

Welcome to Human Physiology

ZOO-2025

Dr. Heather Talbott
Laramie County Community College

Dr. T



Dr. Who?

- University of Wyoming – Class of 2010
 - B.S. Microbiology & Physiology
- University of Nebraska Medical Center – Class of 2017
 - Ph.D. Biochemistry and Molecular Biology
- Oregon National Primate Research Center
 - Research Scientist
- Wyoming Department of Health
 - Epidemiologist/Data Analyst



Who are You?

Individually (3 minutes)

- Write your name LARGE
- Add some drawings of your interests/hobbies/history/family
- Decorate as you please (school appropriate)

Value Prompt (3 minutes)

Everyone chooses **one prompt** and makes brief notes:

- A learning experience with classmates that made you feel supported/excluded
- A group project that went well/poorly—and why
- A time a classmate changed your mind about something important
- What respect/disrespect looks like between students in college

Values & Listening Activity

Listening Round (5 minutes/student)

Speaker

- Shares name and key info
- Talks for **5 minutes** about their prompt
- Focuses on what *mattered most* to them and why

Listener

- May **not interrupt**
- Shows engagement using nonverbal cues (nodding, posture, eye contact)
- Takes mental notes on **values, not just facts**



Reflect on Values

Reflect & Identify Values (5 minutes)

- Each listener responds using this structure:
- “What I heard you value most is __ because __.”
- Speaker confirms or clarifies
- Listener may ask **one curiosity-based question**, such as:
 - “What shaped that value for you?”
 - “How does that show up in how you work with others?”



Who are you as a group?

Finding Shared Group Values (10 min)

As a group, discuss:

- “What values do we seem to share?”

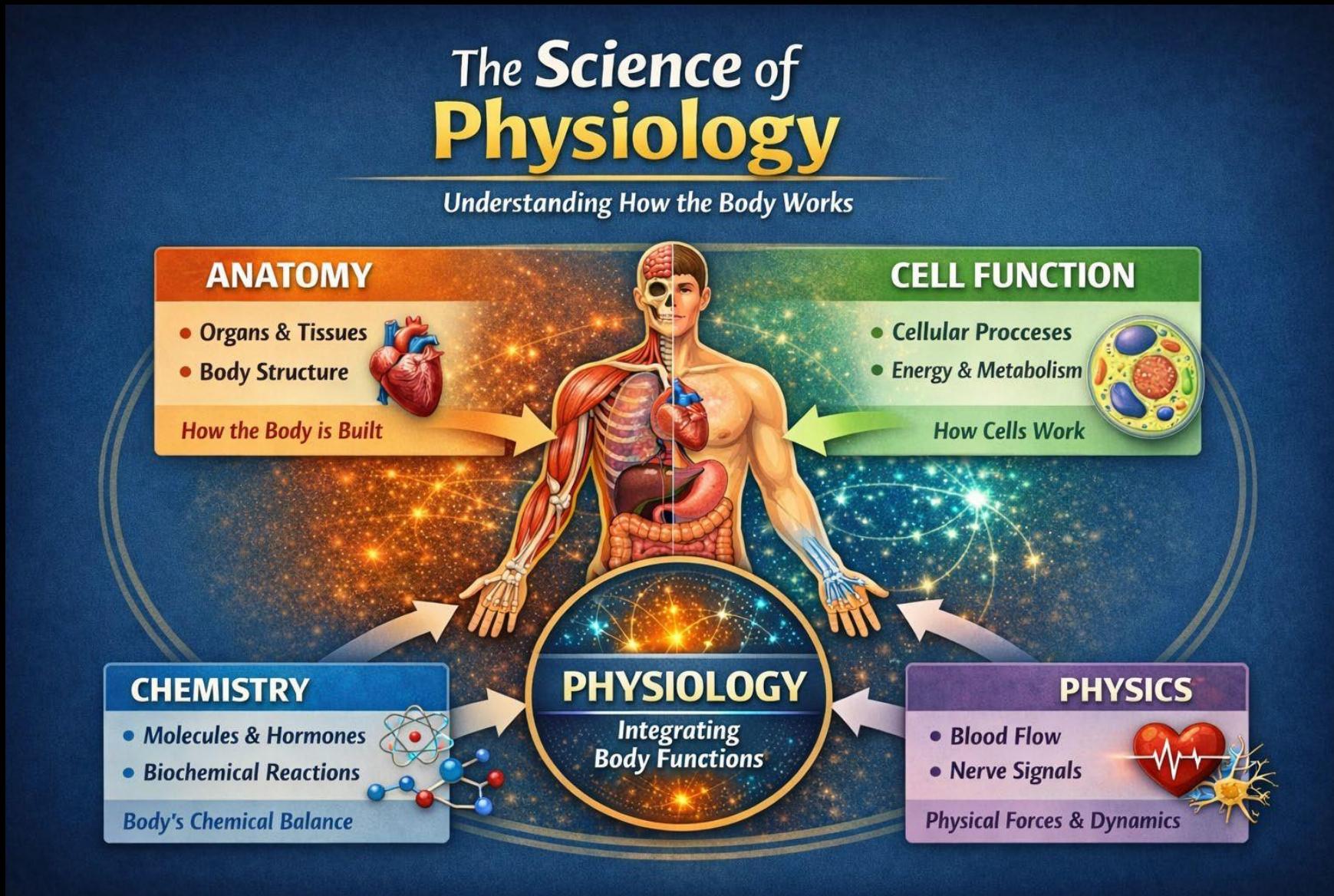
Aim to find **2-3 group values** you agree represent your values as a group

Create Your Group Name (5 min)

- Use your shared values to create a **group name** that reflects your identity and values as a group.

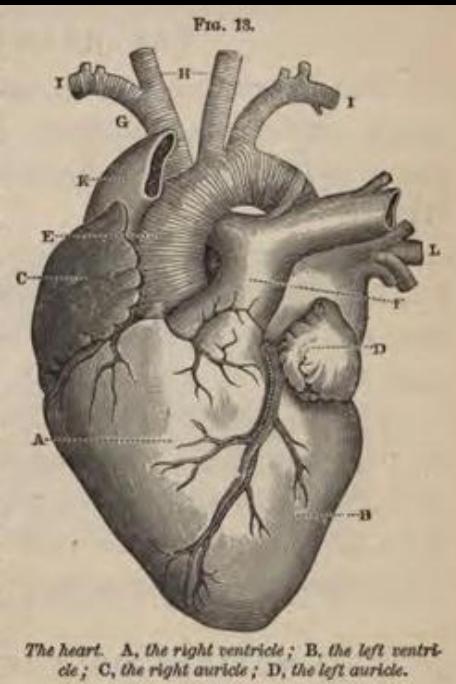
- Your name should reflect:
 - Who you are as a group
 - How you want to work together

Course Goals



Course Recommendations

- **Anatomy** = Structure & Identification
- **Focus:** Name, location, description
- **Physiology** = Function & Process
- **Focus:** How things work and why they change

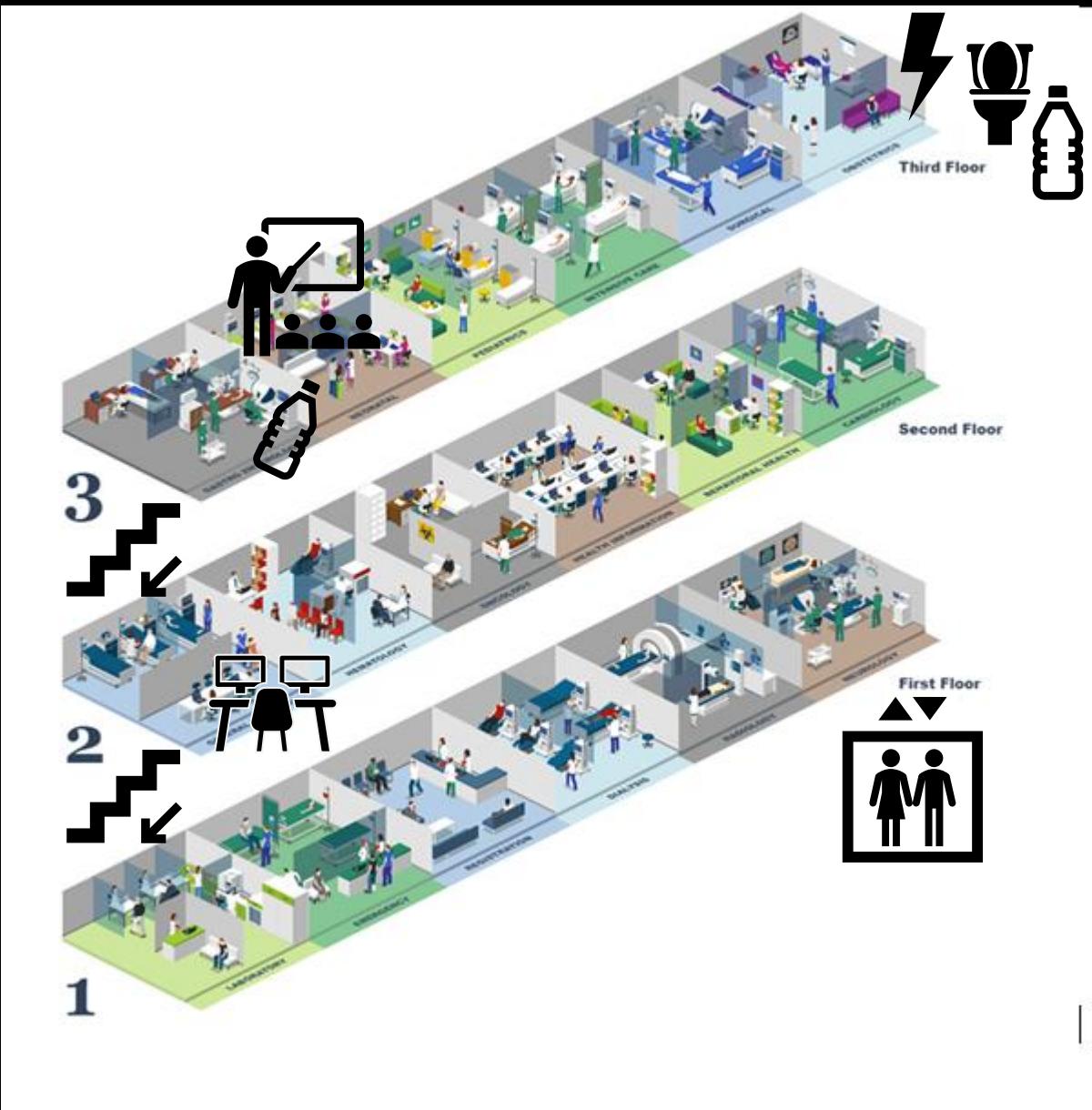


Study Tips

- Think in cause-and-effect chains
- Learn mechanisms, not just definitions
- Draw flowcharts and feedback loops
- Ask “What happens if X increases or decreases?”
- Explain processes
- Focus on inputs → processes → outputs → regulation
- Rewrite notes as step-by-step processes
- Make concept maps linking concepts
- Study with “What if?” questions
- Teach concepts to someone

Logistics and Layout

- My Office - PF210A
- Restrooms
- Water Fountains
- AED



Course Trigger Warnings

- **This course includes materials and discussions that will be uncomfortable or emotionally challenging**
- **Graphic Content:** Cadavers, dissections, and internal organs
- **Sensory disturbances:** Smells, textures, visual, and/or auditory experiences that may be unsettling
- **Blood & Trauma:** Injuries, surgeries, and bodily fluids



- **Life and Death Topics:** Birth, reproduction, death, and dying
- **Emotional Sensitivities:** Medical conditions (including cancer,) self-harm, or abuse
- **Ethical Discussions:** Organ donation, euthanasia, dissection of animals
- **If concerned or affected:** You are encouraged to step out, care for yourself, and reach out to me or campus resources for support.

Contacting Dr. Talbott

- Please reach out at any time if you have a question or need help.
- Contact (in order of preference):
 - Message me on Canvas
 - Email me at htalbott@lccc.wy.edu
 - Text me
 - [Chat with me on Teams](#)
 - [Call me on Teams](#)
 - Call 307-778-1315
- Office Hours are tentatively at the following times and by appointment
<https://calendly.com/htalbott-lccc>
- Student hours availability:

Week Day	Time	Physical Availability	Teams Availability
Tuesday	1-3 pm	PF-311	Yes
Thursday	2-5 pm	Learning Commons	Yes

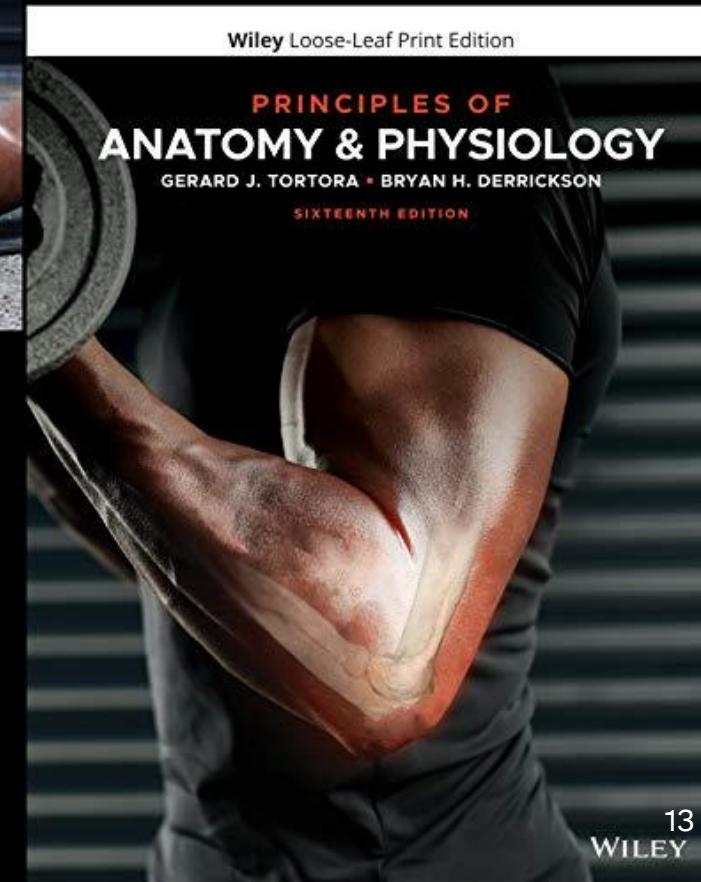
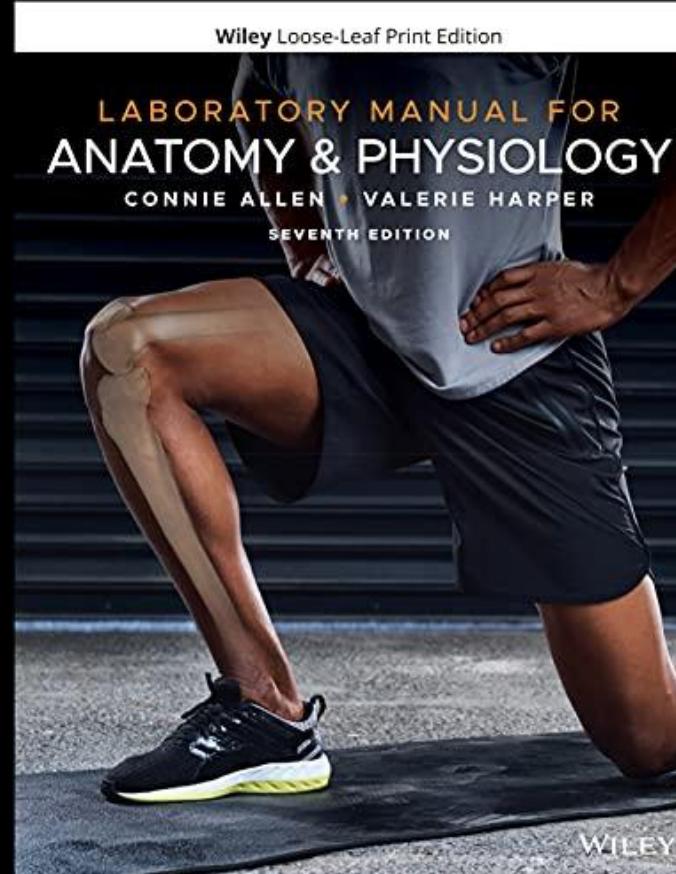
Course Materials

Lab Manual (REQUIRED, eBook not recommended):

[Laboratory Manual For Principles Of Anatomy And Physiology \(Looseleaf\)](#)

Textbook (optional):

[Principles Of Anatomy And Physiology \(Looseleaf\)](#)



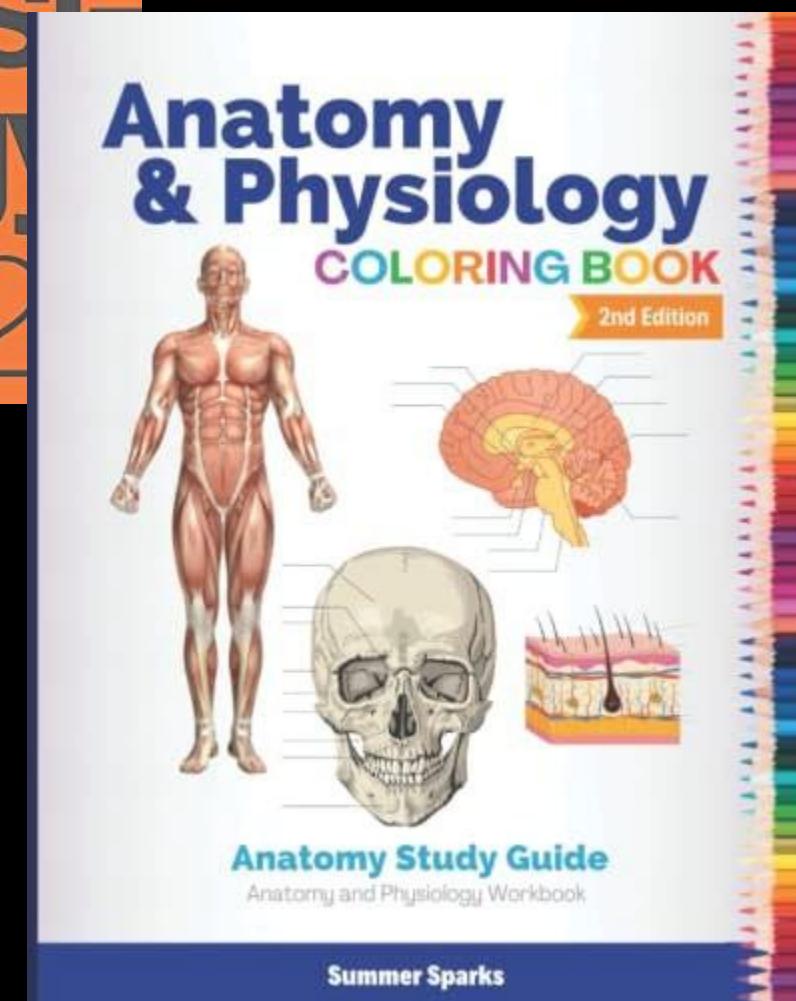
Course Materials

Alternative Textbook (optional):
[Anatomy and Physiology](#)

Other (optional):
[Anatomy & Physiology Coloring Book](#)

Recommended:

- one (1) 3-inch binder for the textbook
- one (1) 1.5-inch binder for the lab manual
- two (2) 0.5-inch binders for using only the unit/module materials



Grading

- 20% Lab Assignments and Reports

- 60% Quizzes

- Open for a week
- Open book open note
- Timed
- Drop the lowest quiz score

- 10% Research Presentation
 - Individual

- 10% Final Exam
 - Cumulative
 - In person
 - No notes



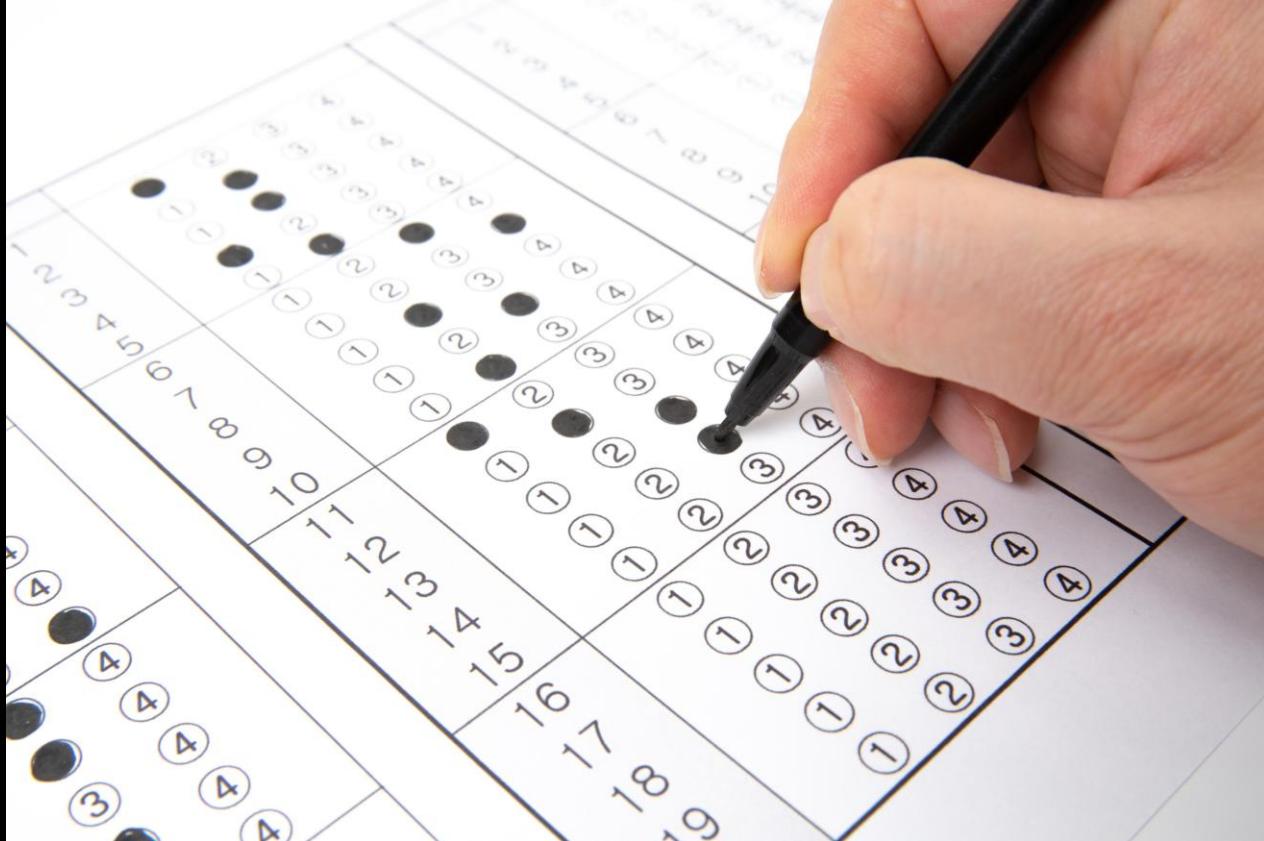
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Quizzes

- Each unit concludes with a semi-cumulative quiz
- Quizzes will include a mix of multiple choice, true/false, matching, model identification, and short-essay style questions
- Quizzes are non-collaborative and timed
 - Allowed resources: books and notes
 - Not allowed resources: other people and online resources
- Quizzes are open for a week; from after the last class of the week, and due before class begins

Final Exam

- Quiz is cumulative and comprehensive
- A non-collaborative and timed quiz.
- Not allowed resources: books, notes, other people and online resources



Other Projects

Research Presentation

- The objective is to practice your research and communication skills effectively.
- Individual or group (max 4)
- 10-15 min of content



- **Get your Bingo card:** Each square has a task designed to help you engage with the course and enhance your learning. Trading is allowed in class on the first day.
 - **Complete tasks to make Bingos:**
 - A Bingo is a straight line of 4 completed tasks (horizontal, vertical, or diagonal).
 - **Document your progress:** For each completed task in a Bingo, briefly describe what you did and submit any required proof (e.g., a photo, reflection, or confirmation from a peer or instructor) within this assignment.
 - **Aim for a blackout:** Complete all 16 tasks on the card to earn the maximum extra credit.
 - **Each Bingo:** 5 points (0.5% of final grade)
 - **Blackout:** 50 points (5% of final grade).



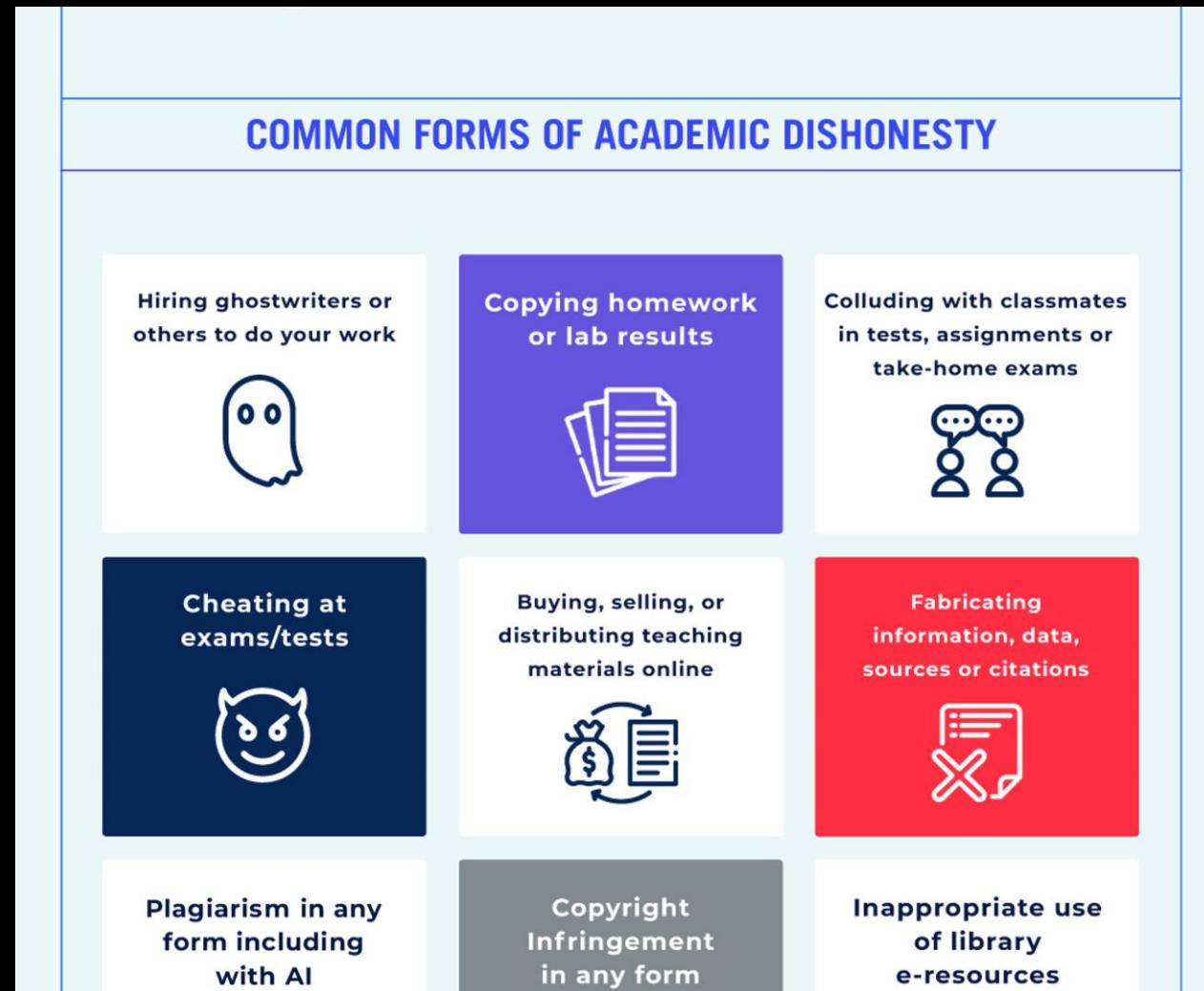
Attendance

- You will receive points for many in-class activities
- Excused absence in this class requires that you communicate with me in advance, if possible, or as soon as possible
- Unexcused absences from class will not be able to make up in-class assignments and points



Academic Integrity

- Personal, professional, and academic integrity is incredibly important in careers spanning health sciences, natural sciences, and education.
- Academic integrity includes cheating, in any form, and plagiarism.



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- AI in academics



If you are not learning while you're **in class** you are cheating yourself out of the better portion of your **tuition money**

— Napoleon Hill —

AZ QUOTES

Expectations of Students

- Communicate
- Take Responsibility
- Be Curious



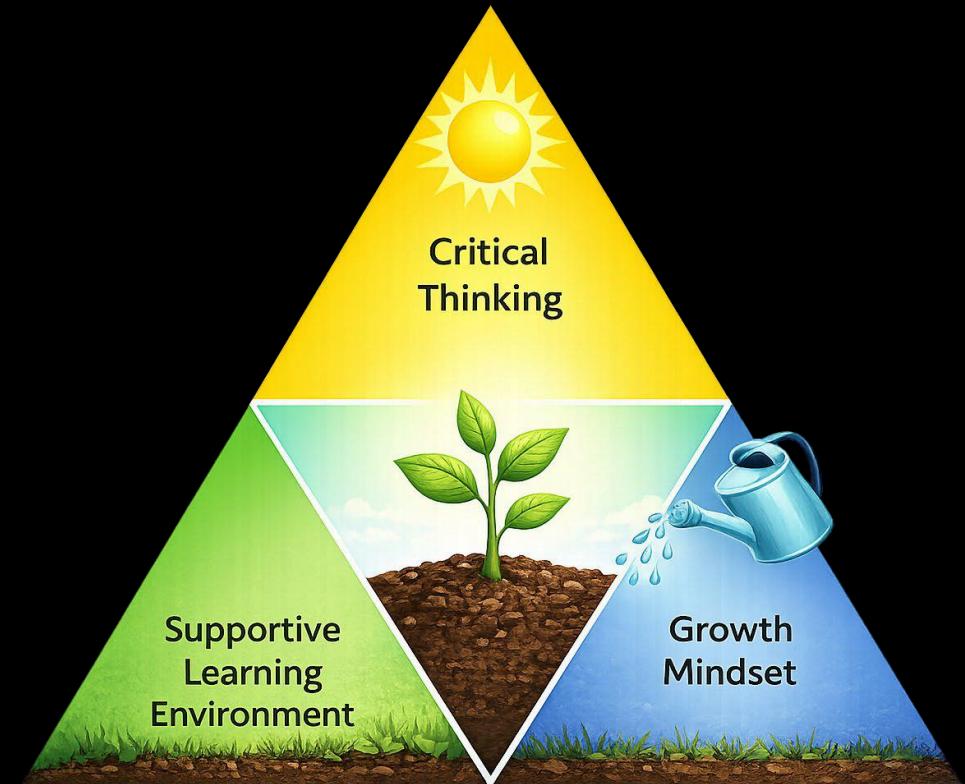
Your Expectations of Me

The Kahoot! logo is located in the bottom right corner of the slide. It consists of the word "Kahoot!" in a large, white, sans-serif font. A thick, diagonal purple shadow or highlight effect runs from the top left of the text down towards the bottom right, matching the color of the background bar.

Kahoot!

Teaching Philosophy

- “If a [student] can't learn the way we teach, maybe we should teach the way they learn” -Ignacio Estrada
- My goal is to focus on teaching the way you learn and empowering each of you to reach your maximum potential.



IDK points

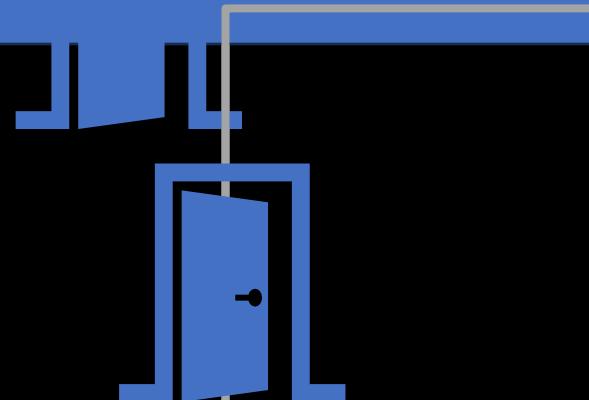
- You encouraged to ask questions, in class, after class, out loud, on paper, by email
- If I don't know the answer to your question the class gets **1 IDK** point
- If the whole class can reach **20 IDK** points I will bring a treat for the whole class (donuts/cookies/pizza/etc)
- Questions must be relevant to class



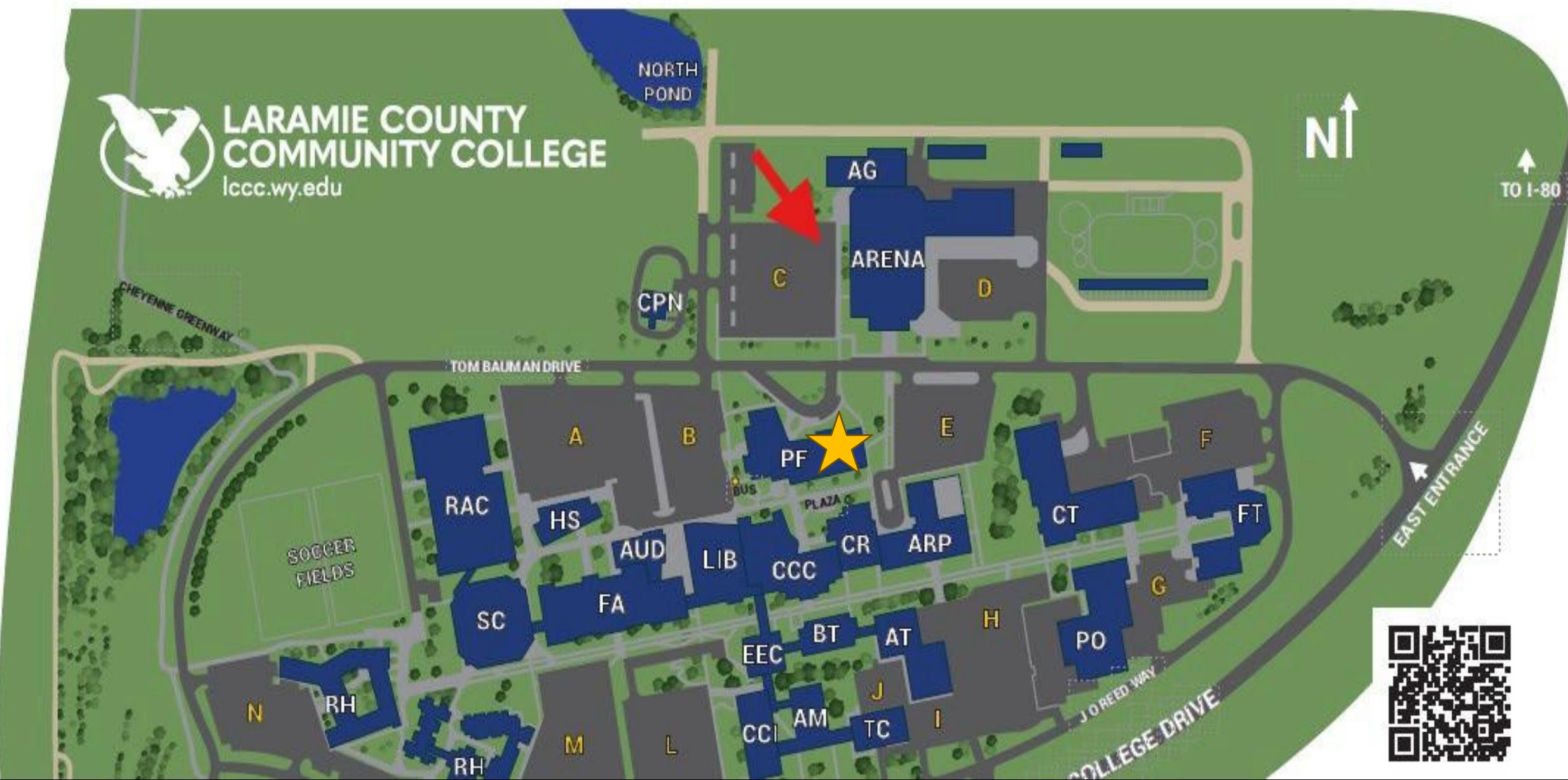
Lab Safety



Prism



Evacuation Muster Spot



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- This content was drafted and/or edited with the following tools and has been thoroughly revised and reviewed for accuracy:
- OpenAI. (2026). ChatGPT (GPT-5) [Large language model]. <https://chat.openai.com/> Links to an external site.
- Microsoft. (2026) Copilot (GPT-4) [Large language model]. <https://copilot.microsoft.com/>.
- Grammarly. (2026). Grammarly (Version 14.1268.0) [Software]. <https://www.grammarly.com/>