

Course Information

Semester & Year: Fall 2020

Course ID & Section #: Human Physiology – D1085

Instructor's name: Jamie Jackson

Day/Time of required meetings: ONLINE

Course units: 4.0

Instructor Contact Information

Office location or *Online: ONLINE

Office hours: By Appointment

Phone number: (626) 768-8344 (TEXT ONLY)

Email address: jamie_jackson@redwoods.edu

Catalog Description

An organ system approach to the study of human physiology. Special emphasis is given to molecular and cellular mechanisms responsible for homeostasis. Labs include experiments on human subjects as well as computerized simulations of complex physiological processes. Note: This course is required for application to the CR nursing program

Course Student Learning Outcomes

1. Illustrate how the integration and regulation of organ systems affects the maintenance of homeostasis in the human body.
2. Relate the key functions of major organ systems with the cellular and molecular mechanisms that enable these functions.
3. Analyze examples of disease processes and relate them to aberrations of normal physiological function.
4. Utilize the process of science to design and carry out physiological experiments, analyze resulting data, and relate results to physiological principles.

Prerequisites/co-requisites/ recommended preparation

BIOL1 - General Biology

To succeed, students must be college ready and have a solid foundation in human biology. Ability to explain the structure and function of cells

including membrane structure, organelle function, and DNA and protein synthesis.

AND

Prerequisite

BIOL6 - Human Anatomy

To succeed, students must be college ready and have a solid foundation in human biology. Ability to recognize normal structure and describe basic

function of human tissues, organs, and organ systems.

AND

Prerequisite

CHEM1A - General Chemistry

To succeed, students must be college ready and have a solid foundation in human biology. Ability to invoke physical and chemical principles when

analyzing physiological processes.

AND

Prerequisite

ENGL150 - Precollegiate Reading and Writing

To succeed, students must be college ready and have a solid foundation in human biology. Ability to read and critically evaluate college-level

science textbooks, compose coherent written answers to exam questions, and write clear and concise lab reports.

OR

Prerequisite

BIOL1 - General Biology

To succeed, students must be college ready and have a solid foundation in human biology. Ability to explain the structure

and function of cells
including membrane structure, organelle function, and DNA and protein synthesis.

AND

Prerequisite

BIOL6 - Human Anatomy

To succeed, students must be college ready and have a solid foundation in human biology. Ability to explain the structure and function of cells

including membrane structure, organelle function, and DNA and protein synthesis.

AND

Prerequisite

CHEM2 - Introduction to Chemistry

To succeed, students must be college ready and have a solid foundation in human biology. Ability to invoke physical and chemical principles when

analyzing physiological processes.

AND

Prerequisite

ENGL150 - Precollegiate Reading and Writing

To succeed, students must be college ready and have a solid foundation in human biology. Ability to read and critically evaluate college-level

science textbooks, compose coherent written answers to exam questions, and write clear and concise lab reports.

Required textbooks

There are many ways you can purchase the required materials. Choose the one that seems best for you.

A textbook is required for this class. However, you have two textbooks to choose from. You do NOT need both. But please take a look at all the required materials before making your decision. The Silverthorn text can be bundled with the required lab software, PhysioEx.

Option 1- Human Physiology: An Integrated Approach, 8th edition by Dee Unglaub Silverthorn. This is a phenomenal physiology text. The images are excellent, the explanations are clear, and the content is comprehensive.

1. Purchase *any edition of the text* on Amazon https://smile.amazon.com/s?k=silverthorn+human+physiology&ref=nb_sb_noss ([Links to an external site.](#))
2. Purchase the text in varied formats (with or without the Mastering A&P study tool) directly from Pearson. Before making purchase decisions, you may want to check out the PhysioEx requirements, because there are some text/physioex packages available. <https://www.pearson.com/store/p/human-physiology-an-integrated-approach/P100000734798?tab=for-teachers> ([Links to an external site.](#))
 1. eText only ISBN 9780135212912 (\$44.99)
 2. eText + Modified Mastering (this comprehensive A&P study tool **also includes PhysioEx**, which we'll be using for labs. We won't be using the study tool for any assignments, but it might provide you with some valuable practice and support while using the text?), 18 month access, ISBN 9780134714868 \$94.99 (you can add a loose leaf book to this package for an additional \$44.99)
 3. Hardcover book ISBN 9780134605197 \$197.32
 4. Loose leaf book only ISBN 9780134704203 \$127.99

Option 2- Anatomy and Physiology: OpenStax. This is an excellent anatomy and physiology text. It is an Open Educational Resource, which means you can access the content for free. Because it covers both Anatomy and Physiology, you'll have to sort through the content a bit more than if you just purchased the Physio book above. But the price point is VERY compelling. Here are your options:

1. Access the book totally free at <https://openstax.org/details/books/anatomy-and-physiology> ([Links to an external site.](#)). There are many ways to consume the text including a [PDF download](#) ([Links to an external site.](#)).
2. Purchase a hard copy of the text (in color, ISBN 978-1-938168-13-0) at https://smile.amazon.com/Anatomy-Physiology-Kelly-Young-dp-1938168135/dp/1938168135/ref=mt_other?encoding=UTF8&me=&qid=1595194168 ([Links to an external site.](#))

PhysioEx™ 10.0 Laboratory Simulations in Physiology will be the backbone of our lab activities in this online class. There are several ways you can purchase this resource.

Option 1: Visit <https://register.pearsoncmg.com/reg/buy/buy1.jsp?productID=741511> (Links to an external site.) and pay \$29.99 for virtual access to the product.

Option 2: Purchase a hard copy of the lab book for \$47.99 that includes access to the simulations: ISBN-13: 9780136643746 <https://www.pearson.com/store/p/physioex-10-0-laboratory-simulations-in-physiology-plus-website-access-code-card-for-physioex-10-0---access-card-package/P100002815487/9780136643746> (Links to an external site.)

Option 3: You can also get PhysioEx in a package with the Silverthorn textbook. This option is described above in “eText + Modified Mastering” ISBN 9780134714868 \$94.99

Grade breakdown:

Grades

The purpose of grading is to get an idea of how well you are mastering the material in this course. They help you pinpoint troublesome topics that might trip you up in future courses. There are a billion grades in the gradebook, which means you have a billion opportunities to earn points and improve your grade. Everything in the gradebook is driven by your performance on the assessments in the course... and nothing else. In other words, it doesn't matter how much I love you... the grades you EARN on assignments will translate into the grade you EARN in the class. (But I do love you.)

I will use the following scale to determine the letter grade you earn in my class.			
100.0 - 93.00% = A	89.99 - 87.00% = B+	79.99 - 77.00% = C+	69.99 - 60.00% = D
92.99 - 90.00% = A-	86.99 - 83.00% = B	76.99 - 70.00% = C	< 59.99% = F
	82.99 - 80.00% = B-		

I do NOT bump grades higher than the exact percentage you earn. This means that there is no rounding up. Since grade- boundaries are by definition arbitrary, there is no good rationale for letting the boundaries slide; there will always be a cut-off and there will always be someone who is close, but not quite there. Be grateful for the BILLION opportunities you have to earn points as outlined in this syllabus. The grade reported in Canvas is the grade you will earn in the course.

Assessment

Your performance in the course will be assessed based on your execution of the following requirements. (NOTE: I do not accept late work at any time. My life is just too crazy to handle your late stuff. it will get lost. That said. if you turn something in before I get around to grading everything, then chances are excellent that I will actually accept it. So even if it is late, consider completing the assignments anyway. I'm a busy chica.you might just get lucky!)

• Discussions (10%)

There will be a discussion board for EVERY SINGLE video lecture you watch. Most weeks, that means you'll have TWO of these discussions. Contribute to the board in a meaningful and constructive way and you'll get full credit on these assignments. This is meant to simulate a traditional lecture setting, where questions can be asked and conversation takes place. The purpose of this board is to clarify the CONFUSING concepts in the day's video, as well as celebrate the COOL ones.

There are two parts to these discussions. FIRST- you must post an original thought, with a meaningful title, talking (briefly- 200 words or less) about something CONFUSING or COOL about the lecture. This original post is due by 11:59am- this is just before noon! Once you publish your original thoughts, the rest of the board will be unlocked, and you will find some PRACTICE QUESTIONS that I've posted. You'll also find the original posts of your classmates. By the final due date (11:59pm- just before midnight!), you must engage in a meaningful and constructive way by adding 4 more posts to the board. You can answer my questions, or respond to your classmates, or both. Make the board helpful for you!

For full credit, you must generate a total of 5 posts to add to the board. In addition, you must:

- submit an original post that is interesting and generates conversation

- submit the original post by the due date
 - submit at least one response that meaningfully and constructively engages with classmates
 - come back to the board and participate at least two separate times (with at least 2 hours between posts)
- Labs (20%)
Each week, there will be LABORATORY activities to complete using the PhysioEx 10.0 Lab Simulation. There is a total of 12 labs in the course in all. It is your responsibility to check the schedule and plan ahead. Once you have access to the PhysioEx lab assignment, you will follow instructions and document your lab work as outlined in the assignment within the lab notebook. In addition to your lab notebook, you will also have a LAB DISCUSSION board where you will talk about the lab.
 - Weekly Check-in (5%)
Each weekend (due Saturday night at 11:59pm), you will have some sort of metacognitive check-in assignment. Most weeks this will be a simple (and very BRIEF - 1 minute or less) video in which you answer some sort of question I pose. This is just an easy way for us to stay connected, which is a really important ingredient that helps me support your success in this class.
 - Weekly Online Quizzes (15%)
Administered through Canvas, these weekly quizzes will cover ALL lab and lecture material for the week. Every week, quizzes will be posted in MODULES. Quizzes will be due Saturday night by 11:59pm. No late quizzes will be accepted so it is not advised that you wait until 11:58 pm to complete the quiz. You may take the quiz twice, and I will keep the higher score. These are excellent practice for your exams. **BE AWARE: There are no make-up quizzes of any kind!**
 - Exams (50%)
There will be four midterm exams throughout the semester that cover material from both lecture and lab, as well as a comprehensive final exam. IF your score on the comprehensive final is higher than ANY of your other midterm scores, the lowest midterm score will be dropped and replaced with the final. BE AWARE: There are no make-up exams of any type, unless you have a verifiable, unavoidable and extreme circumstance.

Accessibility

Students will have access to online course materials that comply with the Americans with Disabilities Act of 1990 (ADA), Section 508 of the Rehabilitation Act of 1973, and College of the Redwoods policies. Students who discover access issues with this class should contact the instructor.

College of the Redwoods is also committed to making reasonable accommodations for qualified students with disabilities. If you have a disability or believe you might benefit from disability-related services and accommodations, please contact your instructor or [Disability Services and Programs for Students](#) (DSPS). Students may make requests for alternative media by contacting DSPS based on their campus location:

- Eureka: 707-476-4280, student services building, 1st floor
- Del Norte: 707-465-2324, main building near library
- Klamath-Trinity: 530-625-4821 Ext 103

During COVID19, approved accommodations for distance education classes will be emailed to the instructor by DSPS. In the case of face to face instruction, please present your written accommodation request to your instructor at least one week before the first test so that necessary arrangements can be made. Last-minute arrangements or post-test adjustments cannot usually be accommodated.

Support for online learners during COVID-19

In response to COVID-19, College of the Redwoods moved the majority of its courses online to protect health and safety. As the faculty and students adjust to this change, clear communication about student needs will help everyone be successful. Please let me know about any specific challenges or technology limitations that might affect your participation in class. I want every student to thrive.

Evaluation & Grading Policy

[Should include info such as final grade calculations, rubrics, late assignment policy, and other grading practices]

Admissions deadlines & enrollment policies

Fall 2020 Dates

- *Classes begin: 8/22/20*

- Last day to add a class: 8/28/20
- Last day to drop without a W and receive a refund: 9/4/20
- Labor Day (all-college holiday): 9/7/20
- Census date: 9/8/20 or 20% into class duration
- Last day to petition to file P/NP option: 9/18/20
- Last day to petition to graduate or apply for certificate: 10/29/20
- Last day for student-initiated W (no refund): 10/30/20
- Last day for faculty initiated W (no refund): 10/30/20
- Veteran's Day (all-college holiday): 11/11/20
- Fall break (no classes): 11/23/20-11/28/20
- Thanksgiving (all-college holiday): 11/25/20-11/27/20
- Final examinations: 12/12/20-12/18/20
- Semester ends: 12/18/20
- Grades available for transcript release: approximately 1/8/21

Students who have experienced extenuating circumstances can complete & submit the **Excused Withdrawal Petition** to request an Excused Withdrawal (EW) grade instead of the current Withdrawal (W) or non-passing (D, F & NP) grades. The EW Petition is available from the Admissions and Records Forms Webpage. Supporting documentation is required.

Academic dishonesty

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [College Catalog](#) and on the [College of the Redwoods website](#).

Disruptive behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [College Catalog](#) and on the [College of the Redwoods website](#).

Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.

Setting Your Preferred Name in Canvas

Students have the ability to have an alternate first name and pronouns to appear in Canvas. Contact [Admissions & Records](#) to request a change to your preferred first name and pronoun. Your Preferred Name will only be listed in Canvas. It does not change your legal name in our records. See the [Student Information Update form](#).

Canvas Information

If using Canvas, include navigation instructions, tech support information, what Canvas is used for, and your expectation for how regularly students should check Canvas for your class.

Log into Canvas at <https://redwoods.instructure.com>

Password is your 8 digit birth date

For tech help, email its@redwoods.edu or call 707-476-4160

Canvas Help for students: <https://www.redwoods.edu/online/Help-Student>

Canvas online orientation workshop: <https://www.redwoods.edu/online/Home/Student-Resources/Canvas-Resources>

Community College Student Health and Wellness

Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty and staff are available on the California Community Colleges [Health & Wellness website](#).

[Wellness Central](#) is a free online health and wellness resource that is available 24/7 in your space at your pace.

Students seeking to request a counseling appointment for academic advising or general counseling can email counseling@redwoods.edu.

Emergency procedures / Everbridge

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary in order to receive emergency alerts. Check to make sure your contact information is up-to-date by logging into WebAdvisor <https://webadvisor.redwoods.edu> and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions. For more information see the [Redwoods Public Safety Page](#).

In an emergency that requires an evacuation of the building anywhere in the District:

- Be aware of all marked exits from your area and building
- Once outside, move to the nearest evacuation point outside your building
- Keep streets and walkways clear for emergency vehicles and personnel

Do not leave campus, unless it has been deemed safe by the campus authorities.

Del Norte Campus Emergency Procedures

Please review the [Crescent City campus emergency map](#) for campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information see the [Redwoods Public Safety Page](#).

Eureka Campus Emergency Procedures

Please review the [campus emergency map](#) for evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information on Public Safety go to the [Redwoods Public Safety Page](#) It is the responsibility of College of the Redwoods to protect life and property from the effects of emergency situations within its own jurisdiction.

In the event of an emergency:

1. Evaluate the impact the emergency has on your activity/operation and take appropriate action.
2. Dial 911, to notify local agency support such as law enforcement or fire services.
3. Notify Public Safety 707-476-4111 and inform them of the situation, with as much relevant information as possible.
4. Public Safety shall relay threat information, warnings, and alerts through the Everbridge emergency alert system, Public address system, and when possible, updates on the college website, to ensure the school community is notified.
5. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet, (evacuation to a safe zone, shelter in place, lockdown, assist others if possible, cooperate with First Responders, etc.).
6. If safe to do so, notify key administrators, departments, and personnel.
7. Do not leave campus, unless it is necessary to preserve life and/or has been deemed safe by the person in command.

Klamath Trinity Campus Emergency Procedures

Please review the responsibilities of, and procedures used by, the College of the Redwoods, Klamath-Trinity Instructional Site (KTIS) to communicate to faculty, staff, students and the general public during an emergency. It is the responsibility of College of the Redwoods, Klamath-Trinity Instructional Site (KTIS) to protect life and property from the effects of emergency situations within its own jurisdiction.

1. In the event of an emergency, communication shall be the responsibility of the district employees on scene.
 - a. Dial 911, to notify local agency support such as law enforcement or fire services.
 - b. If safe to do so, notify key administrators, departments, and personnel.
 - c. If safe to do so, personnel shall relay threat information, warnings, to ensure the school community is notified.
 - d. Contact Jolene Gates 530-625-4821 to notify of situation.

- e. Contact Hoopa Tribal Education Administration office 530-625-4413
 - f. Notify Public Safety 707-476-4111.
2. In the event of an emergency, the responsible district employee on scene will:
- a. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet.
 - b. Lock all doors and turn off lights if in lockdown due to an active shooter or similar emergency.
 - c. Close all window curtains.
 - d. Get all inside to safe location Kitchen area is best internal location.
 - e. If a police officer or higher official arrives, they will assume command.
 - f. Wait until notice of all is clear before unlocking doors.
 - g. If safe to do so, move to the nearest evacuation point outside building (Pooky's Park), directly behind the Hoopa Tribal Education Building.
 - h. Do not leave site, unless it has been deemed safe by the person in command. Student Support Services (required for online classes)

Student Support Services

The following online resources are available to support your success as a student:

- [CR-Online](#) (Comprehensive information for online students)
- [Library Articles & Databases](#)
- [Canvas help and tutorials](#)
- [Online Student Handbook](#)

[Counseling](#) offers assistance to students in need of professional counseling services such as crisis counseling.

Learning Resource Center includes the following resources for students

- [Academic Support Center](#) for instructional support, tutoring, learning resources, and proctored exams. Includes the Math Lab & Drop-in Writing Center
- [Library Services](#) to promote information literacy and provide organized information resources.
- [Multicultural & Diversity Center](#)

Special programs are also available for eligible students include

- [Extended Opportunity Programs & Services \(EOPS\)](#) provides financial assistance, support and encouragement for eligible income disadvantaged students at all CR locations.
- The TRiO Student Success Program provides eligible students with a variety of services including trips to 4-year universities, career assessments, and peer mentoring. Students can apply for the program in [Eureka](#) or in [Del Norte](#)
- The [Veteran's Resource Center](#) supports and facilitates academic success for Active Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.
- Klamath-Trinity students can contact the CR KT Office for specific information about student support services at 530-625-4821