Physical Education.
- VIII. REQUIRED TEXT:** Several textbooks are suitable for use in this course. My top three are listed below (in no particular order). The edition of the textbook rarely makes a difference. So if you have the 4th edition of the Martini text or the 11th edition of the Tortora – this will be fine.
- Option #1:*** *Human Anatomy, Martini et al.* 7th edition. Benjamin Cummings Publishing. ISBN-10: 0321688155.
- Option #2:*** *Human Anatomy, McKinley & O'Loughlin.* 3rd edition. McGraw-Hill Publishing. ISBN-10: 0073378097
- Option #3:*** *Human Anatomy & Physiology, Tortora et al.* 12th edition. Wiley Publishing. ISBN-10: 0470084715.
- Many figures in my lecture notes are taken from this text. It is an excellent text for your collection. I generally bring a copy to class.
- The most recent edition of these texts are usually available at most college and university bookstores. However, older editions will be fine!!!*
- IX. SUGGESTED REFERENCES:**

Atlases: Purchasing an atlas may be very helpful if you don't have a smartphone, computer or a tablet. Do not purchase a new atlas, since a used one will be fine. Some excellent atlases are listed below:

1. *Color Atlas of Human Anatomy, Wolf-Heidegger*. Sterling Publishers. ISBN-10: 1402742002
2. *Netter Atlas of Human Anatomy*. 5th edition. Saunders Publishing. ISBN-10: 1416059512

Interactive Media: You might want to pick up one of these interactive CDs since they often have nice pictures of cadavers and models. They are also quite reasonable price-wise. Note the PAL CD is often sold with new texts – so check before you “double order”

1. *Anatomy & Physiology Revealed*: McGraw Hill Publishers. ISBN 978-0-07-337807-7. This one is a bit more expensive than the PAL CD I list below.
2. *PAL: practice anatomy lab*. Benjamin Cummings Publishers. ISBN 0-321-54725-X

Smartphone and Tablet Applications: There are also numerous “apps” that are available for your smartphones and tablets. I would definitely recommend getting one of these. They will be especially helpful for the bones and muscle section of the course. The ***Human Anatomy Atlas by Virtual Body*** is amazing! It is \$39.99 but they have a smaller version that concentrates just on the bones and muscles. This one is about half the price.

I will supplement your materials with my own books and atlases. You may borrow these books during lab period.

X. ANATOMY COURSE OBJECTIVES: This course explores anatomical structures of the human body in detail. At the end of the course, students should have an extensive knowledge of the course material and be able to identify relationships between anatomical structure and function in health and disease.

XI. SPECIFIC OBJECTIVES OF THIS COURSE: Through knowledge gained in lecture, reading assignments, and interactive discussion of histologic slides, the student will be able to:

1. Define and apply anatomical terms and directions in the correct manner
2. Describe the bony structure of the axial skeleton (i.e. the cranium, cranial base and vertebrae)
3. Describe the bony structures of the appendicular skeleton
4. Understand the structure and function of the various joints of the body
5. Describe and understand the musculature of the human body, including their origins and insertions
6. Describe and understand the vascular supply of the body
7. Describe and understand the nervous system of the body, including how nerves work
8. Describe and understand the lymphatic structures of the body
9. Describe and understand the anatomy of the human heart
10. Describe and understand the anatomical structures of the respiratory system
11. Describe and understand the anatomical structures of the digestive system
12. Describe and understand the anatomical structures of the urinary system
13. Describe and understand the anatomical structures of the reproductive system
14. Describe and understand the anatomical structures of the integumentary system

15. Identify the four major types of tissues found in the human body by using a microscope or a computer presentation
16. Understand some preliminary physiology associated with each of the major organ systems covered in this course
17. Demonstrate reasonable proficiency when asked to dissect certain structures found in the cat

XI. WLAC Student Learning Outcomes: West LA College as an institution is committed to an environment of learning and respect for its students. Its mission is to serve the community by providing quality instructional services through its programs and facilities. The college has created a series of Student Learning Outcomes (SLOs) that are designed to maximize the successes and experiences of the students here at WLAC.

A. Critical Thinking: Analyze problems by differentiating facts from opinions, using evidence, and using sound reasoning to specify multiple solutions and their consequences.

B. Communication: Effectively communicate thought in a clear, well-organized manner to persuade, inform, and convey ideas in academic, work, family, and community settings.

C. Quantitative Reasoning: identify, analyze, and solve problems that are quantitative in nature.

F. Technological Competence: Utilize the appropriate technology effectively for informational, academic, personal, and professional needs.

XII: BIOLOGY PROGRAM SLOs (Health Sciences Option): In addition, the Biology program with an emphasis on the Health Sciences also has several unique SLOs.

A student who completes this program will be able to:

1. Use appropriate biological terminology to communicate with purpose and clarity, to consult others, and to question others empathically for the purpose of making informed decisions regarding the health status of a patient or a family member.
2. Recommend strategies to family members and/or patients that will help the human body recover from injury and/or defend itself against disease-causing microbes.
3. Recommend strategies to family members and/or patients that will protect the human body from the invasion of disease-causing microbes.
4. Explain how living things are organized, reproduce, acquire matter & energy, and inherit & express genetic instructions.

XIII: ANATOMY SLOs: The following are the approved SLOs for Anatomy 001

1. identify the names and processes of the human skeleton using skulls and disarticulated bones

XIV. ATTENDANCE:

Attendance: I will not take attendance at every lecture/lab. I will be taking attendance for the first few weeks to assess the number of drops. However, you are all adults and must obviously realize that to do well you must come to lecture/lab. Your grade will depend on your active attendance and your participation during lectures. You will be responsible for all

information, lecture notes etc... that you miss. There must be DIRE circumstances for you to miss an exam so don't even try it! Practical exams CANNOT be made up. If you miss one – you will lose the marks.

Drop dates: All enrollment procedures are now done on-line. **YOU** are responsible for your enrollment status in this course and in all others!!! So.....Be aware of drop dates. I will NOT drop you from the course until you confirm your decision with me. Therefore – if you choose to leave the class and do not drop – you will receive a failing grade at the end of the semester. Let me reiterate - You are responsible for obtaining your withdrawals by asking me to drop you from the course. If not, you **will** receive a failing grade and I will NOT comply with any appeals etc.... Therefore, be responsible. Please do NOT assume I will take responsibility for maintaining your enrollment status because I will not.

XV. METHODS OF EVALUATION: Your course will consist of three practical exams and one cumulative written final exam. This written exam can include multiple-choice, true/false, short answers etc..... and will cover the anatomical concepts **covered over the entire course**. This exam will be given at the end of the course during regular final exams. However, since anatomy is about learning structures, the majority of your exams will be identification practicals. These three practicals will be done during class time and will involve the lab portion of this course – i.e. identification of anatomical structures on human models. **Be warned, these practicals are TIMED exams.**

Course Break-down:

Lecture exam:	1 exam	50 points
Practicals:	3 tests @ 50 points each	150 points
TOTAL		200 points

Grades: I do not know what an A will be or a B etc... until I calculate final grades – so don't ask!!!!

Course letter grades will be based on the following scale

90 – 100% = A

80 – 89% = B

70 – 79% = C

60 – 69% = D

XVI: COURSE MATERIALS:

Materials Needed:

1. Course Textbook
2. Scantrons for written exams. These may be purchased in packets from the bookstore.
3. Number 2 pencils for the scantrons
4. Dissection kits – available in most college and university bookstores. Must have a scalpel, forceps and scissors (large and small).
5. Latex gloves – buy a box per group and share if desired
6. Lab coat – if desired

Dissection: This course offers the chance to dissect a cat in order to learn your anatomical structures through comparative anatomy. To dissect a cat you must buy a dissection kit and gloves from the bookstore. I do not provide these materials. However, I will provide you with your very own skinned and dead cat. I will also provide you with a dissection manual to use during your dissection. I have also dissected cats over the years and will put these out for you as demo models. Please note – this will be your cat throughout the entire semester. So please do not request a cat, dissect it over one or two classes and then decide you don't want to do it anymore. Doing this not only wastes money, it ultimately wastes the life of an innocent kitty!

XVII: CONTACT INFORMATION:

Phone: I do not provide students with a phone number. However, you may communicate with me via email as I check email several times a day and answer relatively quickly. So to contact me, please leave an e-mail message at: zukp@wlac.edu or at zukpat@yahoo.com. I check both addresses daily. If you are running late – be sure to call one of your classmates so they can let me know. Do NOT even think about being late the day of an exam!

Office hours: Office hours will be held in my office (MSB 210), from:

1. 12:30 PM to 1:30 PM Monday through Thursday
2. Or by appointment
3. Virtual office hours available via email through the school day

You are welcome to tape my lectures. I also have my own personal website – www.patriciazuk.com where the lecture presentations can be found along with additional learning materials. This website is password protected with the username of **student** and the **case-sensitive password** of **#1Wlacstudent**. The lectures on this site are “student lectures” and do NOT contain every detail you will find in my lecture presentations or will hear throughout my lectures. This is so that you are required to pay attention and write some things down. Therefore, please print out these lectures and bring them to class so that you may supplement them throughout the lecture/lab period with your own notes taken during class. You will also be required to re-create simple figures and diagrams that I will present to you throughout lecture.

ANATOMY 001: Human Anatomy

Patricia Zuk, Ph.D.

www.patriciazuk.com

Winter 2016

Schedule of Topics

<u>Week</u>	<u>Date</u>	<u>Topic</u>
1	JAN 4	Skeletal System: Bone Tissue & the Skull
	JAN 5	Skeletal System: Axial Skeleton
	JAN 6	Skeletal System: Appendicular Skeleton
	JAN 7	Skeletal System: Joints
	JAN 8	NO CLASS – Tissue Histology at-home lecture and lab
2	JAN 11	REVIEW FOR 1ST PRACTICAL
	JAN 12	PRACTICAL #1 (Tissues & Bones)
	JAN 13	Skeletal System: Muscle Tissue & Muscles
	JAN 14	Skeletal System: Muscles cont...
	JAN 15	Nervous System: Nervous Tissue
3	JAN 18	NO CLASS – Martin Luther King Jr. Day
	JAN 19	Nervous System: CNS (the brain and spinal cord)
	JAN 20	Nervous System: PNS (peripheral nerves)
	JAN 21	Nervous System: Special Senses
	JAN 22	REVIEW FOR 2ND PRACTICAL
4	JAN 25	PRACTICAL #2 (Muscles & Nervous)
	JAN 26	Cardiovascular System: The Heart
	JAN 27	Cardiovascular System: Blood Vessels
	JAN 28	Respiratory System
	JAN 29	Digestive System
5	FEB 1	Urinary System
	FEB 2	Reproductive System
	FEB 3	REVIEW FOR 3rd PRACTICAL (Cardio → Reproductive)
	FEB 4	FINAL PRACTICAL
	FEB 5	FINAL WRITTEN EXAM (cumulative)

This is a TENTATIVE schedule of topics. Topics may be changed to accommodate time needed.