

Mr. Cook's Anatomy and Physiology Classroom Rules and Hints:

Come to class prepared.

Arrive on time

Bring all the supplies required (no locker trips)

Be respectful.

Treat others with compassion, in a manner you would like to be treated

**Cell phones are off or silenced and in
Assigned Cell Pouch**

Phones that are not silenced may be answered by myself, and interesting conversations may ensue!

Clean up after yourself.

Others should not have to share your mess.

Follow all lab safety rules.

Respect all lab equipment.

Report any broken lab equipment.

No open toed attire on lab days.

Planning period: 8th block

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Welcome Back!! I hope you had a great summer and are ready to get back to school and have a great time learning new things and seeing old friends. The following are some suggestions to increase the likelihood of your success in my class this year. Follow these suggestions and I can guarantee you'll have a fun and exciting year while learning at the same time.

Class Rules:

1. Be on time and prepared.
2. Listen while others are talking.
3. Respect other students, teachers and property.
4. Provide effort.
5. Have a sense of humor, if only a sense.

Grade Breakdown:

Your grade consists of a simple 30% / 70% breakdown. The 30% is made up of homework or assignments outside of class time, the 70% is broken into two groups projects/labs and tests/quizzes. This section will comprised of 30% project/labs and 40% tests/quizzes. The reason for this breakup is anything that falls into the 70% range can be redone or retaken once for a higher score

Grading scale and Finals:

100%-98%A+
97%-93% A
92%-90% A-
89%-87% B+
86%-83% B
82%-80% B-
79%-77% C+

76%-73% C
72%-70% C-
69%-67% D+
66%-63% D
62%-60% D-
59%-below F



Late Policy:

All work needs to be handed in on time! Classwork, homework, and labs will be accepted late, up until two weeks before the end of quarter, after that it will not be accepted. In order to hand in a late assignment the student must serve 30 min in 9th block per assignment. Extenuating circumstances will be taken into account.

Cheating: Incidences of cheating will result in a ZERO on the assignment or project and include (but are not limited to):

1. Having a cell phone out during a test for ANY reason.
2. Talking during a test or quiz or sharing answers.
3. Copying a homework assignment from a classmate. Sharing answers via technology (airdrop).
4. Plagiarism: copying written work from sources without proper citation

Absences - Make-up work from absences should be requested, make arrangements to make up tests before or after school. Tests are posted a week in advance, being absent the day before a test will not excuse you from the test.

Redo's:

A "Redo" is a second chance for you to show your knowledge and understanding of a particular concept. Each student is allowed one "Redo" per Test/ Summative/ Assessment per quarter. However, you must meet the following criteria in order to retake a Test/ Summative/ Assessment.

Criteria for "Redo"

1. NO missing assignments
2. Proof of mastery
3. Redo MUST be taken within **one week** of the test/quiz.
4. Can only be retaken once
5. The better grade of the two tests/quiz will be accepted and recorded.

Course Description: Anatomy and Physiology

Students in this class will be covering these topics:

Anatomy and Physiology 1

Course Objective: The study of biology contributes to the general cultural knowledge of the student. Beyond this, a course in physiology meets the needs of a more complete understanding of the basic principles of ones own body and its functions. Those students interested in health professions are introduced to the concepts which will provide them a foundation for further studies.



I. Organization of the Body

- A. Characteristics of life
- B. Organization of the body (organ systems)
- C. Body Cavities and Serous Membranes
- D. Planes of the body and body regions
- E. Maintenance of homeostasis
- F. Exploration of health careers

III. Tissues: Four Basic Types

- A. Location and function of the different types of tissue
- B. Identify epithelial, connective, muscle, and nervous tissue

IV. The Skeletal System (Charts and Skeleton)

- A. Microscopic structure of bone tissue
- B. Identify the bones of the body
- C. Compare difference between male and female skeletons
- D. Changes in bones during aging
- E. Articulation and different types of joints

V. The Muscular System

- A. Skeletal muscle cells - microscopic structures
- B. Identification of muscles - face, neck, arms, thorax, abdomen, and legs
- C. Basic principles of muscular contraction
- D. Identify the main muscles groups on the cat

VI. The Nervous System

- A. Microscopic structure of nerve cells (neuroglial cells)
- B. Two main divisions of the autonomic nervous system
- B. Nerve impulses (neurons) and action potential
- C. Brain - structure and function of individual parts
- D. Location of meninges and ventricles
- E. Identification of the 31 spinal nerves and 12 cranial nerves

F. Dissection of the sheep brain

Course Requirements:

1. Laptop
2. Writing utensil
3. Folder or 3 ring binder
4. A good attitude
5. Textbook

(<https://flexbooks.ck12.org/cbook/ck-12-college-human-biology-flexbook-2.0>)

Course Assignments:

Students will be exposed to various methods of learning: lectures, discussions, cooperative learning, videos, PowerPoint presentations, lab experiments, lab work, group projects, and many hands-on opportunities will be provided.

Most of the work assigned can be completed in class. If it is not completed then it will be homework. When an assignment is due, it is due. In-class assignments/homework will account for about 30% of the student's grade. Labs and projects will account for another 30%. Tests and Quizzes will account for the other 40%. In the days before a chapter test, we will complete a study guide or some type of review together in class. The majority of test questions stem from that study guide, class notes and labs.

These are some basic things that you can do to increase your chances for success in our classroom this year. If you have any questions please ask or leave me an email at mattcook@bellevue.k12.wa.us . I'm looking forward to a great school year!