

Physiology Laboratory for Pre-Health Professionals (PSL 311L)

Michigan State University: Department of Physiology

Fall Semester, 2020

Virtual Synchronous Lab Sessions

Section 001: W 10:20-12:20 pm

Section 002: W 3:00-5:00 pm

Section 003: Th 9:10- 11:10 pm

Section 004: Th 1:50-3:50 pm

Course Description:

This laboratory course will be delivered via online format and is designed to be taken either concurrently or in sequence of PSL 310 Human Physiology for Pre-Health Professionals. Students will perform weekly experiments on various aspects of human body function and potentially animal model where appropriate. The following laboratory exercises in physiology will include cardiovascular and respiratory function, nerve and muscle function, reflexes, endocrine, renal, digestive and metabolism with a focus on key concepts of homeostasis as they relate to the health professions. Weekly exercises/assignments will include readings, developing an awareness and adherence to standardized laboratory protocols for data collection and clinical analysis, and forming clinical correlates respecting relevant physiological principles as applied to various integrated body systems. **(2 Credits/ 3 in class hours a week).**

Prerequisites/Corequisites:

In order to participate in this course, the student must have successfully passed PSL 310 or PSL 432 or concurrently enrolled in either of these courses, or have already completed PSL 250 and KIN 310 and 1 semester of CEM. Prerequisites may apply to these courses as well. It is also understood that the successful student will have had some background in Chemistry and Biology to be able to analyze complex physiological processes at the 300 level. Any special situations requiring an override should fill out the [override request form](#), for determination of eligibility. Check with your advisor if you are not sure.

Course Objectives and Learning Outcomes:

By the completion of this course, the successful student will be able to;

1. Demonstrate an in depth understanding of the physiology core concepts and mechanisms required to maintain the overarching “big idea” of homeostasis.
2. Execute measurements of homeostatic physiological variables and be able to explain standard clinical measurement techniques used to obtain these variables.
3. Prepare and analyze physiological data in table and graphical format and be able to discuss with their peers, associations between physiological core concepts and their clinical relevance.

4. Demonstrate safety in and outside the laboratory environment including awareness of standard laboratory procedures, personal hygiene using OSHA standards, and handling bodily fluids.
5. Prepare, operate and troubleshoot complex medical equipment including sphygmomanometer, stethoscope, and flow spirometer.
6. Demonstrate the ability to work in virtual clinical teams when collecting, synthesizing, integrating, and summarizing data for making evidence-based decisions for predictive purposes.
7. Observe various forms of healthcare related media and give examples of physiological principles applied within.
8. Communicate physiology in writing targeting a broad range of audiences from scientific experts to the lay public.
9. Discuss, support and self-analyze professional growth characteristics within a quasi-clinical environment that are also essential to becoming a successful future healthcare provider.

Instructor Information:

John Zubek, PT, MS, DPT

Assistant Professor of Physiology

Office: 3177 Biomedical and Physical Science Building

Office Phone: 517-884-5117 (not a good way to get ahold of me)

Email: Use D2L Email or zubekjoh@msu.edu (preferred correspondence) Please include your section # in subject line. Allow up to 12 hours for reply.

Office Hours: Generally, on **Tuesdays 11:30-12:30pm** via Zoom and other days/times by appointment or check calendar in D2L. I will post a Zoom Office Hours link in D2L. I will use Zoom waiting room. So if you log in and are held there, I am with a student at the moment. I will use the Chat function to notify you if our meeting is close to ending.

Graduate Assistant

Learning Captain

Devika Bahal, Ph.D. Candidate Comp Med & Integrative Biology

Email: bahaldev@msu.edu Office hours: Thursdays 11:30-12:30pm (Zoom link in D2L)

First Lieutenant of Learning

Hayden Stoub, M.S. Candidate Physiology

Email: stoubhay@msu.edu Office hours: Wednesdays 6-7pm (Zoom link in D2L)

Undergraduate Deputy Learning Assistants

Learning Master Sergeant, Natasha Chinoy, B.S. Candidate Kinesiology chinoyna@msu.edu

Learning Corporal, Katelyn Smith, B.S. Kinesiology smit2839@msu.edu

Assistant Instructor/Lab Manager

Chief Warrant Officer, Yvonne Ogradzinski. B.S. Physiology

Email: ogrodzi2@msu.edu Office hours: by appointment

Important Note!

If you should make an appointment to meet with the Instructor, TA, LA or Lab Instructor and do not show for your appointment without valid excuse, you will only be allowed to use open office hours in the future. Our Laboratory Students, Staff and Faculty are very busy and have a number of duties each day as part of their academic assignments. While we are happy to assist you in any way we can with your learning, please also respect our time constraints.

Assignments and Grading (assignments will be further discussed in detail below)

12 Pre-Lab assignments (10 pts each) 120 pts total
12 weekly laboratory assignments (40 pts each) 480 pts total
13 Post Lab Modules (5 pts each) 65 pts total
1 ArmChair MD/ or SimplB.io project (25 pts) 25 pts total
1 Skills Assessment Video Practical (25 pts) 25 pts total
1 Professionalism/Self Assessment (25 pts) 25 pts total
1 Mid-Term Exam (50pts) 50 pts total
1 Final Exam (210 pts) 210 pts total
Total points =1000 pts

Grading Scale (Note: final grades will be calculated based on POINT totals. I do not round up).

4.0	93%	930 - 1000 pts
3.5	86%	860 - 929 pts
3.0	80%	800 - 859 pts
2.5	75%	750 - 799 pts
2.0	70%	700 - 749 pts
1.5	65%	650 - 699 pts
1.0	60%	600 - 649 pts
0	<60%	599 pts or less

Why is our grading scale higher than the typical MSU scale?

We are a TEAM oriented setting and teams ALWAYS work to elevate the outcome to a higher level. Therefore, we EXPECT each of you to step up and help your colleagues shine.

Technical Requirements

Technical Requirements are similar to the online PSL 310 course. You can access those using this ([google doc link](#)). Ignore the “Exams” section of the PSL 310 document.

For problems with D2L or technical issues, you should contact the D2L Help Line at (517) 432-6200 OR (844) 678-6200 (you can call 24 hours a day, 7 days a week). These numbers are also listed in the Orientation module in D2L. You should first go to the Helpline for any computer or technical issues. I am happy to be a backup assist but may not be able to help you in a timely manner with technical issues.

Internet browsers and speeds

Browser/mobile support for D2L:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

Generally speeds of 25Mbps should be adequate for this course.

<https://broadbandnow.com/guides/how-much-internet-speed-do-i-need>.

Accessing internet connections on or near campus: <https://remote.msu.edu/learning/internet.html>

MSU Community Compact regarding COVID-19:

The novel coronavirus, which causes the disease COVID-19, has been declared a worldwide pandemic. The COVID-19 virus is extremely contagious and is believed to spread mainly from person-to-person contact. The COVID-19 pandemic represents an unprecedented public health crisis that has impacted every facet of life, including the classroom environment. As a result, significant changes in how we conduct in-person classes must be made. This section of the syllabus discusses the policies and procedures we will use in class.

This class abides by all principles, guidelines, and requirements detailed in the MSU Community Compact. Specifically, all participants in the class will adhere to the following:

Face coverings. Face coverings must be worn by everyone (including all faculty, staff, students, vendors, and visitors) indoors and outdoors while on property owned or governed by MSU and while participating in MSU-related or MSU-sponsored activities. Thus, unless you are unable to tolerate a face covering for medical reasons you must wear a face covering inside and outside of class. This face covering must cover your mouth and nose.

Physical distancing. We will be practicing physical distancing in the classroom. Thus, all students should maintain at least six feet distance between themselves and others (excluding those with whom they live). This applies to all aspects of the classroom setting, including seating arrangements, informal conversations, and dialogue between faculty and students.

Personal Hygiene. All students must maintain proper hygiene and health practices, including:

- Washing hands frequently with soap and water or, if soap is unavailable, using hand sanitizer with at least 60% alcohol
- Routinely cleaning and sanitizing living spaces and/or workspace
- Using the bend of the elbow or shoulder to shield a cough or sneeze
- Refraining from shaking hands

Adherence to Signage and Instructions. Students will (a) look for instructional signs posted by MSU or public health authorities, (b) observe instructions from MSU or public health authorities that are emailed to my “msu.edu” account, and (c) follow those instructions.

Self-Monitoring. Students will self-monitor for flu-like symptoms (for example, cough, shortness of breath, difficulty breathing, fever, sore throat or loss of taste or smell). If a student experiences

any flu-like symptoms, they will stay home and contact a health care provider to determine what steps should be taken.

Exposure to COVID-19. If a student is exposed to someone who is ill or has tested positive for the COVID-19 virus, they will stay home, contact a health care provider and follow all public health recommendations.

Compliance and reporting. Those who come to MSU facilities must commit to the personal responsibility necessary for us to remain as safe as possible, including following the specific guidelines outlined in this syllabus and provided by MSU more broadly (see below). There may be times when action will be necessary to reinforce expectations. If you do not wear appropriate face coverings (see MSU's guidelines), do not wear your face covering appropriately (i.e., over your mouth and nose), or do not adhere to physical distancing guidelines (i.e., six feet apart), you will be asked to correct the situation or leave the facility. In addition, MSU will utilize the processes already in place to respond to any issues of noncompliance with standards established for the health and safety of our community. For classroom disruptions or issues, the responses and processes that have been used previously remain the first line of action. If necessary, the student conduct system will be the avenue used to adjudicate student disciplinary situations.

Additional information. See <https://msu.edu/together-we-will/keeping-spartans-safe/> for details about these new policies and procedures and see https://ehs.msu.edu/_assets/docs/fact-sheets/cloth-face-covering-fact-sheet.pdf for more details about the cloth face coverings guidelines.***

Learning Continuity Statement:

In the event you should require a prolonged absence due to illness, please be sure to adhere to the following expectations:

- Communication norms surrounding prolonged absences –

I would expect that you contact your Instructor AND TA with any known absence within 48 hours of your first missed lab session, including possible return (if known).

- Assignment, homework, and groupwork expectations surrounding prolonged absences –

If you are more than 2 lab activities behind in your coursework, we will have you pick up at the same point as the rest of the class upon return and we will work with you to make up a lab completion plan. If there is not enough time to complete these by the end of the semester, then we will work to complete at least 80% of the coursework and you would then be eligible for an Incomplete grade. A plan must be made to finish the course work by the middle of the following semester.

- Assessment accommodations surrounding prolonged absences

These can be discussed with the instructor of record. Each situation will be different.

- Remote attendance options surrounding prolonged absences

All sessions will be remote this semester. If you have missed a number of sessions due to illness, we will work with you to determine the best plan forward to minimize loss of progress.

Course Continuity Statement:

- Course leadership & instruction in the absence of the primary instructor

In the event the Instructor or TA must be absent for a prolonged period of time, we will work to have a comparable substitute lead you each week in your lab sessions. If all instructional team members will be absent for a period of time, or a comparable substitute can not be located, all labs will IMMEDIATELY go to asynchronous format.

- Communication norms surrounding prolonged absences

You will be notified of any changes to the instructional team and/or instructional format within 24-48 hours of the next lab session.

- Feedback and grading expectations surrounding prolonged absences

In the event instructional team members are absent for prolonged periods of time, there may be delays in grading and feedback. You will be notified in the situation as to when you can expect your assignments to be graded in Kuracloud/D2L.

- Assessment modifications (if any) surrounding prolonged absences

A plan will be communicated in the event this occurs. Each assessment may require special consideration.

Lab protocols and procedures

All documents for this course will be provided through access to D2L and Kuracloud Lt® (laboratory software) and registration in PSL 311L. You will be required to go through ALL pre-lab lectures and outside readings PRIOR to your laboratory session (up to 1-1.5 hours). Readings will include the PSL 311L tutorials, selected research articles, course notes, lectures and handouts. You may be required to **print** some procedures and data sheets to **bring with you** to lab (this is rare). Therefore, any printouts requiring special handling will be specified in D2L ahead of time.

Required materials

Equipment purchase list has been provided previously (see D2L for list). However, if you have some of the items already, no need to purchase. This list includes items such as

1. Manual blood pressure cuff and stethoscope
2. Reflex hammer

3. Penlight
4. Glass oral thermometer and one of the following; forehead thermometer or digital oral thermometer.
5. Copy of your own previous blood work from a typical doctor's visit which includes Hematocrit, Hemoglobin, HDL, LDL, and triglyceride levels.

Lt access cards will be required purchase by (TBD). You will be given a 3-week grace period initially. After that, you will not have access to the course modules without purchasing an access card. I will notify you when and where to purchase these online once I have been given that information.

A working **webcam** will be required for the Mid Term exam. There are a number of inexpensive options if you require an external webcam purchase. Please see instructor for options.

Attendance

Even though this lab is virtual, we will be hosting **Virtual Synchronous** labs weekly via Zoom for 2 hours during your registered times each week. You are **REQUIRED** to "Zoom in" during these sessions to work with your assigned lab partner and complete your tasks. Although, you are only required to remain in the Zoom room for **1 hour** of the 2-hour class time.

Working with Partners

Partners will be assigned randomly and posted on D2L Agendas each week. You will typically work with your assigned partners for up to 2 weeks (depending on the assignment). Failure to communicate with your partner and/or not contributing your fair share will result in a score of "0" for the uncooperative partner. I will not play arbitrator between partner disputes. Therefore any complaints received by myself, TA's or LA's will be deemed credible and will result in penalty with little to no arbitration. So please do not give your partner any reason to even communicate a lack of cooperation or communication to us because we will believe them.

No labs will be accepted if completed solely as an individual, unless that individual has been given permission due to approved absence or for other extenuating reason. Labs not completed with your assigned partner will be given a "0." In the gradebook.

Zoom Etiquette

Please be aware that how you conduct yourself during Zoom virtual classes, Zoom office hours, Zoom review sessions, creating Zoom videos, etc. should be done in a **professional** manner. This includes awareness of your surroundings, refraining from inappropriate language, discussing inappropriate topics, laying on one's bed or couch, or smoking/vaping. If any of these are witnessed, please know the host of the Zoom session has the right to remove that person from the session without warning.

Missing a lab

If are unable to complete the lab during the lab topic week for one of the approved reasons below, you **MUST** contact your TA or Instructor at least 48 hours prior to your scheduled lab. Proper documentation may be required. (*See decision tree for late assignments and lab makeups in D2L).

Excuses that will require approval for lab/assignment makeups (*Documentation will be required).

1. Severe acute illness or injury*
2. Death in family* (see below)
3. Student athletes* (required events)
4. Medical or Graduate school interview* (2 granted per semester)
5. Professional conference presentations* (as required)
6. Observation of religious Holidays (as per MSU policy)
7. Unforeseen work related absence (1 per semester but it's a high bar to cross)

Things happen, computers crash, printers run out of ink, relationships break, weather stinks, other class assignments pop up, alarms don't always work, birthdays come every year, and pandemics are apparently inevitable. Please try to plan ahead as these are not acceptable excuses for missing labs or assignments.

Grief Absence Policy:

[Grief Absence Policy Link](#)

The goal of this policy is to provide a mechanism to standardize, monitor, and accommodate students who request temporary absence from a course, or special accommodations for a quiz or an exam as a result of loss or serious injury of a family member (parent, grandparent, sibling, spouse, or child). **Students are directed to notify the Assoc Dean of their college and document the reason for the grief absence, and the Assoc Dean in turn is charged with notifying the student's instructors that the bereavement event has been verified.** Ultimately, it is the student's responsibility to make up any missed work.

PreLab Modules (120 pts)

These modules will be posted in our KuraCloud Lt site, and MUST be completed prior to the lab they correspond to. There will often be more than one pre-lab learning module to complete, but the only one that is graded will say "Graded" in the title. Pre-Lab modules only have to be committed in Kuracloud.

Lab Assignments (12x40 pts each = 480 pts total)

Each week you will complete a laboratory exercise/assignment in small groups. They will often be in case study or clinical format as if you were performing many of the assessments on your patient/client. So acting professional is very important in these situations and will be taken into account for points each week. Each assignment must be submitted through our Kuracloud Lt platform and submitted via Assignment Folder in D2L **by 11:59pm on Sunday evenings each week.** Therefore, time management will be critical each week. No assignments will be accepted in hard copy or via email. Any late lab assignments will be deducted as per the grading rubric point structure or up to 10% per day (whichever is lower). Lab scores are based not only on **Correctness** of answers which includes appropriate use of key terms, but also **Completeness** of labs, **Teamwork** strategies, **Participation**, and **Time** management. Points can be deducted from *individual* scores within any of the above categories. No lab assignments will be accepted > 1 week from **due** date unless there were extenuating circumstances as approved by Instructor of record or TA. LA's can not give this allowance.

Note: Even though lab activities will be committed in our Lt Kuracloud platform, they are officially scored in D2L. Failure to upload your pdf lab document in D2L or submitting into the

wrong assignment folder will not nullify a late submission. All Labs are submitted through *TurnItIn*®. So that you may keep track of your current status in the course, all assignment grades will be visible in D2L gradebook within 1 week of submission date.

Any delay in posting of grades will be communicated to the students by TA or Instructor.

Post Lab Modules (13 x 5 pts each)

Each week during the semester, we will have post lab modules posted for you to do after the lab has completed. Most will be follow up reflection of the lab activities, a few case studies and the rest are professional growth discussion activities geared towards Pre-Healthcare Professionals. Once completed, you must “commit” the module for credit.

ArmChair MD/ or SimplB.io Project (25pts) (Complete one or the other NOT BOTH)

ArmChair MD project.

We are often exposed to a variety of media and television which often shapes our view of the medical world and even our own healthcare interests and expectations (Weaver et al. 2014). With this alternative project we will ask you to view up to 2 TV episodes of a major medical drama, and report on various professional aspects and physiological concepts you observe. In addition, we ask that you try to point out any misconceptions as well as scientific inaccuracies based on what you know from your recent studies. A separate document will be available in D2L corresponding to the specifics of this project.

Alternative project

SimplB.io Project (New this Year!)

Find 2 research or clinical abstracts and “rewrite” them using plain language at the 9th grade level. By removing and/or simplifying science based jargon you will learn to communicate difficult scientific or clinical data in everyday terms. This is an **extremely** important skill to develop if you are going into a healthcare profession. You will gain valuable insight into how to communicate with patients who typically do not have the same level of understanding of science that you have. Separate instructions to follow.

Please note!

You may do one or the other project above. If you do both, we will randomly choose one to grade for the gradebook.

Professionalism/Self-Assessment (25pts)

As in all occupations, professionalism is imperative for a healthy working environment. Often in the Health Professions, how you are perceived by the patient or client can have economic rewards or penalties. This does not mean you can't have fun or joke with your patient/client, but how you treat them and display yourself is often as important to your employer as how good a clinician you are. We will be implementing an overall professionalism assessment in conjunction with your own self-assessment this semester. You are being evaluated not only by yourself but also by your Instructors and your peers. Some assessment areas will include punctuality, teamwork, environment of care, hand hygiene, your demeanor towards our staff, and your level of preparation for labs.

Skills Assessment (25 pts)

Near the end of the semester, you will be asked to demonstrate your ability to measure blood pressure using the NHANES method either via Zoom or video upload. You will be given some review materials prior to this demonstration. Missing assignment due dates will be counted as a late assignment and a 10% deduction charged if a late allowance is granted.

Mid-Term Exam (50pts)

One required mid-term exam will be given using D2L and Respondus Lockdown browser with monitor during approximately the 8th week (see schedule) of the semester. Your instructor will elaborate on specifics, as we get closer. The exam will encompass ALL material up to and including labs from the week just prior to the exam. You will be given a review sheet up to 2 weeks prior to exam.

Final Exam (210pts) (Two options this Fall!)

One final exam will be given during the last week of the semester using D2L and Respondus Lockdown browser with Monitor. Since many of you will be going into various healthcare fields, you will be required to take qualifying exams at some point. Therefore, this final exam will encompass laboratory material/concepts, readings, and lectures from the **entire** semester. We will begin reviewing up to 2 weeks ahead and will offer some outside study and review sessions when available (TBA).

Or

Final Assessment of your Learning Summative Report

You may opt instead of taking a final exam, to write a (minimum) 12 page, (maximum) 20 page summative evaluation of at least 80% of our learning objectives for this semester. This evaluation should include a detailed explanation of the major concepts for each weekly topic area including references and proper citation method. This will include answers questions related to the exam review sheet and discussions how you were able to meet each of the learning objectives for each topic area including specific learning moments and examples you experienced. Other specifics will be discussed at a later date.

Productivity

Effective teamwork requires that each person is contributing to the end result as equally as possible. As many of you will be required to be accountable for your productivity, we will begin to do so in each lab session. Each person in your team will be assigned one of two preparation duties and along with your contributions during lab will determine productivity. Any person in the team that does not reach productivity for that lab session will be deducted 2 points for THAT *individual's* final lab grade for the week.

Participation in Lab Activities (not all pertain to remote option)

It is very important to your learning that you participate to the fullest each laboratory session. You will be asked to take part not only in noninvasive methods of data collection but also involving small finger sticks for blood samples on each other. If you should have any serious reservation or require a medical deferment, please see your Instructor to develop an alternative

option to allow for full involvement as able. Some methods will also call for invasive procedures as performed by a professional on volunteers only. Techniques involving animal specimens (where appropriate) will require some skilled support from various learning assistants and student volunteers. You will **NOT** be required to participate in those procedures (without penalty) but you will nonetheless be required attend lab as a researcher/observer. Consequently, you are not relieved of any obligations for participating in data recording, quizzes, lab assignments, and discussion.

Appealing a lab submission grade

While we work to ensure accuracy and timeliness when grading your lab reports each week, there is always room for further discussion on your final grade assigned to each report. We **HIGHLY** encourage this discussion; we are requiring that you first go through the following process prior to initiating an appeal with your TA. 1. Grades and rubric codes should be available in Kuracloud and/or D2L gradebook within 1 week of student's submission. 2. Peruse your grade, feedback within Kuracloud, rubric codes and rubric. 3. Check the rubric codes (list of codes located in D2L) which indicates the general area where points were deducted. 4. Locate and research using our resource documents (also located in D2L) to identify 2-3 resources we've put together where you **COULD** have found the answers to the question. 5. While during your research, you still have a question about your submission, please approach your TA to discuss your answers. 6. If you still find our response to be inadequate, then contact the instructor to set up a day/time to meet with you and the TA to discuss your answers.

Confidentiality

You will be asked to collect and manage some sensitive data regarding yourself and your lab partners. In no way will this information be disseminated nor discussed outside of a laboratory context out of respect and confidentially for your lab colleagues. As in the "real" world, this would be a HIPAA violation. Here too this will be considered a "Breach of Confidentiality." Any first "breach" will be dealt without penalty but will require further education of the student at fault. A second "breach" will be dealt with more harshly at the Instructor's discretion from deduction of points up to and including dismissal from the laboratory.

Honors Option

*Email Instructor directly (zubekjoh@msu.edu) for updated options and instructions.

Plagiarism

Plagiarism is **ALWAYS UNACCEPTABLE** and will result in action taken against you. Please refer to the following links for further information:

[MSU policy on plagiarism](#)

[MSU policy on academic dishonesty](#)

Additionally: Any answers on lab assignments which are found to be extracted and plagiarized from previous lab students, websites (like quizlet etc.), whether correct or not will be given **0pts** on the offending questions for the first offense with education provided by instructor. Second offense will be given **0pts** for the entire assignment. Third offense is removal from the class with "grade to date" and an official notice of plagiarism submitted to the College of Natural Science.

Just so you know:

We use *TurnItIn* to evaluate every lab submission in D2L.

Any answer that does not “sound like you” or appears word for word with our unpublished model answers will be scrutinized further.

- In this situation, you will see rubric code “CT.2 Flagged (copying or potential plagiarism). See TA”

Use our Citation Resource (located in D2L) to determine need for proper citation.

Accommodations for Persons with Disabilities

Michigan State University is committed to providing equal opportunity for participation in all programs, services and activities. Requests for accommodations by persons with disabilities may be made by contacting the Resource Center for Persons with Disabilities at 517-884-RCPD or on the web at rcpd.msu.edu. Once your eligibility for an accommodation has been determined, you will be issued a verified individual services accommodation (“VISA”) form. Please present this form to me at the start of the term and/or two weeks prior to the accommodation date (test, project, missed class etc).

Please take notice.

Any notice or presentation of a VISA “after the fact,” will not be honored for that instance. For example, if your VISA mentions that you may have “*unexpected absences from classes,*” however this was not communicated to your instructor prior to the event, then the absence will not be granted for makeup. You **MUST** present any documented accommodations to your instructor so the appropriate assistance can be determined ahead of time. Bottom line is, I want you to be successful, but I will need the communication to begin as soon as possible.

Student Responsibilities and Policies

- 1. Be on time for and attend all Mandatory Laboratory sessions.**
2. Read all assigned material and complete assignments before coming to Lab.
3. Retain copies (electronic and paper) of assignments/lab activities submitted during the semester till the end of the semester. Contests/disputes about scores received on assignments/activities will not be addressed without the original submission.
4. No assignments will be reviewed after 2 weeks of official grading AND publishing in gradebook. If you have items that you are concerned about for point purposes, this must be done with your TA/ULA first, then presented to the Instructor of Record if items cannot be resolved. After 2 weeks, no point changes will be granted, unless submission has been omitted for some reason.
5. Set aside time daily to access the class D2L site and have a backup plan in event of computer malfunction.
- 6. Respect the other students and instructor by refraining from disruptive behavior, including turning off all communication devices (cell phones, tablets, etc.) during class. Any disruptive or unsafe behavior witness you will be asked to leave class and no credit will be given for that day’s assignments.**
7. Check e-mail and D2L for class related information including grades and inform the instructor of any discrepancies at the earliest.
8. Participate in all Lab activities with only prearranged exceptions as outlined above.

9. Know when you need help and ask for help.
10. You may not come late/leave early without proper communication and preapproval by the Instructor/TA/LA/ or Lab manager as points will be deducted up to no credit for that day's lab assignment.
11. Please refer to the following website for more specific [Student Code of Conduct](#) and judicial review.

Lab Day rules (via Zoom or other)

1. When Zooming in, please be aware of your surroundings behind you. While we highly encourage you to use video, we know that this can destabilize your connection. Therefore, use proper discretion when zooming.
2. No inappropriate or foul language will be tolerated while on Zoom.
3. Please refrain from eating during Zoom sessions.
4. Please refrain from laying on your couch, bed, or lounge chair during our Zoom sessions. This is highly unprofessional.
5. Please refrain from smoking or vaping during Zoom sessions. Highly distracting.
6. While the instructor, TA, or ULA is lecturing or providing instructions, please be sure to mute your microphone during this time.
7. Please be patient during our Virtual Zoom lab sessions. We know everything is more difficult and can be frustrating as this is not a normal mode of communication during a lab session. We will always do our best to resolve any problems you may have.

University Ombudsman

“The Office of the University Ombudsperson is available to assist students with any conflict or problem that has to do with being a student at Michigan State University. You may visit the Ombudsperson in 129 North Kedzie, call (517) 353-8830 or e-mail ombud@msu.edu. The Office of the University Ombudsperson is an independent, neutral, informal and confidential resource and does not accept formal complaints, nor does it provide notice to the University.”

Reasonable time on task each week

You should be willing/able to spend up to 1-1.5 hours of pre lab preparation, 2-3 hours in virtual lab each session, and 1-1.5 hours of follow up on assignments each week. Be prepared to use the full 3 hours for each activity. There may be times we do not use the full 3 hours, but that is not always able to be predicted.

Recommendation Letter Policy

I am more than happy to assist you with a recommendation letter for your graduate school admittance, but do know there is only so much time and resources in my day to write letters for everyone. Here are a few requirements before I can consider writing you a letter of rec. (The fine print)

- You must have earned at minimum a **3.5 on the Final Exam AND in PSL 311L course**. (Determined after final grades have been submitted).
- You must have perfect attendance according to the Attendance Policy in PSL 311L Syllabus.
- You must score perfect on the Self-Evaluation/Professionalism assessment (25/25pts) at the end of the semester, and the score evaluated and agreed upon by the course instructors.
- You have consistently interacted with the instructional staff answering questions in class, and worked professionally within each of your assigned groups.

- Completed ALL assignments and labs (not including pre lab quizzes).
- You must write 1 paragraph stating why you believe your performance in PSL 311L predicts your future success in graduate or professional school.
- Be absolutely sure that I would be the BEST person to write you a letter of Recommendation.

If I accept your request, the following must be submitted/observed.

- You must provide a resume and a rough draft personal statement.
- You will be **required** to answer in writing a series of questions provided, in full, **prior** to my starting your letter.
- I would need at least 5 weeks' notice (preferably 7 weeks) prior to the due date of the letter.
- You are willing to waive your right to view the letter prior to submission so that I may give an honest accounting of your abilities as observed, both quantitatively and qualitatively.

I have reserved 15 letter spots for students in Fall and Spring semesters each (30 total), and 8 spots for students in summer sessions. If those spots fill up, I may have to turn down your request gracefully. Note that each letter may require multiple hours of construction in order to give the recipient the best advantage possible.

Week of*	Prelab Topic	Lab Topic	Assignment
	Commit in Kuracloud Lt	Commit in Kuracloud Lt AND upload to D2L assignment folder (instructions to follow)	Post labs - Commit in KuraCloud Lt Other assignments upload to D2L assignment folder
Week 0 9/2-9/3	No lab meeting this week due to Wednesday and Thursday follows Monday/Tuesday scheduling.		Lt Student starter assignment in Kuracloud Lt (part of prelab assignment)* Get to know each other – in D2L – Discussions board. D2L Quiz (in D2L assessments > Quizzes > D2L quiz) Due by first class meeting (9/9-9/10) Add your mailing address to google doc.
Week 1 9/9-9/10	Lt Student Starter*	Introduction to Laboratory Equipment**	Initial Self-Assessment due by Monday 9/7 by Midnight (i.e. 11:59pm)***** Upload to D2L Assignment Folder Facts vs Information Post Lab Module***** Due by start of your next Zoom lab session.
Week 2 9/16-9/17	Thermoregulation Prelab*	Thermoregulation** <i>Note: Thermometers needed for this date. This is Required</i>	Interprofessionalism Post Lab Module***** Due by start of your next Zoom lab session.
Week 3 9/23-9/24	Peripheral Nervous System Prelab*	Peripheral Nervous System**	Mr. Blair Post Lab Module**** Due by start of your next Zoom lab session.
Week 4 9/30-10/1	Sensory Prelab*	Sensory Lab** <i>Note: Grocer foods required</i>	Sensory Post lab Module***** Due by start of your next Zoom lab session.
Week 5 10/7-10/8	Somatic and Autonomic Reflexes Prelab*	Somatic and Autonomic Reflexes** <i>Note: Penlight and reflex hammer required</i>	Ethics Post Lab Module***** Due by start of your next Zoom lab session.
Week 6 10/14-10/15	Muscle EMG Prelab*	Muscle EMG**	Muscle/EMG Post Lab ***** Due by start of your next Zoom lab session. Armchair MD/SimplB.io Project Due – Sunday 10/18 11:59pm in D2L Assignment folder*****
Week 7 10/21-10/22	Hematology Prelab*	Hematology Lab**	Hematology Post Lab Case Study***** Due by start of your next Zoom lab session.
10/28-10/29	Mid Term Exam	During your normally scheduled lab day/time Specifics to be TBD	
Week 8 11/4-11/5	Heart and EKG Prelab *	Cardiac Physiology and EKG**	Teamwork Module***** Due by start of your next Zoom lab session.
Week 9 11/11-11/12	Blood Pressure Prelab*	Blood Pressure** <i>Note: Manual BP cuff and stethoscope required.</i>	Blood Pressure Post Lab Module***** Due by start of your next Zoom lab session.
Week 10 11/18-11/19	Lung Volumes Prelab*	Lung Volumes**	Lung Volume Post Lab Module***** Due by start of your next Zoom lab session.
11/25-11/26	No Labs – Thanksgiving week		Eat Turkey
Week 11 12/2-12/3	Kidney/Urinalysis Prelab*	Kidney/Urinalysis**	Urinalysis Post Lab Module***** Due by start of your next Zoom lab session. Skills Assessments video upload – Due by Sunday 12/6 11:59pm in D2L Assignment folder.
Week 12 12/9-12/10	Endocrine Prelab*	Endocrine**	Regulatory Compliance Post Lab Module*** Due by start of your next Zoom lab session.

Week of*	Prelab Topic Commit in Kuracloud Lt	Lab Topic Commit in Kuracloud Lt AND upload to D2L assignment folder (instructions to follow)	Assignment Post labs - Commit in KuraCloud Lt Other assignments upload to D2L assignment folder
Week 13 12/14	Final Exam	Specifics TBD	Career Path Post Lab Module**** ASAP Final Self-Assessment due Friday 12/18 11:59pm in D2L Assignment folder.*****

Color and * code

*Indicates due at beginning of lab session. Prelab Modules must but completed prior to lab day/time (i.e. Section 001 Wednesday 10:20am Section 002 Weds. 3:00pm, Section 003 Thursday 9:10am, Section 004 Thurs. 1:50pm)

** Commit lab reports in Kuracloud Lt AND submit pdf into D2L Assignment folder after joining D2L groups. All submissions due by Sundays at 11:59pm each week.

****Post Lab Modules **must be committed by your next Zoom lab session on the following week.**

****Assignment **must be** Uploaded into designated D2L Assignment folder by date stated above.