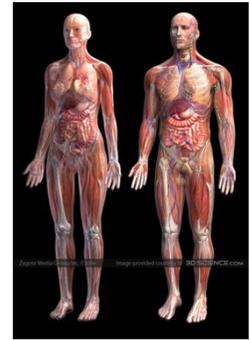




Los Angeles Mission College – Fall 2019
Instructor: Mansour Rostami; MD
Introduction to Human Anatomy – Anatomy 1
(4 Units) – Tentative syllabus



Lecture #29448: TTH 5:15 PM-6:40 PM – CMS 105

Lab #29449, 29766: TTH 6:50 PM-10:00 PM – CMS 102

Office Hours: TTH 4:00 PM-5:10 PM CMS 105

Website:

<https://sites.google.com/site/doctorrostami/>

Contact information: rostamm@lamission.edu & DOCMANR@GMAIL.COM



Course Website: <https://ilearn.instructure.com/?login> includes also additional LAMC resources available to you. Important dates: [Click on this link to see the important campus dates!](#)

Course description:

Anatomy 1 is an **intensive** lecture and laboratory course that includes the study of **cells**, **tissues**, and **organs** of the human body. The lectures correspond closely with the laboratory experience providing the student various modalities to learn about the many **organ systems**: integumentary, skeletal, muscular, nervous, circulatory, respiratory, digestive, urinary, and reproductive. Use of the microscope and dissection of a cat are highlights of this fascinating course.

Prerequisites: Bio 3 or Bio 5 & English 28 or ESL 8

Books & supplies required:

- **Textbook:** Human Anatomy (no code required)
Marieb/Wilhelm/Mallatt 9th edition Available at the
- **Custom Lab Manual** for LA Mission College
ISBN-13:1323891797
- **Purchase 15 Scantron** Answer Sheets (green, 100 Q) for the Midterm and Final Exams.



Lecture notes: [Available on course website](#)

Student Learning Outcomes (SLOs):

- 1) Students will use a vocabulary of appropriate terminology to effectively communicate information related to anatomy.
- 2) Students will apply gross and microscopic anatomy to identify histological preparations and anatomical structures.

Evaluation and Grading:

1. Chapter Quizzes (10 points) & Active Participation (including In-Class Discussions) (100 points)

Chapter quizzes will be administered in class. The assignments are to be completed and discussed during the class. **Missed quizzes and assignments cannot be made up.** Please arrange all personal, family, and vacation plans accordingly! Extra in-class assignments may be given throughout the semester. *If you miss discussion sessions twice or are tardy/leave early three times, you will not receive any points for Active Participation.*

2. 10 Laboratory Review Sheets and Lab Participation (10x10 = 100 points)

You are required to review and complete the pre-lab activities before the lab. The lab activities will be completed by you before the lab. Late reports are not accepted, and you will receive a zero. Active lab participation and completed pre-lab activities will be worth 12 points each. **Do not underestimate the value of these points!** Every semester, some students lose a whole grade because of absences, tardiness, failure to participate, or failure to hand-in lab reports complete and on time. If you are tardy or leave early, you will not receive points. A student, who *misses two laboratory sessions or is tardy three times/leaves early*, excused or unexcused, is subject to receiving a failing grade or may be **dropped**. Students are encouraged to work together to complete the lab sheets, but simple copying is not accepted. That method is considered plagiarism.

Aprons and goggles will be provided; however, you are welcome to purchase your own apron, goggles, and mask covers.

3. Midterm Exams (3x100 = 300 points)

There will be three objective midterm exams on dates as shown on the class schedule during the discussion sessions on campus. **No make-up midterms will be given.** If you have an excused absence, the instructor will inform you of the assigned date or you may receive the percentage earned on your midterm examination counted for that missed score. The decision is made by your instructor. The excuse for the absence must be reported to the instructor within 24 hours and accompanied with proper documentations. Please arrange all personal, family, and vacation plans accordingly! These occasions are not considered as excused absences.

4. Lab Practical Midterm Exams (2x100=200 points)

There will be two lab practical exams, which will involve the “hands-on” identification and understanding of material presented in the laboratory exercises. **No make-up exams will be given.**

5. Final Lab Practical Exam (100 points)

It will cover the material from **all laboratory exercises** throughout the semester. **No make-up Final Lab Practical Exam will be given.** Please plan your schedule accordingly!

6. Final Objective Exam (100 points)

The final exam will be cumulative representing the entire course. **No make-up Final Exam will be given.** Please plan your schedule accordingly!

TENTATIVE GRADING SCALE (final point total may be subject to change)

<u>Point Total</u>	<u>Percentage</u>	<u>Letter Grade</u>
810-900	100 - 90%	A
720-809	89 - 80%	B
630-719	79 - 70%	C
540-629	69 - 60%	D

Students with Disabilities:

Students with disabilities are encouraged to contact Disabled Student Programs & Services ([DSPS](#)) to find out what services and accommodations are available. In general, ***recording of the lectures are not allowed unless the student can provide a letter from the DSPS office indicating the need for recording the lecture***

“LAMC students with verified disabilities who are requesting academic accommodations should use the following procedure:”

- **Step 1:** Obtain documentation of your disability from a licensed professional. You may contact DSP&S to request a [Disability Verification Form](#).
- **Step 2:** Make an appointment to meet with a DSP&S counselor or specialist to review your documentation and discuss reasonable accommodations. To schedule a meeting, please call DSP&S at (818) 368-7732.
- **Step 3:** Bring your disability documentation to your DSP&S appointment. The DSP&S office is located in room 1018 of the Instructional Building.
- **Step 4:** Each semester, obtain an Accommodation Letter from the DSP&S to present to your instructor.

Please complete this process in a timely manner to allow adequate time for accommodations in the classroom.

Cheating and plagiarism in any form will result in an automatic F and dismissal from the course.

- Last day to drop classes with a refund or without incurring fees September 8
- Last day to drop classes without receiving a “W” (drop online only) September 8
- Last day to drop classes with a “W” – A letter grade is required after this date forward November 17

According to a 2012 report from the National Survey of Student Engagement, on average, full-time college students study 15 hours per week. Sounds reasonable, but how effective is that study time? In the same survey, two out of three students reported that they frequently reviewed their notes after class but only half said they frequently outlined major topics and ideas from course materials or discussed effective study strategies with faculty or students. The key isn't necessarily to put in more hours – although that wouldn't hurt either – but to make the most of your study hours.

Some tips:

1. **Get organized.** Staying organized is key. Make sure you have a notebook/binder for each class and organize your notes, handouts, graded tests, papers and quizzes. When you prepare to study, have all the materials – syllabus, pens, paper, pencils, calculator or whatever you'll need for that particular study session. Use a *planner* to keep track of long- and short-term projects. Set a *schedule* and *stick* to it.
2. **Pick your time and place.** Experts advise students to study in chunks of shorter time and to avoid marathon study sessions. If possible, it's best to use work hours – 8 a.m. to 6 p.m. – for classes and studying. Every campus has great places to study – but your room may not be one of them since there is likely both a bed and a TV to lure you away from your work. Look for spots with good *lighting* and *few distractions*. A study carrel at the *library* may be perfect for writing a paper or working equations, but there's nothing wrong with occasional getting cozy in a tucked-away corner of a coffee shop for some tasks, such as reviewing notes. Try studying at the *same time daily*, giving your most challenging classes top priority.
3. **Take good notes and review them correctly.** Class notes are a crucial part of studying in college. Taking good notes forces you to listen carefully and helps you remember the important points even before you study them. So when you're taking notes during a lecture, *listen carefully*. Record only the *main points* and concentrate on key words, leaving plenty of white space to write in more information as needed. Take time to *continue* working on your notes as soon as possible. Add details you remember and review what you've written. Make note of any *questions* you have. Keep your notes *neat* and in order.
4. **Attend class and participate.** In college as in life, 90 percent of success is *showing up*. Studying will be much more effective if you know what your professor and classmates are talking about. Participate in *discussions* and ask questions. □ Create study tools. Create *outlines, timelines, charts* and *flashcards* with your notes and reading materials. Simply working on these *mini-projects* can help you memorize the material but using them to test yourself can reap rewards.
5. **Rethink reading.** Painstakingly reading every word may not be your best strategy. Learn to scan chapter *headings, introductions, summaries* and *keywords*. Read *actively*, searching for the main points. Take notes and write summaries.
6. **Create possible test questions.** Translate the text into your own words and think of your *own examples* so you'll be able to write effective essays or summaries.
7. **Turn off your phone.** When it comes to studying, multi-tasking is a myth. Since you're studying in shorter chunks of time (see No. 2) you can turn your phone off and put it away to avoid being distracted by a text or call. Reward yourself after a productive hour or so with a quick peek – but get back to work until you've *accomplished your mission*.

**Course outline – Tentative Syllabus, Human Anatomy
Fall 2019**

Date	Lecture Chapter quizzes	Laboratory 6:50-10:00 pm CMS:102
Week 1		
8/27	Ch 1: Human Body-Orientation Ch 4: Study of Tissues – Histology	<i>Lab 1:</i> -Lab Safety (video) -Introduction to Anatomy & Organ Systems Overview / Rat Dissection
8/29		<i>Lab 1:</i> -Lab Safety (video) -Introduction to Anatomy & Organ Systems Overview / Rat Dissection
9/3	Ch 5: Integumentary System	
9/5	Ch 6: Skeletal Tissue and Bone Overview, Histology-Bones	<i>Lab 2: Exercises of Histology -Bones</i>
9/10	Ch 7: The Axial Skeleton	<i>Lab 2:</i> -Bones
9/12	Ch 8: The Appendicular Skeleton	<i>Lab 3: Bones</i> -Exercises of Integumentary System & Bone Tissue
9/17	Ch 9: Joints Ch 10: Muscle Tissue & Muscle	<i>Lab 3:</i> - OBJECTIVE MIDTERM EXAM #1 (Medical Terminology; Ch 1, 4-5-6) <i>Integumentary System & Bone Tissue</i>
9/19		<i>Lab 4:</i> -Exercise of Skeletal System- -Practice for practical lab exam
9/24	Ch 9: Joints Ch 10: Muscle Tissue & Muscle	PRACTICAL LAB EXAM #1 Bones (Labs 1-4)
9/26	Ch 11: The Muscular System	<i>Muscle system</i>
10/1	Ch 11: The Muscular System	Muscle system
10/3		<i>Lab 5:</i> Exercise of Muscular System
10/8	Ch 12: Nervous Tissue	<i>Lab 5:</i> <i>Muscular System</i>
10/10		<i>Lab 6:</i> <i>Muscular System – Cat Dissection</i>
10/15	Ch- 13	<i>Lab 6:</i> <i>Muscular System – Cat Dissection</i>
10/17		<i>Lab 7:</i> <i>Nervous System</i>
10/22	Ch 14: PNS	<i>Lab 7:</i> Exercise of Nervous System
10/24	Ch 16: Special Senses	

10/29	Ch 15: ANS Ch 19: Heart	LAB PRACTICAL EXAM #2 Muscles,
10/31		Lab 8: <i>Exercise of Special Senses: Vision – Eye dissection</i> <i>Special Senses: Hearing</i>
11/5	Ch 18: Blood Ch 17: Endocrine System	Lab 9: Exercise of Cardiovascular System & Heart Dissection <i>(Practice for practical lab exam)</i>
11/7	Ch 21 Lymphatic & Immune Systems	Lab 9: Cardiovascular System & Heart Dissection <i>-Practice for practical lab exam</i>
11/12	Ch 20: Blood vessels	Blood Review
11/14		
11/19	Ch 22: Respiratory System	Lab 10: Exercise of Respiratory System & Digestive System
11/21		Lab 10: Respiratory System & Digestive System
11/26	Ch 23: Digestive System Ch 24: Urinary System	Lab 11: EXERCISE OF Urinary System & Reproductive System & Cat Dissection <i>-Practice for practical lab exam</i>
11/28		Thanksgiving – November 28 to November 29
12/3	Ch 25: Reproductive Systems	12-05-2019 FINAL Practical EXAM
12/5		
12/10	Final Lecture Exam 5:30-7:30 pm	NO LAB

Code of Honor and Integrity



Los Angeles Mission College
Department of Life Sciences

Students at Los Angeles Mission College, because they are members of an academic community dedicated to the achievement of excellence and the pursuit of honor, are expected to meet high standards of personal, ethical, and moral conduct. These standards require personal integrity and a commitment to honesty without compromise. Without the ability to trust in these principles, an academic community and a civil society cannot exist. Los Angeles Mission College students and faculty are committed to the development of students with honesty and integrity as they are to the academic and professional success of its students.

The **Code of Honor and Integrity** is an undertaking of the students, first and foremost, both individually and collectively, that they will:

1. Not give or receive dishonorable aid during exams, quizzes or assignments
2. Do their share and take an active part in seeing to it that fellow students, as well as themselves, uphold the spirit and letter of the Code of Honor and Integrity.

Some examples of conduct that are regarded as being in violation of the Honor Code include:

- Copying from another's examination or quiz, or allowing another to copy from one's own papers
- Using any unpermitted source of information, human or other, during an exam, quiz or assignment that influences the grade; this includes the use of technological devices
- Any student-to-student collaboration that is unpermitted
- Plagiarism (plagiarism is defined as the use, without giving reasonable and appropriate credit to, or acknowledging the author or source, of another person's original work)
- Representing as one's own work as the work of another
- Giving or receiving aid on an academic assignment under circumstances in which a reasonable person should have known that such aid is not permitted

As a part of the effort to promote an environment of honesty and integrity during quizzes and examinations, the following guidelines will apply for any courses in the Department of Life Sciences:

1. Students will leave all books and all other non-essential items (e.g. paper, electronic devices) on the floor so that they are not useable nor block the sight line between professor and student. No electronic devices will be in reach.
2. Students will not communicate in any way that will dishonorably assist themselves or another student.
3. Students will leave the room during an exam only if permitted by the professor's policy. If permitted, only one student may leave the room at any time and be gone for only the average length of time needed for the stated purpose. Students will leave all purses, bags, books, phones, jackets, etc., in the classroom during the absence.
4. Students will promote the spirit and letter of the **Code of Honesty and Integrity** by dissuading fellow students from dishonest activity and, when such casual persuasion does not work, informing the professor of the possible dishonest activity, either anonymously, or otherwise.
5. Students will make every effort to avoid even the appearance of dishonesty or lack of integrity

Violation of this policy will not be tolerated, and violators will be subject to severe penalties. The success of the **Code of Honor and Integrity** is based upon the collective desire of students, faculty and the community to live in an environment that embraces respect for that which is right – both in the college and in society as a whole.