

PSIO 202: Human Anatomy and Physiology II

Syllabus and Schedule Spring 2024

PSIO 202 Section 1&2 Course Instructors:

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**The weekly lab schedule and TA office hours are available on the D2L website. Please note that TA office hours are communal across lab sections: i.e., Any student can attend any TA's office hours for assistance with lab material.*

Course Description:

PSIO 202 students build upon what was learned in PSIO 201, and continue their study of the structure, function and organization of the human body. Topics include the structure and function of the cardiovascular, respiratory, lymphatic, endocrine, digestive, urinary and reproductive systems. Students also improve their understanding of cell physiology, which underlies the function of each of these organ systems. Course activities include weekly lectures and a weekly laboratory (including histology, physiological models and experiments); course assessments include exams, quizzes and worksheets designed to assess completion of and comprehension of laboratory activities. This course was designed for majors in physiology, biology and health professions, but is appropriate for anyone wishing to understand how the human body functions.

Course Prerequisites:

In order to enroll in PSIO 202, students must pass PSIO 201 with a grade of D or higher.

Important note to Physiology Majors: PSIO 201 and PSIO 202 are gateway courses for the major. Students must earn a C or better in both courses to subsequently register for upper division courses in the Physiology Major.

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Course Objectives:

1. To understand generally the organization, structure and function of the various organ systems of the body, and to have a better understanding of what happens when these systems fail.
2. To review fundamental principles of cell physiology.
3. To learn specifically about the anatomy and physiology of the cardiovascular, respiratory, lymphatic, endocrine, digestive, urinary and reproductive systems.

Expected Learning Outcomes:

Students completing this course should be able to:

1. Identify the structure and understand the normal function of seven different organ systems of the body, and better understand what happens when these systems do not function properly.
2. Identify the components of the cardiovascular system and their function; discuss heart mechanics and control of cardiac output; discuss hemodynamics and control of blood pressure and flow; and discuss the physical properties and functions of blood as well as its formed elements.
3. Identify components of the respiratory system; discuss lung mechanics, ventilation and lung volumes; discuss gas exchange and transport; and understand the regulation of respiration.
4. Identify the components of the lymphatic system, and discuss non-specific resistance to disease as well as immunity.
5. Identify the components of the endocrine system; understand the principles of action of hormones; and discuss the endocrine functions of the hypothalamus, anterior pituitary, posterior pituitary, thyroid, adrenal glands and endocrine pancreas.
6. Identify the components of the digestive system, their organization and function; understand neural and endocrine control of digestive processes; and explain the metabolism of carbohydrates, lipids and proteins.
7. Identify the structures of the urinary system; understand the physiological processes performed by nephrons and the neural and endocrine control of those process; and explain the physiology of water balance.
8. Identify the anatomy & physiology of the male and female reproductive system; discuss the female reproductive cycles; and explain the major events and structures of pregnancy and prenatal development.
9. Develop skills in the physical manipulation of materials, including (pig) heart and kidney dissection, microscopy, and experiments which demonstrate physiological concepts (such as spirometry, urinalysis, and blood sugar regulation).
10. Develop improved critical thinking skills, as well as be able to integrate across systems (i.e., to understand how one physiological system affects another).
11. Be able to make better-informed decisions about their health.

Required Materials:

- 1) *Anatomy and Physiology: The Unity of Form and Function, Saladin, 9th edition (Inclusive Access*)*
- 2) McGraw-Hill Connect for pre-labs, SmartBooks, vLabs, Practice Atlas and A&P Revealed (Inclusive Access*)
- 3) Posted slides and materials for lecture and laboratory – available on D2L

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**Our course is participating in Inclusive Access, a program designed to deliver digital course materials at a reduced cost. Access for all students to McGraw Hill's Connect platform (where resources such as the eTextbook, Practice Atlas, A&P Revealed and virtual labs can be found) begins the first week of class, with the option to opt-out of purchasing McGraw Hill materials through the drop/add day. Links to eTextbook chapters are embedded in D2L but will only remain active after the drop/add day for students who opt-in.*

Technology Requirements:

- 1) Reliable internet access
- 2) Access to a computer that meets the [system requirements for D2L](#)
- 3) It is each student's responsibility to maintain daily access to technology requirements. Please see the [University's Tech Resources for Online Learning](#) if you have concerns about meeting technology requirements.

Optional Materials:

- 1) *A Visual Analogy Guide to Human Anatomy and Physiology, Krieger, 1st or 2nd editions*
- 2) *Photographic Atlas of the Human Body, Tortora*

Adding/Switching sections:

Adding and/or switching lab sections will be permitted until Wed Jan 17th only by contacting the lab coordinator, Aiden McRobbie-Johnson at amcrobbiejohnson@arizona.edu. However, please note that students can only be added to or switched to lab sections that are not already full. Please check section availability in UAccess before contacting Aiden.

Attendance and Absence Policy:

Regular lecture and laboratory attendance is essential to student success in this course. If a student misses a lecture or lab, he or she is responsible for reviewing posted slides, completing readings, and communicating with classmates regarding missed content or materials. **Any student who is absent from the first lab will be administratively dropped from the course.** If your absence is unavoidable, you must communicate with your TA in advance of the first lab to discuss a potential resolution to this drop policy.

Please note that copying a classmate's lecture notes does not replicate the learning experience of actually being present in the lecture hall; we strongly recommend students additionally come to instructor office hours to review concepts they missed if an absence is unavoidable. Note that instructors and TAs will not give out lecture outlines or lab notes beyond what he or she posts on D2L.

Due to the hands-on nature of laboratory activities, lab attendance is essential for successful completion of this course. **Any student who misses three laboratory sessions will be administratively dropped from the course.** Students who have concerns regarding this policy should contact the course director prior to the third laboratory absence.

Make-up labs will not be available except in the case of a school holiday. Martin Luther King Day (Monday, Jan 15th) is a school holiday and no labs will be held that day. Students registered for Monday labs will attend a makeup lab on Thurs Jan 11th or Fri Jan 12th. Details will be given on D2L the first day of class.

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UA's policy concerning Class Attendance and Participation, and Administrative Drops is available at: <https://catalog.arizona.edu/policy/class-attendance-and-participation>. The UA policy regarding absences for any sincerely held religious belief, observance, or practice will be accommodated where reasonable. Absences pre-approved by the UA Dean of Students (or Dean Designee) will also be honored.

Health and Safety Considerations: If you feel sick or need to isolate or quarantine based on [University protocols](#), please stay home. Except for seeking medical care, avoid contact with others and do not travel, for the protection of other students and our teaching staff. Email your TA in advance of any lab you will miss (or ASAP afterwards) with an explanation of your absence. Note that assignment due dates for online assignments (e.g., prelabs) will not be extended; they remain due on the date associated with your scheduled lab time to earn full credit. If you must miss the equivalent of more than one week of class, please contact the Dean of Students Office (DOS-deanofstudents@arizona.edu) to share documentation about the challenges you are facing.

Course Exams:

There will be five lecture exams and four lab practicals this semester. Exams will be held at 8 am on Friday Feb 2nd, Wednesday Feb 28th, Friday April 5th, Friday April 26th, and Wednesday May 8th. The first four lecture exams will cover all material presented in a given block (non-cumulative), and the final exam will be cumulative. Lecture exams will be multiple choice*. Lab practicals will be proctored and given during scheduled lab times. They will include practical lab questions (ID + function), questions on histology, questions on clinical applications, and questions to determine comprehension of home experiments and lab worksheets. *Please see the last two pages of the syllabus for all exam dates and lab practical dates.*

Make-up exams will only be given under extreme circumstances, and the course director must be notified prior to the exam for consideration of a makeup.** Makeup exams will consist of a combination of multiple choice, multi-select, fill-in-the-blank, matching, and short answer questions—and will be offered 2 class periods after each exam (i.e., the Wednesday following a Friday exam). Makeups will be offered during class-time (8 am) and only students with a documentable conflict will be offered a makeup at any other time. As noted earlier, the course director must be notified prior to the exam, or as soon as possible after the missed exam in the most extreme of circumstances, for consideration of a make-up exam. ***If you fail to contact the course director about the missed exam within 24 hours of the exam start time, a grade of zero will be recorded and not changed. Making personal travel plans that coincide with an exam date is not considered an extreme circumstance and is thus not a justification for a make-up exam.

Other Course Components and Deadlines:

In addition to exams and practicals, PSIO 202 students will also earn points by taking a syllabus quiz, lecture quizzes, completing prelab assignments, taking laboratory quizzes and completing interactive eText assignments ("SmartBooks"). Optional virtual labs are also available on D2L.

The syllabus quiz will open on D2L by Wednesday Jan 10th by 5 pm and will be open until Wednesday Jan 17th at 10 pm. The syllabus quiz is intended to encourage students to read the syllabus and comprehend course expectations at the start of the semester.

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There will be eight lecture quizzes worth 10 points each (two per block). These will be on D2L, will typically open on alternating Mondays, and will typically close on Thursday nights at 10 pm. The exception will be lecture quiz 4, which will close on Tues Feb 27th (LQ4; due the night before Exam 2).

There are ten pre-lab assignments worth 5 points each. They are called “PreLab Qs”, and are due at 11:59 pm on the Sunday before each lab. No makeups will be allowed for missed or late pre-lab assignments. If you miss a pre-lab, the missed pre-lab assignment will be considered as your one dropped pre-lab assignment (even in the event of an excused absence). However, please note that pre-labs can always be turned in in advance of labs.

There are six 15-minute laboratory quizzes worth 15 points each. All lab quizzes will be given in lab, with roughly 80% of the quiz testing students on material from the previous lab session and roughly 20% of the quiz testing students on materials for the current lab session. Because these are generally given at the beginning of lab, it is essential that you not be late for lab.

SmartBook assignments are interactive eText assignments that will help students review textbook concepts, and are worth 5 points each. Each student receives points for doing 5 SmartBooks; the rest are optional. SmartBooks are due at the end of each block at 11:59 pm.

Lab Activity Participation will vary each week, and will reflect student engagement in each week’s lab activities. Clinical Studies will introduce students to problem solving and integration of systems covered in PSIO 201 and PSIO 202. They will be explained by TA’s in the middle of the semester (circa Lab 4).

Online Lab Modules and Virtual labs are optional. Online Lab Modules will help students practice lab concepts, and Virtual Labs (vLabs and pLabs) are Connect assignments that will help students integrate course concepts and develop and practice critical thinking skills.

All activities are to be **completed individually**. Assignments and assessments will include components graded for participation (completion), and portions that are graded for accuracy (to assess student comprehension of the activity).

Grades:

There are 1000 points possible during the semester, distributed as follows:

Exams 1-4	4 @ 100 points = 400	40%
Final Exam	1 @ 125 points = 125	12.5%
Lab Practicals	4 @ 50 points = 200	20%
Syllabus Quiz	1 @ 6 points = 6	0.6%
On-line Lecture Quizzes	8 @ 10 points = 70	7% *lowest 1 dropped
SmartBook Assignments	5 @ 5 points = 25	2.5%
Pre-Labs	10 @ 5 points = 45	4.5% *lowest 1 dropped
In-Class Lab Quizzes	6 @ 15 points = 75	7.5% *lowest 1 dropped
Lab Activity Participation	10 @ 3 points = 24	2.4% *lowest 2 dropped
Clinical Studies	= 30	3%
TOTAL POINTS	= 1000 points	= % of course grade

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Grades are determined as the percentage of points accumulated during the semester. Total points available are 1000. If a student accumulates 90% of the total points or more, he or she will receive an "A" for the course. Similarly, <90% to 80% is a B, <80% to 70% is a C, <70% to 60% is a D, and <59% is an E. A curve will not be used unless the entire class performance warrants it, which will be determined at the end of the semester. **All students may be offered extra credit for surveys. No additional extra credit will be offered to individual students, so please do not ask.** TAs keep a record of grades earned throughout the semester. If you have any questions about your grades you should first contact your TA, then discuss further concerns with Dr. Lease.

Note about grade appeals: It is the student's responsibility to check and make sure that their recorded grade is the correct grade. Students are required to keep their exam score forms, practicals and quizzes for the semester. Problems related to grading must be addressed **before the next scheduled exam** and not at the end of the semester. For final grades, please contact the course coordinator within 2 weeks of the final exam date.

INCOMPLETES: University policy states that an incomplete shall only be assigned if a student has successfully completed at least 80% of course requirements with a passing grade. If a student has a valid reason which makes completing the remaining 20% of the course impossible at the end of the current semester, an incomplete may be warranted. In this case, the student should discuss this option with the coordinator before the end of the term. After reporting final grades to the registrar's office, a grade of incomplete is not possible. Note that if a student stops attending class and fails to drop or withdraw, a final grade of "E" will be recorded with the registrar's office. *It's the responsibility of the student to drop the course if he or she decides to do so.*

Note to Pre-Physiology (PRP) Majors: PSIO 201 and PSIO 202 are gateway courses for the major. **Students must earn a C or better in both courses to subsequently register for upper division courses in the Physiology major.**

Academic Integrity:

Students are encouraged to share intellectual views and discuss freely the principles and applications of course materials. However, **graded work / exercises must be the product of independent effort** unless otherwise instructed. Students are expected to adhere to the UA Code of Academic Integrity, as described in the UA General Catalog.

*The U of A Code of Academic Integrity places full responsibility on the student for the content and integrity of all academic work submitted in the form of quizzes, examinations, laboratory practicals, and others. The student is responsible for following the guidelines listed in the syllabus and those presented by the instructor at the beginning of the exam. **The following are examples of unacceptable behavior:** looking at another student's exam, leaving course materials out instead of putting them out of sight, having any electronic devices on during the exam, removing an exam from the classroom, plagiarism and lazy writing. Selling class notes and/or other course materials to other students or to a third party for resale is not permitted without the instructor's express written consent. Video recording of lectures is also not permitted without the instructor's express written consent. Removal of exams is also in violation of the code of academic integrity. All exams are the property of the Department of Physiology and may not be removed from the classroom or study centers. If you are having difficulty with the class, contact your TA or the course instructor for assistance.*

If a student is involved in unacceptable behavior that is deemed to be dishonest behavior by the PSIO 202 faculty and TAs, the Dean of Students office will be notified and the following sanctions will be applied: the student will lose credit for the exam (grade of zero), and a notation of dishonest behavior can be added to the

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student's transcript. A copy of the Code of Academic Integrity can be found at <http://deanofstudents.arizona.edu/codeofacademicintegrity>. Every student should take the time to read it.

Problem Solving:

If you have a problem, question, complaint or concern the first person to contact is your TA. If the problem cannot be resolved with your TA, please contact Dr. Lease (psio202director@arizona.edu) and/or Aiden McRobbie-Johnson (amcrobbejohnson@arizona.edu). If you have a question about lab content, please come to communal TA office hours and/or email your TA. If your TA is unable to answer a question about lab content or logistics, students may also email the lab coordinator (amcrobbejohnson@arizona.edu). If you have a question about lecture content, please contact the course instructor for the relevant block.

As a student, you may also sometimes experience problems with your mental health that can interfere with academic experiences and negatively impact daily life. If you or someone you know experiences mental health challenges, please contact Counseling and Psych Services (CAPS) at Campus Health by calling 520-621-3334. CAPS is committed to helping students thrive personally and academically. You can learn more about the confidential services available through CAPS at <https://health.arizona.edu/counseling-psych-services>. Remember that getting help is a smart and courageous thing to do—for yourself, for those you care about, and for those who care about you!

Anatomy and Physiology on D2L:

Course materials will be posted on the University of Arizona D2L site <http://d2l.arizona.edu/>. There you will find the course syllabus, lecture and lab schedules, lecture and lab slides and assignments and eText access. Please check D2L often for announcements.

Accessibility and Accommodations:

It is the University's goal that learning experiences be as accessible as possible. If you anticipate or experience physical or academic barriers based on disability or pregnancy, please let the course coordinator know immediately to discuss your options. You are also encouraged to contact Disability Resources (520-621-3268) to establish reasonable accommodations. Please be aware that the accessible table and chairs in this room should remain available for students who find that standard classroom seating is not usable.

If you are in the Disability Resource Center program at the University of Arizona, it is your responsibility to identify yourself to your TA one week in advance in order to receive any special accommodations for a practical exam. Your TA will explain our testing policies. You must make sure that you are not only registered with the DRC but also request DRC accommodation specifically for the PSIO 202 course and lab section.

Class Conduct:

It is expected that all class members will exhibit respectful and courteous behavior in their words and actions during all class sessions, in person and virtual, and in all interactions with other students, faculty, graduate teaching assistants, and departmental staff members. Respectful and courteous behavior includes all of the following actions:

- Silencing microphones, phones and other electronic devices when entering the classroom (including when entering a Zoom live online classroom, if warranted this semester).
- Arriving to lab on time so that the class session is not interrupted by late entry

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- Avoiding unkind, tactless, or rude comments to others and refraining from threatening behavior (See: <http://policy.arizona.edu/threatening-behavior-students>)
- Following the University of Arizona "Student Code of Conduct" (See: <http://deanofstudents.arizona.edu/student-code-conduct-student-faqs>)

Subject to Change Policy: Policies and information contained within the course syllabus, other than the grade and absence policy, are subject to change. Students will be given advance notice of any such changes.

Lecture and Lab Schedules can be found on the following pages!

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Lectures:
Daily at 8 am
ENR2

PSIO 202 LECTURE SCHEDULE

Lecturers:
Dr. Banek (1&2)
Dr. Lease (3&4)

Block	Lecture Date	week day	TOPIC COVERED	Saladin	
Block 1	10-Jan	W	Course Overview & Intro to the Cardiovascular System	Ch 19	
	12-Jan	F	Cardiovascular – The Heart: Conduction system	Ch 19	
	15-Jan	M	MLK DAY (no classes)		
	17-Jan	W	Cardiovascular – The Heart: ECGs, pacemaker, & cardiac APs	Ch 19	
	19-Jan	F	Cardiovascular – The Heart: Mechanics and cardiac output	Ch 19	
	22-Jan	M	Cardiovascular – Control of heart rate	Ch 19	
	24-Jan	W	Cardiovascular – Hemodynamics: Capillary exchange	Ch 20	
	26-Jan	F	Cardiovascular – Hemodynamics: Pressure, flow, resistance	Ch 20	
	29-Jan	M	Cardiovascular – Control of blood pressure and flow	Ch 20	
	31-Jan	W	Blood: Physical properties, RBC's , WBC's, platelets	Ch 18	
		2-Feb	F	EXAM 1	Ch 18
	Block 2	5-Feb	M	Respiratory System – Introduction and gross anatomy	
7-Feb		W	Respiratory – Mechanics and lung volumes	Ch 22	
9-Feb		F	Respiratory – Gas exchange I	Ch 22	
12-Feb		M	Respiratory – Gas exchange II	Ch 22	
14-Feb		W	Respiratory – Control of breathing	Ch 22	
16-Feb		F	Intro to the Immune System, Lymphatic System	Ch 22	
19-Feb		M	Immune – Immunity: Non-specific resistance to disease	Ch 21	
21-Feb		W	Immune – Immunity: Cell-mediated	Ch 21	
23-Feb		F	Immune – Immunity: Cell-mediated	Ch 21	
26-Feb		M	Immune – Immunity: Antibody-mediated	Ch 21	
		28-Feb	W	EXAM 2	Ch 21
Block 3		1-Mar	F	Endocrine System – Introduction	
	4-Mar	M	spring break		
	6-Mar	W	spring break		
	8-Mar	F	spring break		
	11-Mar	M	Endocrine – Hypothalamus and anterior pituitary	Ch 17	
	13-Mar	W	Endocrine – Posterior pituitary and thyroid	Ch 17	
	15-Mar	F	Endocrine – Adrenal glands and pancreas	Ch 17	
	18-Mar	M	Digestive System – Introduction and GI histology	Ch 17	
	20-Mar	W	Digestive – Upper GI tract and stomach	Ch 25	
	22-Mar	F	Digestive – Small intestine and pancreas	Ch 25	
	25-Mar	M	Digestive – Liver, gall bladder and large intestine	Ch 25	
	27-Mar	W	Digestive - Regulation	Ch 25	
	29-Mar	F	Metabolism I	Ch 25	
		1-Apr	M	Metabolism II	Ch 26
	Block 4	3-Apr	W	Urinary System – Introduction / Kidney anatomy	Ch 26
		5-Apr	F	EXAM 3 *up to metabolism	
8-Apr		M	Urinary – Glomerular filtration	Ch 23	
10-Apr		W	Urinary – Tubular reabsorption and secretion	Ch 23	
12-Apr		F	Urinary – Concentrating mechanisms	Ch 23	
15-Apr		M	Urinary – Water balance; Micturition	Ch 23	
17-Apr		W	Reproductive – Male anatomy and physiology	Ch 23	
19-Apr		F	Reproductive – Female anatomy and physiology	Ch 27	
22-Apr		M	Reproductive – Female reproductive cycle	Ch 28	
24-Apr		W	Reproductive – Pregnancy and development	Ch 28	
		26-Apr	F	EXAM 4	Ch 28
		29-Apr	M	Integrative Case Study	
		1-May	W	Integrative Course Review	
		8-May	W	FINAL EXAM (CUMULATIVE)	

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Labs are held in the
Koffler Building,
Room 112 & 510

PSIO 202 LABORATORY SCHEDULE Spring 2024

Lab Coordinator:
Aiden McRobbie-Johnson
Course Director:
Hilary Lease

(Assessments (i.e. lab practicals, in-lab quizzes & AHEs) are shown in bold on the week they are assigned.
Practicals & quizzes will be given in class; Prelabs are due before lab.

<u>DATES</u>	<u>PreLab</u>	<u>TOPIC</u>	<u>Saladin Readings</u>
Jan 15-19**	1	Cardiovascular System: Heart and ECG	19
Jan 22-26	2	Cardiovascular: Blood Pressure & Blood Vessels + QUIZ 1	20
Jan 29-Feb 2	3	Cardiovascular: Blood + QUIZ 2	18
Feb 5-9		LAB PRACTICAL #1	
Feb 12-16	4	Lymphatic System + QUIZ 3	22
Feb 19-23	5	Respiratory Anatomy & Physiology	21
Feb 26-Mar 1		LAB PRACTICAL #2	
Mar 4-8		NO LABS – HAVE A GREAT SPRING BREAK!	
Mar 11-15	6	Endocrine System	17
Mar 18-22	7	Digestive System Anatomy + QUIZ 4	25
Mar 25-29	8	Digestive Physiology + QUIZ 5	25
Apr 1-5		LAB PRACTICAL #3	
Apr 8-12	9	Renal Anatomy & Physiology	23
Apr 15-19	10	Reproductive System + QUIZ 6	27, 28
Apr 22-26		LAB PRACTICAL #4	

Note: The laboratory section of this course is designed to supplement the material presented in lecture. Some material discussed in lab will have already been presented in lecture, but there are some topics which are discussed solely in your A&P laboratory section. In addition, there will be cases in which a topic will be first addressed in the laboratory and then reviewed or elaborated upon in more physiological detail in lecture. **It is essential that each student attend both lab and lecture to be successful in the course.**

**** No regular PSIO 202 labs will meet on Martin Luther King Jr. Day.** Students registered for labs on Monday, January 15th will not go to their usual lab that week. These students will attend a makeup lab on Thurs Jan 11 or Fri Jan 12. Details to sign up for a makeup lab will be given on the first day of class.