

Anatomy & Physiology 1

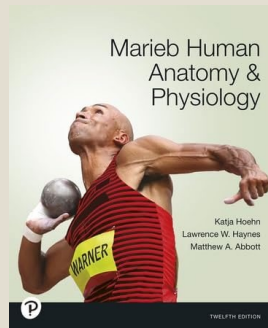
Fall 2025; 1st 8 weeks

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?

*Mondays through
Thursdays*

9:30 AM to 12 PM

*Science Building
Room 181*

Plan to meet every day for the entire time.

How do I get ahold of you?

Drop by:

*M/T/W/Th: 12:30 – 2
F: 10 – 12*

*Science Building
Room 135*

*Or email for an
appointment at
another time*

Call me:
806.716.2317

Email me:
arakhshandeh@southplainscollege.edu

*Expect a reply
sometime the next
business day.*

Important dates:

•8/25: First day of class

•9/1: no class
(Labor day)

•9/2: Last day to drop without it showing on your transcript

•10/9: 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>



What are the assignments for this class?

Lecture Exams

- Six total exams testing your understanding of physiology and your “mental maps” of body structures.
- Exams over tissues & nervous system divided into: 1) memorization and 2) critical thinking
- One make-up exam allowed. No re-takes allowed.
- No dropped grades, but an optional comprehensive final lecture exam can replace lowest grade.

Lab Exams

- Four total exams testing your ability to identify anatomical structures.
- Fill-in-the-blank or oral, no word bank, spelling or pronunciation counts.
- One make-up exam allowed. No re-takes allowed.
- No dropped grades, but an optional comprehensive final lab exam can replace lowest grade.

Before-Class Videos

- Fill out note-taking guide as you watch videos.
- Answer graded questions in videos (two chances at questions).
- List ideas you don't understand in open-ended question at the end of each video.
- No make ups.
- Lowest five video grades dropped.

Orientation Assignments

- Start-here assignments to help you understand the course structure and expectations.
- Chapter 1 quizzes & tutorials to help you see if these learning tools help you. Quizzes & tutorials for the rest of the semester are optional.
- No make ups.
- Lowest one grade dropped.

Attendance

- For full credit: show up on time, fully participate while in class, stay to the end.
- Lowest one attendance grade dropped.

How much are assignments worth?

- Lecture Exams = 65%
- Lab Exams = 25%
- Videos = 6%
- Orientation = 2%
- Attendance = 2%

Do you offer extra credit?

No, although easy assignments are due in the first days of the course and can be found in the Start Here folder. They give your grade a cushion, so don't miss them!

How do you assign grades?

- 89.5 and up = A
- 79.5 – 89.49 = B
- 69.5 – 79.49 = C
- 59.5 – 69.49 = D
- 59.49 and down = F

What if I'm on the borderline?

Since I drop grades, my cut-off is strict. An 89.49 would earn a “B”. An 89.50 would earn an “A”.

Do you curve grades?

No, although I do review all exam keys for accuracy and hand-grade all fill-in-the-blank questions.

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 Lubbock downtown center 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.
- 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, Campus Concealed Carry, and COVID-19 please use the following link:
<https://www.southplainscollege.edu/syllabusstatements/>



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



WHAT WILL WE DO IN CLASS EACH DAY?

Date Tentative Agenda Fall 1 2025

M	Aug 25	Syllabus/Introduction/The language of anatomy (Ch. 1)
T	Aug 26	Introduction to A&P, con't/Organ systems overview (Ch. 1)
W	Aug 27	Chemicals of life (Ch. 2)
Th	Aug 28	Cells – anatomy (Ch. 3)
M	Sep 1	Labor day holiday – no class
T	Sep 2	Cell – transport (Ch. 3)
W	Sep 3	Tissues (Ch. 4)
Th	Sep 4	Tissues, con't
M	Sep 8	Tissues, con't
T	Sep 9	Tissues Exam – Critical thinking portion; In-class
W	Sep 10	Integumentary system(Ch. 5)
Th	Sep 11	Bones & skeletal tissues (Ch. 6)
M	Sep 15	The skeleton (Ch. 7)
T	Sep 16	The skeleton, con't
W	Sep 17	The skeleton, con't
Th	Sep 18	The skeleton, con't
M	Sep 22	Joints (Ch. 8)
T	Sep 23	Oral lab practical 2; in-class
W	Sep 24	Nervous tissue (Ch. 11)
Th	Sep 25	Nervous tissue, con't
M	Sep 29	Nervous tissue con't
T	Sep 30	The central nervous system (Ch. 12)
W	Oct 1	The central nervous system, con't
Th	Oct 2	The peripheral nervous system (Ch. 13)
M	Oct 6	Autonomic nervous system (Ch. 14)
T	Oct 7	Nervous System Exam – Critical thinking portion; In-class
W	Oct 8	Skeletal muscle tissue (Ch. 9)
Th	Oct 9	Skeletal muscle tissue, con't / Muscular system (Ch. 10)
M	Oct 13	Muscular system, con't
T	Oct 14	Muscular system, con't
W	Oct 15	Oral lab practical 4; in-class

BIOLOGY 2401 TENTATIVE ASSIGNMENTS SCHEDULE FALL 1 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	Special Instructions	Done?
M – Aug 25	Orientation Videos (#1 through 4)	---	
	Am I Ready? Quiz	---	
	Study Schedule	---	
	Video: scanning when testing	---	
	Prior knowledge quiz	Online with an external webcam	
	Course messages quiz	---	
	Student learning survey	---	
	Chapter 1 videos (#1, 2, 5, 6 & 7)	---	
T – Aug 26	Chapter 1 videos (#3, 4 & 8)	---	
	Chapter 2 videos (# 1 through 7)	---	
W – Aug 27	Chapter 3 videos (#1, 2, 3 & 9)	---	
Th –Aug 28	Chapter 1 lab quiz & Chapter 1 quiz	---	

Due Date	Week 2 assignments	Special Instructions	Done?
M – Sep 1	Chapter 3 videos (#4 through 8)	---	
T – Sep 2	Chapter 4 videos (#1 through 6)	---	
W – Sep 3	Chapter 4 videos (#7 through 11)	---	
Sat – Sep 6	Lecture Exam 1 (Chs. 1, 2 & 3)	Online with an external webcam	
	Lab Practical Exam 1 (Chs. 1 & 3)	Online with an external webcam	

Due Date	Week 3 assignments	Special Instructions	Done?
M – Sep 8	Lecture Exam 2 (Ch. 4) – Memorization portion	Online with an external webcam	
T – Sep 9	Lecture Exam 2 (Ch. 4) – Critical thinking portion	In class using approved learning aids	
	Chapter 5 videos (#1 through 6)	---	
W – Sep 10	Chapter 6 videos (#1 through 6)	---	
Sat–Sep 13	Lecture Exam 3 (Chs. 5 & 6)	Online with an external webcam	

Due Date	Week 4 assignments	Special Instructions	Done?
Sun– Sep 14	Chapter 7 videos (#1 through 4)	---	

Due Date	Week 5 assignments	Special Instructions	Done?
Sun –Sep 21	Chapter 8 videos (#1, 2, 3, & 4)	---	
T – Sep 23	Oral lab practical 2	Schedule online, take in-class	
	Chapter 11 videos (#1 through 5 & 9)	---	
W – Sep 24	Chapter 11 videos (#6, 7 & 8)	---	
Sat – Sep 27	Lecture Exam 4 (Chs. 7 & 8)	Online with an external webcam	

Due Date	Week 6 assignments	Special Instructions	Done?
M – Sep 29	Chapter 12 videos (#1 through 7 & 12)	---	
T – Sep 30	Chapter 12 videos (#8 through 11 & 13)	---	
W – Oct 1	Chapter 13 videos (#1 through 6)	---	

Due Date	Week 7 assignments	Special Instructions	Done?
Sun – Oct 5	Chapter 14 videos (#1 & 2)	---	
M – Oct 6	Lecture Exam 5 (Chs. 11 to 14) – Memorization portion	Online with an external webcam	
T – Oct 7	Lecture Exam 5 (Chs. 11 to 14) – Critical thinking portion	In class using approved learning aids	
	Chapter 9 videos (#1, 2, 3, 4 & 7)	---	
W – Oct 8	Chapter 9 videos (#5 & 6)	---	
	Chapter 10 videos (#1 through 3)	---	
Sat – Oct 11	Lab Practical Exam 3 (Chs. 11, 12 & 13)	Online with an external webcam	

Due Date	Week 8 assignments	Special Instructions	Done?
W – Oct 15	Oral lab practical 4	Schedule online, take in-class	
	Lecture Exam 6 (Chs. 9 & 10)	Online with an external webcam	
Th – Oct 16	Optional comprehensive final lecture exam (Chs. 1 to 14)	In class, no learning aids	
	Optional comprehensive final lab exam (Chs. 1 to 14)	In class, no learning aids	

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