

# Instructor Reflections and Remarks

## on a Full Semester Course

### *in Anatomy and Physiology I*

#### **INTRODUCTION**

So, what can you expect in Anatomy and Physiology I? Here are a few points:

Anatomy and Physiology is a language; you will be introduced to a wide range of new vocabulary and need to use it accurately.

Anatomy and Physiology is a mental workout; you will make new connections and let go of old ideas, which can challenge your world (or career) view. However, building a strong foundation and understanding in any new field requires effort.

Anatomy and Physiology is an adventure; we will explore material and topics that may have never been considered before. Expect to be enlightened.

With that said, you will need to STUDY HARD!!

But I am here to help. To clarify, I cannot do your work for you, but I am here to encourage and guide you with techniques to master the material. You will want to plan your daily routine to spend several hours each day working toward mastering the course content.

#### **TIME MANAGEMENT AND CAREER GOALS**

We all come from different backgrounds, with varying work commitments and perhaps family responsibilities that need to be maintained. With many demands on our time and resources, adding another major activity can sometimes be challenging. For example, dedicating several hours daily to study can seem overwhelming for some, but it is a crucial step that must be addressed promptly with a clear decision if success is to be achieved.

Two key blocks of time need to be prioritized:

1. Several hours should be devoted to instructional presentations and resources provided for each module. During this time, the module content will be reviewed, and notes will be prepared.
2. Mastery of the material will also require additional review and study in preparation for scheduled assessments.

With this in mind, I encourage you to discuss your educational needs with those important in your life, especially at this stage of your career development. I also recommend carefully evaluating all time-consuming activities and making appropriate adjustments aligned with your career goals. The word “priorities” comes to mind here.

## **COURSE STRUCTURE and INSTRUCTIONAL METHOD**

This course is divided into several topical units or modules. Each module has specific instructional goals; therefore, most units will be assessed separately. Access to the goals and assignments for each unit can be found under the course contents folder on Blackboard. Assessments will be through exams scheduled on the dates and times listed on the syllabus. Please note that exam dates are target dates, and adjustments may be made based on the progress of the lecture sequence.

FOR EACH UNIT YOU WILL BE EXPECTED TO:

- Master the anatomy outlined in the lecture materials.
- Master physiological themes, concepts, and processes related to the anatomy.

With all this said, I am confident that you will find this course both challenging and enlightening. It will be well worth the effort you invest.

Get ready to STUDY HARD!!!