

Course Outline & Pacing Guide

This outline contains a list of all the sections, tasks, and assignments for this course. It also identifies which tasks should be submitted for a grade and the maximum points possible per assignment, quiz, or exam.

This course was designed to be taken in a linear fashion. Students should initially review the materials under Course Home and the Course Introduction, then complete units 1 through 5 in order.

There are 16 total sections in the course. Each section is designed to be completed in about one week's time. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your instructor may also have a set schedule he/she would prefer you to follow. Check with your instructor if you have any questions.

Section	Type of Assignment	Assignment	Points Possible	Due Date
Course Introduction				
Intro	Multimedia Lesson	Course Introduction	n/a	
Intro	Multimedia Lesson	Course Tasks	n/a	
Intro	Discussion	Introduce Yourself	5	
Intro	Quiz	Course Policies Quiz	10	
Intro	Upload Assignment	Course Contract	10	
UNIT 1 CELLS, SENSORY ORGANS, & BLOOD				
Section 1.1 Cellular Function				
1.1	Multimedia Lesson	Cellular Function	n/a	
1.1	Multimedia Lesson	Cellular Transport	n/a	
1.1	Multimedia Lesson	Cell Division	n/a	
1.1	Multimedia Lesson	Meiosis	n/a	
1.1	Fieldtrip/Online Links	View Additional Links	n/a	
1.1	Reflection	Inheritance	10	
1.1	Discussion	Family History	5	
1.1	Assignment	Genetic & Chromosomal Disorders	25	
1.1	Anatomy Check	Cell Anatomy	n/a	
1.1	Vocabulary Check	Vocabulary Review	n/a	
1.1	Quiz	1.1 Content Quiz	20	
Section 1.2 Sensory Organs				
1.2	Multimedia Lesson	Sight	n/a	
1.2	Multimedia Lesson	Sound	n/a	
1.2	Multimedia Lesson	Smell	n/a	

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1.2	Multimedia Lesson	Sensory Issues	n/a	
1.2	Fieldtrip/Online Links	View Additional Links	n/a	
1.2	Reflection	Eye Sight	10	
1.2	Discussion	Super Sense	5	
1.2	Assignment	Sensory Issues	25	
1.2	Anatomy Check	Eye Anatomy	n/a	
1.2	Anatomy Check	Ear Anatomy	n/a	
1.2	Vocabulary Check	Vocabulary Review	n/a	
1.2	Section Quiz	1.2 Content Quiz	20	
Section 1.3 Functions of Blood				
1.3	Multimedia Lesson	Blood Function	n/a	
1.3	Multimedia Lesson	Blood Composition	n/a	
1.3	Multimedia Lesson	Blood Type	n/a	
1.3	Multimedia Lesson	Coagulation	n/a	
1.3	Multimedia Lesson	Blood-related Issues	n/a	
1.3	Fieldtrip/Online Links	View Additional Links	n/a	
1.3	Reflection	Blood Type	10	
1.3	Discussion	The Sight of Blood	5	
1.3	Assignment	Blood Disorders	25	
1.3	Vocabulary Check	Vocabulary Review	n/a	
1.3	Section Quiz	1.3 Content Quiz	20	
UNIT 1	Exam	Unit 1 Exam	50	
UNIT 2 CIRCULATORY & RESPIRATORY SYSTEMS				
Section 2.1 Lymphatic System & Immunity				
2.1	Multimedia Lesson	Lymphatic Function	n/a	
2.1	Multimedia Lesson	Non-specific Defenses	n/a	
2.1	Multimedia Lesson	Specific Defenses	n/a	
2.1	Multimedia Lesson	Cell-Mediated Immunity	n/a	
2.1	Multimedia Lesson	Immunity	n/a	
2.1	Multimedia Lesson	Immunological Issues	n/a	
2.1	Fieldtrip/Online Links	View Additional Links	n/a	
2.1	Reflection	Vaccines	10	
2.1	Discussion	Vaccinations	5	
2.1	Assignment	Immunity Issues	25	
2.1	Anatomy Check	Lymphatic System	n/a	
2.1	Vocabulary Check	Vocabulary Review	n/a	
2.1	Section Quiz	2.1 Content Quiz	20	
Section 2.2 Circulatory System				
2.2	Multimedia Lesson	Circulatory Functions	n/a	
2.2	Multimedia Lesson	Circulation Path	n/a	

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2.2	Multimedia Lesson	Heart Beat	n/a	
2.2	Multimedia Lesson	Circulatory Issues	n/a	
2.2	Fieldtrip/Online Links	View Additional Links	n/a	
2.2	Reflection	Heart Rate	10	
2.2	Discussion	Emotional Heart Beats	5	
2.2	Assignment	Medical History	25	
2.2	Anatomy Check	Anatomy of the Heart	n/a	
2.2	Anatomy Check	Major Arteries of the Body	n/a	
2.2	Anatomy Check	Major Veins of the Body	n/a	
2.2	Vocabulary Check	Vocabulary Review	n/a	
2.2	Section Quiz	2.2 Content Quiz	20	
Section 2.3 Respiratory System				
2.3	Multimedia Lesson	Respiratory Function	n/a	
2.3	Multimedia Lesson	Mechanics of Breathing	n/a	
2.3	Multimedia Lesson	Internal & External Respiration	n/a	
2.3	Multimedia Lesson	Respiratory Issues	n/a	
2.3	Fieldtrip/Online Links	View Additional Links	n/a	
2.3	Reflection	Breathing Experiment	10	
2.3	Discussion	Smoking	5	
2.3	Assignment	Diagnosis	25	
2.3	Anatomy Check	Respiratory System	n/a	
2.3	Anatomy Check	Lung Anatomy	n/a	
2.3	Vocabulary Check	Vocabulary Review	n/a	
2.3	Section Quiz	2.3 Content Quiz	20	
UNIT 2	Exam	Unit 2 Exam	50	
UNIT 3 NERVOUS & DIGESTIVE SYSTEMS				
Section 3.1 Nervous System I				
3.1	Multimedia Lesson	Functions of the Nervous System	n/a	
3.1	Multimedia Lesson	Functions of the CNS	n/a	
3.1	Multimedia Lesson	Functions of the PNS	n/a	
3.1	Multimedia Lesson	Nervous System Issues I	n/a	
3.1	Fieldtrip/Online Links	View Additional Links	n/a	
3.1	Reflection	Phineas Gage	10	
3.1	Discussion	To Speak or Not to Speak	5	
3.1	Assignment	Issues of the Nervous System	25	
3.1	Anatomy Check	Brain Anatomy	n/a	
3.1	Anatomy Check	Cranial Nerves	n/a	
3.1	Anatomy Check	Spinal Nerves	n/a	
3.1	Anatomy Check	Anatomy of a Neuron	n/a	

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3.1	Vocabulary Check	Vocabulary Review	n/a	
3.1	Quiz	3.1 Content Quiz	20	
Section 3.2 Nervous System II				
3.2	Multimedia Lesson	Nervous Impulses	n/a	
3.2	Multimedia Lesson	Impulse Transmission	n/a	
3.2	Multimedia Lesson	Effects of Chemicals & Drugs	n/a	
3.2	Multimedia Lesson	Nervous System Issues II	n/a	
3.2	Fieldtrip/Online Links	View Additional Links	n/a	
3.2	Reflection	Helpful & Harmful Drugs	10	
3.2	Discussion	Pain Receptors	5	
3.2	Assignment	Professional Organizations	25	
3.2	Anatomy Check	Brain Anatomy	n/a	
3.2	Anatomy Check	Cranial Nerves	n/a	
3.2	Anatomy Check	Spinal Nerves	n/a	
3.2	Anatomy Check	Anatomy of a Neuron	n/a	
3.2	Vocabulary Check	Vocabulary Review	n/a	
3.2	Section Quiz	3.2 Content Quiz	20	
Section 3.3 Digestive System				
3.3	Multimedia Lesson	Functions of the Digestive System	n/a	
3.3	Multimedia Lesson	Digestion	n/a	
3.3	Multimedia Lesson	Nutrient Function	n/a	
3.3	Multimedia Lesson	Digestive Issues	n/a	
3.3	Fieldtrip/Online Links	View Additional Links	n/a	
3.3	Reflection	Healthy Diet	10	
3.3	Discussion	Media Messages	5	
3.3	Assignment	Food-borne Illness	25	
3.3	Anatomy Check	Upper Digestive System	n/a	
3.3	Anatomy Check	Lower Digestive System	n/a	
3.3	Vocabulary Check	Vocabulary Review	n/a	
3.3	Section Quiz	3.3 Content Quiz	20	
UNIT 3	Exam	Unit 3 Exam	50	
UNIT 4 MUSCULOSKELETAL SYSTEMS				
Section 4.1 Skeletal System & Joints				
4.1	Multimedia Lesson	Musculoskeletal Function	n/a	
4.1	Multimedia Lesson	Skeletal System & Posture	n/a	
4.1	Multimedia Lesson	Bone Formation & Remodeling	n/a	
4.1	Multimedia Lesson	Joint Function	n/a	
4.1	Multimedia Lesson	Skeletal & Joint Issues	n/a	
4.1	Multimedia Lesson	View Additional Links	n/a	

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4.1	Reflection	Weight Bearing Exercise	10	
4.1	Discussion	Physiology Knowledge	5	
4.1	Assignment	Rate Your Posture	25	
4.1	Anatomy Check	Skeletal Anatomy	n/a	
4.1	Anatomy Check	Major Joints of the Body	n/a	
4.1	Anatomy Check	Major Ligaments of the Body	n/a	
4.1	Vocabulary Check	Vocabulary Review	n/a	
4.1	Section Quiz	4.1 Content Quiz	20	
Section 4.2 Muscular System				
4.2	Multimedia Lesson	Muscle Function	n/a	
4.2	Multimedia Lesson	Muscular Contractions	n/a	
4.2	Multimedia Lesson	Muscle Innervation	n/a	
4.2	Multimedia Lesson	Effects of Exercise	n/a	
4.2	Multimedia Lesson	Muscular Issues	n/a	
4.2	Fieldtrip/Online Links	View Additional Links	n/a	
4.2	Reflection	Strength Training Program	10	
4.2	Discussion	Too Much Exercise	5	
4.2	Assignment	Exercising with Health Challenges	25	
4.2	Anatomy Check	Major Muscles of the Body	n/a	
4.2	Vocabulary Check	Vocabulary Review	n/a	
4.2	Section Quiz	4.2 Content Quiz	20	
Section 4.3 Energy Systems				
4.3	Multimedia Lesson	Intro to Energy Systems	n/a	
4.3	Multimedia Lesson	ATP-PC System	n/a	
4.3	Multimedia Lesson	Anaerobic Glycolysis	n/a	
4.3	Multimedia Lesson	Oxygen System	n/a	
4.3	Fieldtrip/Online Links	View Additional Links	n/a	
4.3	Reflection	Training Zone	10	
4.3	Discussion	Power or Duration?	5	
4.3	Assignment	Professional Education	25	
4.3	Vocabulary Check	Vocabulary Review	n/a	
4.3	Section Quiz	4.3 Content Quiz	20	
UNIT 4	Exam	Unit 4 Exam	50	
UNIT 5 URINARY, ENDOCRINE, & REPRODUCTIVE SYSTEMS				
Section 5.1 Urinary System				
5.1	Multimedia Lesson	Functions of the Urinary System	n/a	
5.1	Multimedia Lesson	Urine Formation & Composition	n/a	
5.1	Multimedia Lesson	Maintaining Homeostasis	n/a	
5.1	Multimedia Lesson	Urinary Issues	n/a	

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5.1	Fieldtrip/Online Links	View Additional Links	n/a	
5.1	Reflection	Exercise Response	10	
5.1	Discussion	Validation	5	
5.1	Assignment	Urinary Issues	25	
5.1	Anatomy Check	Urinary Anatomy	n/a	
5.1	Vocabulary Check	Vocabulary Review	n/a	
5.1	Quiz	5.1 Content Quiz	20	
Section 5.2 Endocrine System				
5.2	Multimedia Lesson	Endocrine Function	n/a	
5.2	Multimedia Lesson	Brain Endocrine	n/a	
5.2	Multimedia Lesson	Thyroid, Parathyroid, Thymus	n/a	
5.2	Multimedia Lesson	Adrenal Gland	n/a	
5.2	Multimedia Lesson	Pancreas	n/a	
5.2	Fieldtrip/Online Links	View Additional Links	n/a	
5.2	Reflection	Deficit Endocrine Gland	10	
5.2	Discussion	Health Careers	5	
5.2	Assignment	Endocrine Issues	25	
5.2	Anatomy Check	Endocrine System	n/a	
5.2	Vocabulary Check	Vocabulary Review	n/a	
5.2	Section Quiz	5.2 Content Quiz	20	
Section 5.3 Reproductive System				
5.3	Multimedia Lesson	Reproductive Functions	n/a	
5.3	Multimedia Lesson	Hormones	n/a	
5.3	Multimedia Lesson	Miracle of Life	n/a	
5.3	Multimedia Lesson	Reproductive Issues	n/a	
5.3	Fieldtrip/Online Links	View Additional Links	n/a	
5.3	Reflection	Fetal Circulation	10	
5.3	Discussion	Pregnancy Fears	5	
5.3	Assignment	Professional Opportunities	25	
5.3	Anatomy Check	Reproductive Anatomy	n/a	
5.3	Vocabulary Check	Vocabulary Review	n/a	
5.3	Section Quiz	5.3 Content Quiz	20	
UNIT 5	Exam	Unit 5 Exam	50	
FINAL	Exam	Comprehensive Final	100	