



BIOL-2401-103C3
Anatomy & Physiology I
Fall 2025 - In-Person
Monday-Wednesday 11:00AM – 1:50PM
Steam Bldg. #22 Room 333

Instructor Information: Professor Ahmed Alhumairi, aalhumairi@com.edu , 409-933-8595

Office hours and location: On-campus in STEAM Bldg. STE325-22

In-Person

- Monday 9:00am – 11:00am, 4:55pm - 5:30pm
- Tuesday 9:00am – 9:30am, 1:20pm-2:00pm
- Wednesday 9:00am – 11:00am, 4:55pm - 5:30pm
- Thursday 9:00am – 9:30am, 1:20pm-2:00pm

Required Textbook/Materials:

- Hoehn, K., Haynes, L., Abbott, M., 2024. Marieb Human Anatomy and Physiology, 12th ed. Boston, MA; Pearson Education, Inc. (eBook via VitalSource already loaded in Brightspace = **NO PURCHASE REQUIRED**)
- Amerman, E., 2017. Exploring Anatomy & Physiology in the Laboratory, 4th edition. Englewood, Colorado, Morton Publishing Company (customized for COM) ISBN-13: 978-1-61731-955-6 (Lab Manual)
- Web camera (either built into your computer or attachable) to take quizzes and exams.
- Respondus Lockdown Browser
- Color pencils (12 count)

Course Description: Anatomy and Physiology I is the first part of a two-course sequence. It is a study of the structure and function of the human body including cells, tissues and organs of the following systems: integumentary, skeletal, muscular, nervous and special senses. Emphasis is on interrelationships among systems and regulation of physiological functions involved in maintaining homeostasis. **Prerequisite:** TSIA2 945-990 ELAR/CRC test AND 5 or higher on Essay OR 910-944 on CRC with 5-6 on Diagnostic Test + 5 or higher on Essay, or IRW 0320 with a grade of "C" or better. BIOL 1408 with a grade "C" or better is strongly recommended as a prerequisite but is not required.

Course Structure:

- **In-Person Lecture Component:** Weekly lectures provide the foundational knowledge necessary for understanding human anatomy and physiology. Lectures will cover key concepts, supported by

multimedia resources such as videos, diagrams, and interactive simulations. **Students are recommended to watch the multimedia resources before attending the corresponding lecture/lab session.** In-class quizzes will be administered at the beginning of each lab to assess comprehension of the lecture material.

- **In-Person Lab Sessions:** The in-person lab meets weekly, offering hands-on experience with anatomical models, dissections, and physiological experiments. Labs are designed to reinforce and expand upon the material covered in the lectures. Tardiness may result in an absence. Please see College of the Mainland's policy below for more details. This sentence is bonus, copy it into your syllabus quiz question #5.

Course requirements:

Lecture Exams & Comprehensive Final Exam: There are four lecture exams and one Comprehensive Final Exam (CFE) (all in-person). Each lecture exam will include multiple-choice, matching, true/false, and identification questions. Exam dates are listed in the syllabus. The final exam may also be incorporated into a project or presentation.

Lecture/Chapter Quizzes: There will be up to 10 lecture quizzes throughout the course, each for 5 minutes for no more than 5 questions per quiz. The quizzes will be conducted using the student's laptop/tablet. Quiz dates are listed in the syllabus.

Quizzes: You will have chapter quizzes each week totaling fifteen. Due dates are listed in the syllabus document you will access via D2L from day one.

Lab Activities: There are 12 in-person lab activities. Recommended to watch Lecture/Lab videos before the lab to fully understand the material. Appropriate lab attire is required to participate in the in-person lab activities. Leaving the lab more than 15 minutes early will result in a point reduction.

Lab Practical's: There will be three lab practicals during this course. These exams will be taken in class, and the dates are listed in the syllabus. The practicals will cover models covered during lab session.

Professionalism: All email and in-person communication must remain respectful toward both myself and your fellow classmates. This is a safe space, and I welcome respectful concerns, comments, and constructive criticism. Professionalism accounts for 1.0% of your grade; please ensure you identify your name and class in your emails and provide a clear explanation of the purpose. Professionalism also includes being prepared for lab. For more details, refer to the professionalism document. All emails must be sent from your COM email account—emails from personal addresses will NOT be opened.

Bonus Points: Bonus Points are not a formal part of the course requirements; they are awarded at the instructor's discretion. Throughout the semester, there will be multiple opportunities to earn extra points, including through Mastering A&P. All bonus points will be added to an exam or practical. However, no exam or practical will receive more than 10 bonus points, regardless of how many a student has earned.

Determination of Course Grade/Detailed Grading Formula:

Course Assessment	Total Points	Percentage of Course
LECTURE PORTION	700 points	70.0%
Online Syllabus Quiz	5 points	0.5%
Professionalism	10 Points	1.0%
Chapter Quizzes (~10)	200 (pts vary per quiz)	20.0 %
Lecture Exams (4)	420 (105 pts each)	42.0 %
Comprehensive Final Exam	65 pts	6.5%
LAB PORTION	300 points	30.0%
Lab Safety Quiz	10 points	1.0%
Lab HW (12)	120 (pts vary per quiz)	12.0%
Lab Practical's (3)	170 (85 pts each)	17.0%
TOTAL POINTS	1000 points	100%

Grading Scale:

A = A sum of the points earned throughout the course between 900 and 1000 points

B = A sum of the points earned throughout the course between 800 and 899 points

C = A sum of the points earned throughout the course between 700 and 799 points

D = A sum of the points earned throughout the course between 600 and 699 points

F = A sum of the points earned throughout the course below 600 points

FN = A failure of the course due to non-attendance and non-completion of course assignments

I = An incomplete may be assigned at the discretion of the instructor in accordance with the policy

W = A withdrawal may be assigned in accordance with college policy

Science Lab Policy (Please Read Carefully)

This course consists of both a lecture and laboratory grade component. Students must earn a **70% or better** in the laboratory component to successfully pass the course. **Earning less than 70% in the laboratory component will result in an F for the course regardless of the lecture grade.** Passing the laboratory component and failing the lecture component will not guarantee a passing grade for the course. Deviations from this policy will be at the sole discretion of the instructor.

Late Work, Make-Up, and Extra-Credit Policy:

Exams: Make-up exams are permitted at the discretion of the instructor. Documentation will be necessary for make-up allowance. Once granted permission for make-up, a **student will have 7 days to make up the exam. If a student misses the 7-day deadline no make-up will be permitted.** Only one make-up exam allotted per semester during finals week.

Lab Practical's': Make-up Lab Practical's are permitted at the discretion of the instructor. Documentation will be necessary for make-up allowance. Only one make-up exam allotted per semester during finals week.

Assignments: Make-up Assignments are permitted at the instructor's discretion; please contact the instructor if you need to make up an assignment. **Habitual missed assignments will be denied (more than two).** Lab Activities will not be allowed a make-up, no exceptions.

Attendance Policy:

This course requires students to attend lab sessions to complete mandatory laboratory exercises. **Missing three required lab meetings will result in an 'F' for the course, unless there is a documented excuse approved by the instructor** (e.g., illness or death in the family, subject to the instructor's discretion, with documentation required). If a student is more than 10 minutes late, they will be marked absent. Similarly, if a student leaves 15 minutes or more before the end of class, they will also be marked absent.

Communicating with your instructor: ALL electronic communication with the instructor must be through your COM email. Due to FERPA restrictions, faculty cannot share any information about performance in the class through other electronic means. **(NOTE: I will not answer emails from personal email addresses)**

Student Learner Outcome	Maps to Core Objective	Assessed via this Assignment
1. Use anatomical terminology to identify and describe locations of major organs of each system covered.		Exam 1-4
2. Understand interrelationships among molecular, cellular, tissue, and organ functions in each system.		Exam 1-4
3. Describe the interdependency and interactions of the systems.		Systems Case Study
4. Explain contributions of organs and systems to the maintenance of homeostasis.	CT	Systems Case Study
5. Identify causes and effects of homeostatic imbalances.		Case Study Activity
6. Describe modern technology and tools used to study anatomy and physiology.		
7. Apply appropriate safety and ethical standards.		Lab activities
8. Locate and identify anatomical structures.		Lab Practical 1-3
9. Appropriately utilizing laboratory equipment, such as microscopes, dissection tools, general lab ware, physiology data acquisition systems, and virtual simulations.		Lab Practical 1-3
10. Work collaboratively to perform experiments.	TW	Lab activities
11. Demonstrate the steps involved in the scientific method.		Conductivity Lab
12. Communicate results of scientific investigations, analyze data and formulate conclusions.	CS	Conductivity Lab

13. Use critical thinking and scientific problem-solving skills, including, but not limited to, inferring, integrating, synthesizing, and summarizing, to make decisions, recommendations, and predictions.	EQS	Conductivity Lab
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Academic Dishonesty: Disciplinary actions will be taken for students who exhibit disorderly conduct, cheat on exams, submit plagiarized work (see below), or are involved in collusion (helping others cheat or plagiarize) as defined in the Student Handbook under the heading, “Discipline and Penalties.” The minimum penalty will be a 0 on the assignment or exam. maximum penalty imposed for violations will be an F in the course. The student will also be referred to the Associate Vice President of Student Success and Conduct for further disciplinary action. Please read through the “Standards of Student Conduct” in the Student Handbook for a more complete discussion of these issues and your rights and responsibilities.

Student Concerns: If you have any questions or concerns about any aspect of this course, please contact me using the contact information previously provided. If, after discussing your concern with me, you continue to have questions, please contact Sheena Abernathy Chair of the Science Department at 409-933-8330 or by email: sabernathy@com.edu .

Course outline: (This schedule is tentative)

	Week #	Lecture: In-Person	Laboratory: In-Person	Due Sunday
1	Aug. 18 – Aug. 20	CH1: The Human Body	Lab Safety Ex. 1-3 & 1-4 (Directional/Regional Terms) Ex. 1-5 & 1-6 (Body Cavities/membranes & Planes of section)	Syllabus Quiz Chapter 1 Quiz Lab Safety Quiz
2	Aug. 25 – Aug. 27	CH2: Chemistry	Ex. 2-1 pH Lab (pH, Acids and Bases) Conductivity Intro to Microscopes	Chapter 2 Quiz
3	Sep. 1 – Sep. 3	CH3: Cells MON. Sep. 1 Labor Day (HOLIDAY)	Ex. 4-1 (Organelles and Cell Structures) Ex. 4-4 (Mitosis and the Cell Cycle) Diffusion Lab	Chapter 3 Quiz Lecture Quiz 1
4	Sep. 8 – Sep. 10	CH4: Tissues	Ex. 5-1 to 5-4 (Epithelial, Connective, Muscle and Nervous Tissues)	Chapter 4 Quiz Exam 1
5	Sep. 15 – Sep. 17	CH5: Integumentary System	Ex. 6-1 (Skin Anatomy & Accessory Struct.) Ex.6-2 (Histology of Integument) Ex. 6-3 (Touch Receptor Distribution) Ex. 6-4 (Fingerprinting)	Chapter 5 Quiz
6	Sep. 22 – Sep. 24	CH6: Bone/Skeletal Tissue CH7: The Skeletal System	Ex. 7-1 (Micro. Anatomy of Bone) Ex. 7-3 (Bone Marking/Bone Shapes) Ex. 7-4 (Anatomy of Long Bones) Ex. 8-1 to 8-3 (Skeleton Anatomy)	Chapter 6 Quiz Lecture Quiz 2

7	Sep. 29 – Oct. 1	CH7: The Skeletal System	Forensic Lab	Chapter 7 Quiz Exam 2
8	Oct. 6 – Oct. 8	CH8: Joints	Lab practical 1 Ex. 9-1 (Classification of Joints) Ex. 9-2 (Synovial Joints) Ex. 9-3 (Knee Joint)	Chapter 8 Quiz
9	Oct. 13 – Oct. 15	CH9/10: Intro to Muscles	Ex. 10-1 (Skeletal Muscle Anatomy) Ex. 11-1 (Skeletal Muscle Anat.&Micro) Ex. 11-3 (Smooth/Cardiac Muscle)	Chapter 9 Quiz
10	Oct. 20 – Oct. 22	CH9/10: Muscular System	Vernier Muscle Fatigue Lab	Chapter 10 Quiz Lecture Quiz 3
11	Oct. 27 – Oct. 29	CH11: Nervous Sys. & Tissue	Ex. 12-1 (Neurons and Neuroglia) Ex.12-2 (Nervous Tissue Physiology) Neural Synapse Lab	Chapter 11 Quiz Exam 3
12	Nov. 3 – Nov. 5	CH12: Central Nervous System	Ex. 13-1 (Anatomy of the Brain) Ex. 13-2 (Spinal Cord Anatomy)	Chapter 12 Quiz
13	Nov. 10 – Nov. 12	Withdraw Day (11/14) CH13: Peripheral Nervous Sys. CH14: Autonomic Nervous Sys.	Ex. 14-2 (Cranial Nerve & Function) Ex. 14-3 (Spinal Nerves and Reflex) Ex. 14-4 (Autonomic Nervous System)	Chapter 13 Quiz Chapter 14 Quiz Lecture Quiz 4
14	Nov. 17 – Nov. 19	CH15: Special Senses-Eyes/Ears	Ex. 15-1 (Anat. Eye and Vision) Ex. 15-2 (Anat. Ear, Hearing & Equil.) Ex. 15-4 (Physio. General Senses)	Chapter 15 Quiz Exam 4
15	Nov. 24 – Nov. 26	No Lecture	Final Exam: In-Person	
16	Dec. 1 – Dec. 3	No Lecture	Lab Practical 2: In-Person	

Institutional Policies and Guidelines

Grade Appeal Process: Concerns about the accuracy of grades should first be discussed with the instructor. A request for a change of grade is a formal request and must be made within six months of the grade assignment. Directions for filing an appeal can be found in the student handbook <https://www.com.edu/student-services/student-handbook.html>. *An appeal will not be considered because of general dissatisfaction with a grade, penalty, or outcome of a course. Disagreement with the instructor's professional judgment of the quality of the student's work and performance is also not an admissible basis for a grade appeal.*

Academic Success & Support Services: College of the Mainland is committed to providing students the necessary support and tools for success in their college careers. Support is offered through our

Tutoring Services, Library, Counseling, and through Student Services. Please discuss any concerns with your faculty or an advisor.

ADA Statement: Any student with a documented disability needing academic accommodation is requested to contact:

Kimberly Lachney, Student Accessibility Services Coordinator

Phone: 409-933-8919

Email: AccessibilityServices@com.edu

Location: COM Doyle Family Administration Building, Student Success Center

Textbook Purchasing Statement: A student attending College of the Mainland is not under any obligation to purchase a textbook from the college-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer.

Withdrawal Policy: Students may withdraw from this course for any reason prior to the last eligible day for a “W” grade. Before withdrawing students should speak with the instructor and consult an advisor. Students are permitted to withdraw only six times during their college career by state law. The last date to withdraw from the 1st 8-week session is October 1. The last date to withdraw from the 16-week session is **November 14**. The last date to withdraw for the 2nd 8-week session is November 25.

FN Grading: The FN grade is issued in cases of *failure due to a lack of attendance*, as determined by the instructor. The FN grade may be issued for cases in which the student ceases or fails to attend class, submit assignments, or participate in required capacities, and for which the student has failed to withdraw. The issuing of the FN grade is at the discretion of the instructor. The last date of attendance should be documented for submission of an FN grade.

Early Alert Program: The Student Success Center at College of the Mainland has implemented an Early Alert Program because student success and retention are very important to us. I have been asked to refer students to the program throughout the semester if they are having difficulty completing assignments or have poor attendance. If you are referred to the Early Alert Program you will be contacted by someone in the Student Success Center who will schedule a meeting with you to see what assistance they can offer in order for you to meet your academic goals.

Resources to Help with Stress:

If you are experiencing stress or anxiety about your daily living needs including food, housing or just feel you could benefit from free resources to help you through a difficult time, please click here <https://www.com.edu/community-resource-center/>. College of the Mainland has partnered with free community resources to help you stay on track with your schoolwork, by addressing life issues that get in the way of doing your best in school. All services are private and confidential. You may also contact the Dean of Students office at deanofstudents@com.edu or communityresources@com.edu.

Nondiscrimination Statement:

The College District prohibits discrimination, including harassment, against any individual on the basis of race, color, religion, national origin, age, veteran status, disability, sex, sexual orientation, gender (including gender identity and gender expression), or any other basis prohibited by law. Retaliation against anyone involved in the complaint process is a violation of College District policy.