

BIOL 2301
Anatomy & Physiology I Lecture
Fall 2026



CREDIT

3 Semester Credit Hours

MODE OF INSTRUCTION

Face-to-Face

PREREQUISITE/CO-REQUISITE:

Passed the Reading/Writing Sections of TSI or any other accepted test.

Co-requisite Biol 2101

***PLEASE NOTE:** This 8-week course covers the same content as courses held during long semesters. Expect to spend considerable time each week completing the coursework in a compressed timeframe.

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.

COURSE OBJECTIVES

Upon successful completion of this course, students will be able to:

1. Use anatomical terminology to identify and describe the locations of major organs of each system covered.
2. Explain interrelationships among molecular, cellular, tissue, and organ functions in each system.
3. Describe the interdependency and interactions of the systems.
4. Explain contributions of organs and systems to the maintenance of homeostasis.
5. Identify causes and effects of homeostatic imbalances.
6. Identify modern technology and tools used to study anatomy and physiology.

CORE OBJECTIVES

1. **Critical Thinking Skills:** To include creative thinking, innovation, inquiry, analysis, evaluation, and synthesis of information
2. **Communication Skills:** To include effective development, interpretation, and expression of ideas through written, oral, and visual communication
3. **Empirical & Quantitative Skills:** To include the manipulation and analysis of numerical data or observable facts, resulting in informed conclusions
4. **Teamwork:** To include the ability to connect choices, actions, and consequences to ethical decision-making

INSTRUCTOR CONTACT INFORMATION

Instructor: Melanie Daleo

Email: mdaleo@lit.edu

Office Phone: 409-247-5323

Office Location: MPC Building, Office 216

Office Hours: See Starfish for Available Office Hours
[Click Here for Starfish](#)

REQUIRED TEXTBOOK AND MATERIALS

REQUIRED = Textbook - OpenStax Anatomy & Physiology Levels I and II

Anatomy and Physiology from OpenStax, Print ISBN 1938168135, Digital ISBN 1947172042,

[Click Here for OpenStax Anatomy & Physiology textbook](#)

Your textbook for this class is available for free online, and a print copy can be purchased online or obtained through Eagle Learning Essentials. [Click Here for Eagle Learning Essentials](#)

Supplemental = Textbook - WikiBooks – Human Physiology
https://en.wikibooks.org/wiki/Human_Physiology

ATTENDANCE POLICY

1. Lectures, classroom discussion, activities, and labs promote understanding of key concepts. Please try to avoid unnecessary absences. If you are absent, you must make up the work in the allotted time frame. Students must make up exams on the day they return and labs within one week of the absence, at a day and time scheduled with the instructor.
2. Late assignments will be accepted with a deduction as a late penalty, with the exception of interactive quizzes given at the beginning of class. Students will receive a zero for incomplete assignments.

DROP POLICY

If you wish to drop a course, you are responsible for initiating and completing the drop process by the specified drop date as listed on the [Academic Calendar](#) located on the college's [Student Success](#) web page. If you stop coming to class and fail to drop the course, you will earn an “F” in the course.

Tentative Calendar *Instructor reserves the right to modify as needed

Week:	To Do:	Due Date:
<u>Week 1</u> Aug 24th - 28th Introduction Directional Terms Study of Life <u>Total Video Time:</u> 18 minutes	☒ Discussion Board 1: Introduction ☒ Discussion Board 2: Netiquette ☒ Syllabus Quiz/Syllabus Acknowledgment ☐ Video Quiz: Introduction to Anatomy & Physiology (Chapter 1) [11 minutes] ☐ VQ: Directional Terms (Chp 1)[3 m 15 s] ☐ VQ: Body Planes (Chp 1) [1m 35s] ☐ VQ: Body Cavities (Chp 1) [1m 26s] ☐ Discussion Board 3: Regional & Directional Terms ☐ Look over instructions for Individual Project (Health Science Career Poster) due 09.18.26 ☐ Join a group for Group Project (Muscle Video) due 10.09.26	08.28.26 08.30.26
<u>Week 2</u> Aug 31st - Sep 4th Elements, Cells, Tissues <u>Total Video Time:</u> 22 minutes	☒ VQ: Elements of the Human Body (Chp 2) [1 m 52 s] ☒ VQ: Levels of Organization in the Body (Chp 3) [2m 45s] ☒ VQ: Cell Structure (Chp 3) [7m 22s] ☒ VQ: Tissues (Chp 4) [10m 43s] ☒ Work on Individual Project (Health Science Career Poster) due 09.18.26 ☒ Work on Group Project (Muscle Video) due 10.09.26	☐ 09.06.26 ☐
<u>Week 3</u> Sep 7th - 11th Integumentary System <u>Total Video Time:</u> 12 minutes	☐ VQ: Cell Membrane Structure& Function (Chp 5) [2m 9s] ☐ VQ: Integumentary System (Chp 5)[9m 40s] ☐ Discussion Board 4: Integumentary ☒ Quiz 1: Chapter 1 (Introduction), Chapter 2 (Elements), Chapter 3 (Cells), Chapter 4 (Tissues), Chapter 5 (Integumentary) ☒ DUE  Individual Project (Health Science Career Poster) due 09.18.26 ☐ Work on Group Project (Muscle Video) due 10.09.26	☐ 09.11.26 ☒ Quiz 1 opens 09.11.26 and closes 09.13.26

<u>Week 4</u> Sep 14th - 18th Skeletal System & Joints <u>Total Video Time:</u> 26 minutes	■ VQ: Skeletal (Chp 6) [7m 59s] ■ VQ: Axial vs. Appendicular Skeleton (Chp 7) [3m 19s] ■ VQ: What Bones Tell Us (Chp 8 [6m 26s] ■ VQ: Whose Bones Are These? (Chp 8) [7m 7s] ■ Discussion Board 5: Skeletal System Anatomy DUE: Individual Project (Health Science Career Poster) due 09.18.26 ■ Work on Group Project (Muscle Video) due 10.09.26	□ 09.20.26
<u>Week 5</u> Sep 21st - 25th Skeletal System & Joints Midterm Exam <u>Total Video Time:</u> 12 minutes	■ VQ: Introduction to Joints (Chp 9) [2m 52s] ■ VQ: Bones and Joints (Chp 9) [9m 22s] ■ Discussion Board 6: Joints Midterm Exam Opens 09.25.26 and Closes 09.27.26 (Chapters 1 - 9) DUE Group Project (Muscle Video) due 10.09.26 □	□ 09.24.26 Midterm due 09.27.26
<u>Week 6</u> Sep 28th - Oct 2nd Muscular System <u>Total Video Time:</u> 21 minutes	■ Discussion Board 7: Muscular System ■ VQ: Muscular System (Chp 10) [5m 59s] ■ VQ: How the Muscular System Works (Chp 11) [4m 45s] ■ VQ: Muscles (Chp 11) [10m 41s] DUE Group Project (Muscle Video) due 10.09.26 ■ Discussion Board 8: Gallery Walk - Post 2 Comments on Individual Poster Projects	□ 10.04.26 □
<u>Week 7</u> Oct 5th - 9th Nervous System <u>Total Video Time:</u> 20 minutes	■ VQ: Nervous System (Chp 12) [9m 22s] ■ VQ: Anatomy of the Nervous System (Chp 13) [10m 26s] ■ Discussion 9: Nervous System – Brain & Stress ■ VQ: Nervous System-Senses (Chp 14) [10m 32s] ■ Discussion 10: Divisions of Nervous System Quiz 2: Chapters 10 - 16 (Muscular & Nervous System) DUE: Group Project (Muscle Video) due 10.09.26	□ 10.08.26 Quiz 2 opens 10.09.26 and closes 10.11.26

<u>Week 8</u> Oct 12th - 16th FINAL EXAM	 FINAL EXAM Opens 10.13.26 and Closes 10.15.26 (Chapters 1 – 16)  Congratulations!! You made it!! Celebrate 🎉	 Final is <i>due</i> <i>10.15.26 by</i> <i>11:59 pm</i> □
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COURSE EVALUATION

Final grades will be calculated according to the following criteria:

1. Quizzes = 20%
2. Discussion & Participation = 10%
3. Individual & Group Project = 20%
4. Midterm & Final Exam = 30%
5. Assignments (Video Quizzes, etc) = 20%

Total = 100%

GRADING SCALE

- 90-100 = A
80-89 = B
70-79 = C
60-69 = D
0 – 59 = F

TECHNICAL REQUIREMENTS

For the latest technical requirements, including hardware, compatible browsers, operating systems, etc., review the Minimum Computer and Equipment Requirements on the [LIT Online Experience](#) page. A functional broadband internet connection, such as DSL, cable, or WiFi, is necessary to maximize the use of online technology and resources.

Quizzes and Exams in this course are administered through Blackboard. Exams will be administered with Respondus **LockDown Browser + Respondus Monitor (webcam)**

Requirements to take exams include:

- A reliable computer, desktop or laptop (phones, Chromebooks, tablets, and iPads are not allowed).
- Windows: 10, 8, 7
- Mac: OS X 10.10 or higher
- Adobe Flash Player (bundled with the LockDown Browser installation)
- Web camera (internal or external) & microphone
- A reliable internet service provider. A broadband internet connection.
- A room to take the exam where you are alone (other individuals in the room are not allowed)

Watch these overview videos to understand the tools you will be using to take the exam.

Respondus LockDown Browser: <https://www.youtube.com/watch?v=XuX8WoeAycs#action=share>

Respondus Monitor: <https://www.youtube.com/watch?v=hv2L8Q2NpO4 - action=share>

Respondus **LockDown Browser + Respondus Monitor (webcam)**

Download Instructions:

- Select the quiz or exam in the course
- Under Quiz Requirements, you will see "To take this quiz you must use the Respondus LockDown Browser"
- Below this, you will see: "You can use the button below if you have not already downloaded LockDown Browser". Click the button to go to the download page and then follow the instructions
- Use the link to download Respondus LockDown Browser to your computer; follow the installation instructions
- Return to the Quiz page in Brightspace (it may still be open in another tab) and select the quiz
- Select "Launch LockDown Browser"
- The quiz or exam will now start

Note: You only need to install LockDown Browser once on a computer or device. It will start automatically from then on when a quiz requires it.

Guidelines while taking online quizzes or exams:

- Ensure you're in a location where you won't be interrupted.
- Turn off all other devices (e.g., tablets, phones, and second computers) and place them outside of your reach.
- Before starting the test, know how much time you have and that you've allotted sufficient time to complete it.
- Clear your desk or workspace of all external materials not permitted - books, papers, other devices.
- Remain at your computer for the duration of the test.
- If your computer, Wi-Fi, or location differs from what you used for the "Webcam Check" and "System & Network Check" in LockDown Browser, run the checks again **before** the exam.
- To produce a good webcam video, do the following:
 - Avoid wearing baseball caps or hats with brims, or hoodies.
 - Ensure your computer or device is on a firm surface (a desk or table). Do NOT have the computer on your lap, a bed, or other surface where the device (or you) is likely to move.
 - If using a built-in webcam, avoid readjusting the screen tilt after the webcam setup is complete.
 - Take the exam in a well-lit room, but avoid backlighting (such as sitting with your back to a window)
- Remember that LockDown Browser will prevent you from accessing other websites or applications; you will be unable to exit the test until you complete and submit all questions.

The following violations during testing will result in a grade of zero or a reduction in points:

- Using technology or electronic devices, including but not limited to iPads, phones, smart glasses, earbuds, and smartwatches.
- Leaving the testing environment, or having your face/upper torso missing from the frame or obscured.
- Noises that might indicate external help.
- Any other questionable activities that indicate cheating.

DISABILITIES STATEMENT

The Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. LIT provides reasonable accommodations as defined in the Rehabilitation Act of 1973, Section 504, and the Americans with Disabilities Act of 1990, to students with a diagnosed disability. The Special Populations Office is located in the Eagles' Nest Room 129 and helps foster a supportive and inclusive educational environment by maintaining partnerships with faculty and staff and promoting awareness among all members of the Lamar Institute of Technology community. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator at (409)-951-5708 or email specialpopulations@lit.edu. You may also visit the online resource at [Special Populations - Lamar Institute of Technology \(lit.edu\)](https://www.lit.edu/specialpopulations).

STUDENT CODE OF CONDUCT STATEMENT

It is the responsibility of all registered Lamar Institute of Technology students to access, read, understand, and abide by all published policies, regulations, and procedures listed in the *LIT Catalog and Student Handbook*. You can access the *LIT Catalog and Student Handbook* at www.lit.edu. Please note that the online version of the *LIT Catalog and Student Handbook* supersedes all other versions.

ARTIFICIAL INTELLIGENCE STATEMENT

Lamar Institute of Technology (LIT) recognizes that recent advances in Artificial Intelligence (AI), such as ChatGPT, have changed the landscape of many career disciplines and will impact students both in and out of the classroom. To prepare students for their selected careers, LIT aims to guide them in the ethical use of these technologies and to incorporate AI appropriately into classroom instruction and assignments. Instructors determine appropriate use of these technologies. Students are reminded that all submitted work must be their own original work unless otherwise specified. Students should contact their instructor with any questions about the acceptable use of AI/ChatGPT in their courses.

STARFISH

LIT uses an early-alert system called Starfish. Throughout the semester, you may receive emails from Starfish regarding your course grades, attendance, or academic performance. Faculty members record student attendance, raise flags and kudos to express concern or give praise, and you can make an appointment with faculty and staff through the Starfish home page. You can also log in to Blackboard or MyLIT and click on the Starfish link to view academic alerts and detailed information. Students are responsible for monitoring these emails and Starfish information and considering the recommended actions. Starfish is used to help you be a successful student at LIT.

ADDITIONAL COURSE POLICIES

1. A Midterm and Final are required, both using Respondus LockDown Browser, with two attempts per assessment. The final score will be an **average of both attempts**.
2. Students will complete an individual project.
3. Students will complete a group project.
4. Late assignments will be accepted, but a late penalty will be applied.
5. Students are expected to follow the guidelines for testing in the 'Respondus Academic Integrity Policy'. The following violations during testing might result in a grade of zero or a reduction in points:
 - o Using technology or electronic devices, including but not limited to iPads, phones, smart glasses, earbuds, and smartwatches.
 - o Leaving the testing environment may result in a face being missing from or obscured in the frame.
 - o Noises that might indicate external help.
 - o Any other questionable activities that indicate cheating.

ACADEMIC DISHONESTY

Students found to be committing academic dishonesty (cheating, plagiarism, or collusion) may receive disciplinary action. Students must familiarize themselves with the institution's Academic Dishonesty Policy, available in the Student Catalog & Handbook at <http://catalog.lit.edu/content.php?catoid=3&navoid=80#academic-dishonesty>.

STUDENT EXPECTED TIME REQUIREMENTS

For every hour in class (or unit of credit), students should expect to spend at least two to three hours per week studying and completing assignments. For a 3-credit-hour class, students should prepare to allocate approximately six to nine hours per week outside of class in a 16-week session OR approximately twelve to eighteen hours in an 8-week session. Online/Hybrid students should expect to spend at least as much time in this course as in the traditional, face-to-face class.