

Welcome

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An anatomical illustration of a human torso, rendered in a glowing blue, semi-transparent style. The ribcage, spine, and shoulder blades are visible. In the center, a realistic, glowing red heart is shown. Overlaid on the image are several bright blue ECG (heart rate) lines, which appear to be scanning or monitoring the body. The overall aesthetic is futuristic and medical.

Anatomy & Physiology

My Opening Comments

- I assume everyone is an adult.
- 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.
- ♦ It is designed for students interested in a career in the allied health care industry.
- ♦ I have designed an online student resource platform. It has all the basic information you need to know for this class. However, if you are looking for a more comprehensive understanding of human physiology then you will find extra in-depth content.

Lecture Conduct

- › All phones and computers should 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 or food in the lab.
- Wash your hands before coming into the lab. Follow all lab regulations (see separate handout).
- You may use phones and computers in lab. (If you are having a conversation with the phone then please leave the room.)
- You must prepare for lab by having clear goals for the lab objectives you want to identify during the session. Don't come to lab and use your lab time to get organized.
- The lab instructor is a “facilitator”. This means instructors are not expected to lecture during the lab but are suppose to answer students questions and help students identify lab objectives.

Our Expectations

- › You should have expectations about your professor. So I am assuming that you want a professor who is knowledgeable, passionate, and dedicated to helping his or her students achieve their goals. You should also expect that your professor will be on time and prepared for their lecture and lab course. This is my promise to you.
- › I too should have expectations about you. So I am assuming that you are passionate and curious about learning anatomy and physiology. I am also assuming that you will follow MEA recommendation about how much study time a student must set aside for each hour in lecture. The MEA bench mark is three hours for each lecture hour. If you factor in lab preparation then a reasonable expectation is TWO HOURS per day, seven days a week.
- › If students do not have a solid science background then they should expect to spend more than two hours per day.
- › If you are not willing to do this then it is unlikely you will be able to earn an in my class.

MC3 Open Enrollment Policy

- › It is good because anybody can take the class.
- › It is bad because anybody can take the class. Even if the person does not have the prerequisite knowledge to understand the material.
- › If you have no understanding in the fields of 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.
- › This also means everybody is starting a different levels. There may be students who already have a degree and take this class to complete an entrance requirement. There may be other students who have not had a science class in 20 years. Everyone is welcome. And everyone can learn AP.

What is my most difficult task?

- My most difficult task is to get you to think. You need to apply what you already know to what we cover in lecture about the functions of the human body.
- This means you must focus on all your bodily functions .
- This means you must think about how you move, when you eat, what is a memory, why you fall asleep, and much more. You must be curious.
- I need you to trust me. If you do exactly what I ask of you, then you will leave my class with a solid and meaningful understanding of human physiology.
- Preparation + Opportunity = Success