



Exercises for the Anatomy and Physiology Laboratory

Erin C. Amerman

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Exercises for the Anatomy & Physiology Laboratory by Erin C. Amerman is a comprehensive manual appropriate for one or two-semester A&P courses. This inexpensive, black-and-white manual provides a concise and flexible alternative to other large laboratory manuals. It can be used by itself as a required lab text, but is also designed to be used in conjunction with A Photographic Atlas for the Anatomy & Physiology Laboratory.

Along with the comprehensive coverage of all of the major topics covered in an A&P laboratory, the Exercises contain several unique features, designed to assist both the students and the instructors, including:

Pre-Lab Exercises: Students who read the material prior to coming to lab tend to make better use of lab time and therefore do better on practical exams, but assigning reading prior to coming to lab is problematic for two reasons: (1) It is passive and as a result many students forget what they have read, and (2) often times preparatory readings are not completed. The Exercises incorporate Pre-Lab Exercises into each unit. The Pre-Lab Exercises are activity-based, they include questions pertaining to the material that will be covered, and they contain diagrams that the students can color-code and label. These features allow the Pre-Lab Exercises to act as both study guide and lab preparation.

Organized Anatomy: Many lab manuals do not offer specific lists of structures that the students are to identify. Instead, those lab manuals scatter the anatomical structures throughout the unit, making it difficult for both the student and instructor. The Exercises feature organized lists of structures that provide a centralized list for the students, in turn making it easy for instructors to customize based upon preference.

Model Inventories: Much of what is done in today's anatomy and physiology labs involves examination of three-dimensional anatomical models. Students tend to look at one model and proclaim themselves done. However, looking at one anatomical model doesn't provide the student with the whole picture, nor does it give them enough time to master the material. To solve this problem, "Model Inventories" are included in the Exercises. Students give the model a descriptive name and then list the structures that they are able to locate on the model. This process helps the student to focus more on the anatomy and to engage more parts of his or her brain as they examine, pronounce, and write down the names of the anatomical structures.

Focused Activities: In addition to the model inventories, this manual features activities for the students to perform in nearly every unit. These activities were written with cost concerns in mind and seldom require special equipment or materials.

Tracing Exercises: Several units feature tracing exercises where students trace the pathway of a certain substance (e.g., a molecule of glucose or an erythrocyte) throughout the body. The tracing exercises allow students to get a "big picture" view of both anatomy and physiology. When students complete these Exercises they come away with a greater understanding of the interrelationships amongst the systems in the body and the relationship between structure and function. 3-hole drilled.

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