

# Anatomy and Physiology I

This class involves the introduction to the human body, how different systems function, and what your body can do for you along with what you should do to take of your body. We will start with the basics and learn how the processes work.

## **Anatomy and Physiology I Course Learning Outcomes**

I can use scientific method to think objectively about situations.

I can explain the structure and function of the skin, hair, and nails.

I can critique five ways the skeletal system supports the body and produces materials.

I can differentiate among the structure and function of skeletal, smooth, and cardiac muscle.

I can describe the structure and function of blood.

I can describe and locate areas and parts of the heart with their respective functions.

I can assess an emergency and provide basic assistance safely.

Grading Scale:	100-90%	A
	89-80%	B
	79-70%	C
	69-60%	D

## **Classroom expectations**

You will be expected to follow the policies and procedures as described in the handbook. You will need to be prepared for class each day, participate in class discussions and activities, make progress on work materials, and maintain a pace to be able to successfully complete the course.

We, as a class, will determine any other norms for the success of the participants.

## **Areas of Study:**

- **Introduction**  
We will review body organization including planes, regions, cavities, systems and types of cells and tissues. We will also review scientific thinking, and classroom expectations.
- **Integumentary system**  
Human skin, hair, and nails will be covered, along with sensory receptors and glands associated with each of the three major areas of this system.
- **Skeletal System**  
We will be learning about the components of bone, and how they are combined to create a skeleton, including cartilage, tendons, ligaments, with some blood and nervous tissue.
- **Muscular System**  
This system will include the three major types of muscle, muscle attachments, and how muscles contract to create movement.
- **Circulatory System**  
This system will be broken down into the heart, with structure, rate, and pressures, and blood, with composition, vessels, types.
- **First Aid/CPR/AED training**  
You will have the opportunity to participate in this training to receive a certificate.

## **Resources**

The textbook for this course is Essentials of Human Anatomy and Physiology.

You will be able to find alternative and optional reading materials in your canvas course for each unit.

You will also be able to find all work resources in your canvas course for each unit.