

Welcome

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Anatomy & Physiology

Lets Start Here!

- I assume that everyone in this class is an adult.
- We have “shared responsibilities”
 - Be on time
 - Respect your classmates, support staff, and faculty
 - Prepare for lectures and labs

About AP at MC3

- This is a college level introductory anatomy and physiology course.
- This is not a comprehensive AP course. We will not cover all topics in the assigned textbook. You will need to learn the Science Department's Learning Objectives.
- Learning Objectives are designed for students interested in a career in the allied health care industry.
- I published a Web site online for you. The Web site provides all the basic information that you need to know for this class.
- If you need a more comprehensive understanding of human physiology then you will find extra in-depth content on the Web site and in the textbook.

Lecture Conduct

- › Beverages are allowed in the lecture room. However, no food or snacks are allowed in the lecture room.
- › All phones and computers shall be put away before you come into the lecture room.
- › Once the lecture starts, the instructor has the floor.
- › Students are not allowed to “cross talk” during the lecture.
- › Students are encouraged to ask question. If you have a question then raise your hand so I can yield the floor to you.
- › Students need to be alert. If you fall asleep in the class then you will be asked to leave the room.

Lab Conduct

- No beverage, food, or snacks are allowed in the lab.
- You are required to wear gloves while in lab. These gloves will be provided for you to wear.
- You may use your cell phones and computers in lab to as study aids. (However, if you are having a conversation with the phone then please leave the room.)
- You must prepare for lab at home so you have a clear goal for the lab objectives you want to identify during the session. Don't come to lab and use your lab time to get organized.
- Your lab instructor is a “facilitator”. This means instructors are not expected to lecture during the lab but answer student's questions and help students identify lab objectives. So, students need to ask for help!

Expectations

- › You should have expectations about your professor. I assume that you want a professor who is knowledgeable, passionate, and dedicated to helping you achieve your career goals. You should also expect that your professor will be on time and be prepared for their lecture and lab courses. This is my promise to you.
- › I too may have expectations about my students. I assume that you are passionate and curious about learning anatomy and physiology. I also assume that you will follow the MEA recommendation. The MEA bench mark is three hours study time for each lecture hour. If you factor in lab preparation then a reasonable expectation is **Two to Three Hours** per day, seven days a week. (Note: this is for a standard 16 week semester!)
- › If students do not have a solid science background then they should expect to spend more than two hours per day to keep up with the class.
- › If you are not willing to do this then it is unlikely you will be able to earn an “A” in this class or a passing grade.

MC3 Open Enrollment Policy

- › This is a good policy because anybody can take the class.
- › This is a bad policy because anybody can take the class. Even if the person does not have the prerequisite knowledge to understand the material.
- › If you have no knowledge about biology, chemistry, physics, or math then this is going to be a challenging class for you. You can earn an “A” but you will have to dedicate yourself to learning the prerequisite knowledge that you lack while you learn anatomy and physiology.
- › This also means that everybody is starting at a different knowledge levels. It is like running a race where everyone starts the race at a different starting line. Some students start this class already having a four year degree and need to take this class to complete an entrance requirement for another program. There may be other students who have not had a science class in 20 years. Everyone is welcome to take the clas and everyone can learn and earn an “A” in my AP.

What is my most difficult task?

- › My most difficult task is to **get you to use your imagination**
- › You need to apply what you already know about your body to the topics we cover in our physiology lectures.
- › This means you must focus on all your bodily actions throughout the day and think in terms of the “structure and function” of that action.
- › How do you move, when and why do you eat, what is a memory, how do you know where you parked your car, why do you fall asleep, why do you wake up, what are you thinking right now and how do you recall this moment, and much much more. You need to be “passionately curious”.
- › This is also very important. You need to trust me. Everything that I ask you to do is only to help you achieve your career goal. If you do everything that I ask of you to do, then you will leave my class with a solid understanding of human physiology and you should have an “A”.
- › My Best Advice For You: “Preparation + Opportunity = Success”