



## Course Outline PNUR 113: Anatomy & Physiology for Practical Nursing



### Tutor / Instructor Information

*Tutor / Instructor:* Dr. Kevin Leco  
*Section :* PNUR 113 D11

**Term: Winter 2020**

**Final Exam Deadline  
April 18, 2020**

*Email :* [kleco@shaw.ca](mailto:kleco@shaw.ca) (best way to reach me!)

### Course Information

*Presentation Format :* Online, self-paced  
*Prerequisite :* Biology 12  
*Corequisite :* none

**Log in to Okanagan  
College Moodle  
immediately!**

### Calendar Description

This course is an overview of the structure and function of the body systems. Various health promotion strategies that work toward optimal function of these systems are discussed. The course is delivered on-line so students can complete it at their own pace.

### Course Materials

Cohen, B and Hull, K. (2019) Memmler's The Human Body in Health and Disease. 14th ed. If you have access to a used copy of this textbook, that will work. Otherwise, please purchase your Distance Education materials from Okanagan College's online Campus Store for pick up at your local campus - [www.okanagan.bc.ca/campusstores](http://www.okanagan.bc.ca/campusstores)

### Learning Outcomes for the Course

At the conclusion of this course, successful students will be able to:

1. Identify the structure and discuss the function of each of the body systems.
2. Given a body system, identify health promotion strategies leading to optimal health of that system.
3. Discuss how to promote your own health, as well as the health of the client.
4. Utilize proper terminology when describing body structure and function.
5. Practice working collaboratively with others in the class using the course management system Moodle. Working with others is an important skill for your future career!
6. Learn to manage their time effectively in preparation for the demands of the Practical Nursing Program.
7. Clearly explain various concepts in their own words (without plagiarizing) using complete sentences.



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### Course Evaluation

Students will be awarded a final percent grade consistent with Okanagan College's Standardized Grading System.

The course evaluation will be based on the following breakdown:

1. Moodle Participation/Post-Quizzes *****	10%
2. Midterm 1 (on-line, time-limited)	15%
3. Midterm 2 (on-line, time-limited)	15%
4. Midterm 3 (on-line, time-limited)	15%
5. Final Exam (online, time-limited)	45%
Total	100%

\*\*\*\*\* This component of the evaluation is earned by writing all post-quizzes and participating with others in Moodle activities on a regular basis. Note that quizzes will not be available until you post to the Moodle forums and glossaries!

- 1. An average of 70% is required from the accumulative grades to pass this course.**
- 2. You must pass the final exam with at least 50% to pass the course.**
- 3. A failure of the final exam results in a mark no higher than 67%.**

### Exam Information

#### **Important Dates**

Midterm 1 – Friday, Feb 07

Midterm 2 – Friday, March 06

Midterm 3 – Friday, April 03

You may write the midterms prior to this date, but are strongly recommended not to stray too far from these dates, as it will become difficult to finish the course.

The Final Exam Deadline is **April 18, 2020**. You may write before this date, but to write after this date will require a doctor's note.

When you have finished the exam, email your tutor so they know to mark the written portion.

Suggested midterm and final exam dates can be found on the Moodle Calendar. However, there are important final exam deadlines to keep in mind if you are applying for Okanagan College's LPN program. These dates are really only important for students in the September or May intakes.

**December 10<sup>th</sup> deadline for January LPN start**

**August 15<sup>th</sup> deadline for September LPN start**



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If you are taking this course for entrance into an LPN program other than Okanagan College's and a supervised final exam is a requirement, please arrange supervision of your final exam by completing the 'Request for Supervision of Exam' form found in your Student Handbook at least 4 weeks in advance of the final exam date.

- See the Distance Education Website for additional [important dates](#).

### **Course Policies and Important Information**

1. It is extremely important that students have a **reliable computer and internet connection** for this course! You will lose all of your answers with a crash during an exam.
2. All activities, quizzes and tests are to be completed online. This includes the final exam.
3. The first thing you should do is go to the Moodle Course Home Page and **watch the video** in the Welcome Module. This video will give you a tour of our Moodle course and help you become familiar with the locations of the study materials, activities and tests.
4. After watching the video and studying this course outline, you must write your first Quiz called the **Welcome Module Quiz** which is mandatory.
5. **Answer keys** for questions in the textbook and study guide can be found in a folder in the General Information Module. Additional helpful information can be there, too.
6. You must **post to all forums and glossaries** in order for the quiz for that topic to become visible. This is indicated with each topic quiz in Moodle.
7. Try to maintain a **regular routine** of posting to Moodle forums and glossaries as well as writing online quizzes. You must complete all of these participation activities to earn participation marks. If you post earlier than others, go back before your midterms to respond to forums. For example, answer multiple choice questions posted by others.
8. Throughout the course, students may contact the instructor via phone or e-mail. **Email is the recommended method of contact**. Ensure you set up your Moodle or MyOkanagan email to forward to your usual email for ease of communication.
9. **Plagiarism and cheating on forum posts, quizzes, tests and the final exam are unacceptable** and guilty parties will be subject to discipline according to OC rules (see the Okanagan College Policies at the end of this course outline). It is expected that you will do the online quizzes and tests without any aids (notes, books) and on your own. There are various techniques within Moodle for identifying plagiarism as well as copying and pasting answers into your tests. Note that if you cheat, it will become clear once you begin a practical nursing program that your PNUR 113 final grade doesn't reflect your actual abilities. (Note: there are **time limits on the tests** to discourage cheating.)



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10. Recognize that there are additional learning outcomes for this course which include clear **written communication**, **collaborating** with your online community (classmates), and development of strong **time management** skills. If you cannot complete the course within the set timeframe, this is an indicator that you could have difficulties in the very demanding LPN program.

#### Major Concepts Overview

##### 1. The Anatomy and Physiology of Body Systems

An understanding of the anatomy and physiology of the body's systems is essential in order to view the individual holistically. A brief description of the structure and function of each system is presented in order to help the learner understand how the body works as a whole to maintain **homeostasis**.

##### 2. Health Promotion Strategies

Health promotion strategies leading to optimal health within the body framework are outlined as each system is discussed. Some examples of strategies that maintain health in the systems include Integumentary (skin care, sun bathing, use of cosmetic/sun screens) and respiratory and cardiovascular (aerobics, breathing, clean air, proper clothing and shoes).

#### Course Content – Moodle Topics

The following lists the topics that will be covered in this course. You are responsible for learning the material found in the PowerPoints and any supplemental material referred to within the PowerPoint slides. Post-quizzes, midterms and the final exam will cover content from PowerPoints as well as from the Moodle forums/discussions and glossaries.

1. Medical Terminology
2. Organization of the Human Body
3. Organization of Cells
4. Tissues, Glands and Membranes
5. The Integumentary System
6. The Skeletal System - bones and joints
7. The Muscular System
8. The Nervous System
  - a. The Spinal Cord and Spinal Nerves
  - b. The Brain, Autonomic Nervous System and Cranial Nerves
9. The Sensory System
10. The Endocrine System
11. The Cardiovascular System (large topic!)
  - a. Blood
  - b. The Heart
  - c. Blood vessels and Circulation
12. The Lymphatic System and Immunity
13. The Respiratory System
14. The Digestive System and Metabolism
15. The Urinary System and Body Fluids
16. The Reproductive System



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# Academic Integrity

## 1. Principles of Academic Integrity

1. Academic integrity is a cornerstone in the development and acquisition of knowledge. It is founded on values of trust, fairness, respect, honesty and responsibility[1]. Academic integrity protects the quality of education at Okanagan College.
2. It is expected that all students will adhere to these ethical values in all of their activities at the College. Students who are in doubt as to what constitutes a violation of academic integrity in any particular instance should consult their College professor, vocational instructor, distance education tutor or continuing education instructor ("Instructor").

[1] see the Centre for Academic Integrity, Clemson University; see [www.academicintegrity.org](http://www.academicintegrity.org)

## 2. Scope

1. This policy applies to all current and former students and applies to all course activities.

## 3. Academic Integrity Violations

1. If an Instructor suspects that a student has acted in a manner that would normally be perceived as a violation of this policy, but the Instructor believes that the student was not acting with dishonest intent and that the student's actions may have been due in part to the student's weak scholarship and/or a lack of understanding of what constitutes academic integrity, the Instructor shall consult with the student. Poor scholarship, with no dishonest intent, is not a violation of academic integrity. That consultation will include:
  - a. the Instructor's concerns regarding the student's actions that have resulted in the need for the consultation;
  - b. reviewing the principles of academic integrity;
  - c. possible repercussions that a student would face if found in violation of this policy; and
  - d. any other points as the Instructor determines.
2. Academic integrity violations covered by this policy can take a number of forms. While the following list of examples characterizes the most common instances of integrity violations, the list is not intended to be exhaustive:
  - a. Plagiarism includes but is not limited to, when a student:
    - i. submits or presents work of another person, in whole or part, as that of the student's own work;
    - ii. fails to provide adequate attribution (author/creator must be acknowledged in the text, in footnotes, in endnotes, or in another accepted form of academic citation) to an author or creator whose work is incorporated into the student's work, including another person's words, ideas, or entire works;
    - iii. paraphrases material from a source without sufficient acknowledgement;



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- iv. does not ensure the work is the student's own after the student has sought assistance from a tutor or other scholastic aids.
- b. Cheating in assignments, projects, examinations or other forms of evaluation, may include, but is not limited to:
  - i. using or attempting to use another person's answers/work;
  - ii. purposely exposing or providing answers to another student(s), or failing to take reasonable measures to protect answers from use by another student(s);
  - iii. unless permitted by the Instructor, a student submitting identical or virtually identical assignments/materials for evaluation, in the case of students who study/work together, or otherwise, as the student's own work;
  - iv. sharing information or answers when doing take-home or take-away assignments, tests or examinations except where the Instructor has authorized collaborative work;
  - v. consulting with another person or unauthorized use or possession of materials or equipment in a lab, test or examination, including, concealing and accessing such aids outside the evaluation room during the evaluation period (e.g. emergency evacuation, washroom break, etc.);
  - vi. resubmitting altered test or examination work after it has already been evaluated;
  - vii. students communicating with one another in any way during a test or examination;
  - viii. accessing or attempting to access examinations or tests before the student is authorized to do so;
  - ix. impersonating another student on a lab, examination or test, facilitating the impersonation of a student, unauthorized use of another person's signature or identification in order to impersonate someone else, or benefiting from the results of such impersonation. Impersonation includes both the impersonator and the person initiating the impersonation.
- c. Multiple submissions - submitting the same, or substantially the same, work more than once (whether the earlier submission was at the College or another institution) unless prior approval has been obtained from the Instructor to whom the material is to be submitted.
- d. Aiding or attempting to aid others in any academic integrity violation.
- e. Academic fraud:
  - i. falsifying or submitting false records or information, orally or in writing;
  - ii. failing to provide relevant information when requested;
  - iii. falsifying or submitting false documents, transcripts or other academic credentials.
- f. Any behaviour that undermines the College's ability to evaluate a student's academic achievement, or any behaviour that a student knew, or reasonably ought to have known, could gain him/her or others unearned academic advantage or benefit, is a violation of academic integrity.

It is the student's responsibility to read and understand Okanagan College's Academic Integrity Policy. For more information: <http://webapps-5.okanagan.bc.ca/ok/Calendar/AcademicIntegrity>