

# Human Anatomy and Physiology I

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Parent Guide

Human Anatomy and Physiology

**Welcome to Simple Schooling Human Anatomy and Physiology I.** This is a high school level course that assumes your teenager has taken an introductory biology course. Biology is not a prerequisite, but it is helpful to understand the basics of cell biology. This topic will be covered briefly in this unit as a review, but should your teen need more practice please visit [The Student Help Center](#) at [The Simple Homeschool](#) website for more information. In addition - while not all units have optional supplemental links, the ones that do can be accessed on the Anatomy Resource Page. When your student comes to a part in the course where we have identified an optional resource they will be told to consult the [Simple Schooling Anatomy Resource Page](#).

The title of the course is Anatomy and Physiology. Anatomy refers to learning about the structure of the body, for example - the names of the bones, muscles, nerves, and organs. Physiology, on the other hand, refers to the mechanism of action. How the bones form, how they are involved in homeostasis, and the types of cells that make up the bone. Most of this course deals with physiology but there are plenty of anatomy worksheets that go along with each unit.

If you have used other Simple Schooling courses you will know that tests were not a big part of the curriculum. Not all subjects require formal tests and not all subjects require rote memorization. Science is not one of those courses. Science professors expect students to understand EVERY word relating to the course. If they do not understand the word, they are expected to look it up. Flashcards are a major part of learning science as is rote memorization. It is highly recommended that your teen make a flashcard for each and every **bolded word** in the text and they should practice memorizing them before the end of each lesson to get the most out of this course. I also

recommend that you purchase a medical dictionary to help with finding relevant definitions for the vocabulary.

This course has 5 units and each unit has subsections that divide the topic into smaller bite sized pieces. At the end of each section there are worksheets for both anatomy and physiology.

For anatomy, your teen will be provided with a labeled chart and a blank chart to fill in with the answers. It will take SEVERAL attempts at labeling the diagrams before they are able to label the worksheets from memory. Sometimes there will be way too many blanks for them to memorize. In those cases, have them practice filling in the labels several times, but do not punish them for not being able to fill in all blanks from memory. In my experience, it is the physiology questions that deserve the most time. If your student can explain in either written or verbal form how each mechanism works, they will be well ahead of their peers in college.

Assignments for this course, in order of importance, are:

**Vocabulary** - Have your teen write each bolded word in a notebook or on a flashcard and then write a definition for each word. Study these until ALL words are understood.

**Physiology mechanisms** - These are short answer questions at the end of each section. Every question should be answered and understood enough that they can either write them out from memory OR orally explain the answers to you.

**Anatomy worksheets** - use the labeled worksheet to fill in the blanks on the unlabeled worksheet. Repeat this process at least three times for each worksheet before moving on. The expectation should start with your teen eventually being able to fill in the blanks from memory, but use your best judgment. There is really no practical reason for a high school student to know every nerve, muscle, and bone from memory

unless they find that kind of stuff fun. For easier worksheets, the expectation is total memorization.

Anatomy is helpful busywork that will add to their knowledge base, but anatomy without physiology is irrelevant. Concentrate on the big ticket items and your teen will get a lot out of this course!

How to use this course

Begin by having your student read the section entirely

Do not let them stop to ask questions or look up words

After they have read the section have them make flashcards for each **Bolded Word**

Have them practice with the flashcards at least two times

Next they should reread the section, this time stopping to look up words or ask questions. If you are unable to clarify their question, have them do a search on the internet to find an explanation that suits them. Use keywords that will lead them to a student help center - for example if they are having trouble understanding body planes - a good keyword to use when searching for a helpful explanation is "body planes tutorial" or "body planes animation".

Once they have learned the vocabulary and read the section at least two times they can answer the questions and fill in the worksheets

When they are finished, you have two options to test comprehension: Print out the questions again and have them write them from memory OR quiz them verbally by asking them each question.

Finish each section by quizzing them on the flashcards

Any missed flashcards should be put in a separate pile to be studied again when doing the next lesson

At the end of each unit there is a test - each test takes a sample of questions from each section of the unit. These tests should be done from memory. Anatomy worksheets are sometimes included in the tests, but only ones in which it is reasonable for the student to memorize. **I will never set them up to fail.**

Your student might feel very confident in the first few units. This course was designed in such a way that each unit builds upon the previous ones, so yes, the course is much easier in the beginning, but it will become progressively harder. By the time your student gets to the last two units on the endocrine and nervous systems their study time will have doubled or tripled. This is the expectation. None of the body systems are easily explained, but the first three units are building blocks to all the other systems and as such, will be easier to complete with minimal effort and time.

Your student should be encouraged to take as much time as is reasonably necessary to master the material. It might take one week to get through unit 1 and 4 weeks to get through unit 5. No big deal. If the lessons are easy, have them pick up the pace. When the lessons get harder, and they will, have them slow down.

This course should be completed in one semester. The entire Human Anatomy Course from Simple Schooling comes in two parts. The second part is progressively more difficult than the first as it takes into consideration all the previous units studied in Part I.

A test booklet is provided. All test questions are taken from the general assignments and consist of the main points that should be memorized. All test question answers are contained in this parent guide, however not all questions in this guide are on the tests.

**NOTE:** The links provided are optional bonus resources and are not required for this course. Please check links to make sure they are appropriate for your student. If links are broken please contact us and let us know, but be aware that as they are optional resources we are not obligated to supply substitute links - however if we find a suitable link to replace the broken one we will update it on the Resource Page.