To my mom, Judy—for your unending love and support, I am forever grateful. You are precious to my heart. I love you.

Love,
—Melissa

I would like to dedicate this book to my family and to all of the students that have taken our classes and thus helped us make this book the best it can be!

—Robin

To Bready, Audrey, and Luke—you are my whole world. Get your cups off of my table!

Love,
—Lisa (Mom)
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Preface

After trying different A&P lab manuals over the years with varying success, we decided to write our own lab manual because it was clear the needs of our students were changing. As digital natives who represented a wide diversity of learning styles, our students needed a variety of learning modes and technology to help them prepare for lab and get the most out of their lab time.

Key Features

We developed several special features in our lab manual that provide students with different ways of preparing for lab and maximizing their learning during lab time:

- **A rich variety of pre-lab assignments** including multiple-choice and short-answer questions, coloring, drawing, labeling, and watching pre-lab videos provide students with different learning modes to help them better prepare for lab. The pre-lab assignments are not in-depth topic studies but rather a superficial overview that can be completed in a relatively short time. We know that not all instructors will cover every activity within a lab exercise, so we have broken down the pre-lab assignments by activities. This will allow the instructors the freedom to decide which activities they want their students to complete. Pre-lab assignments are also available as auto-gradable **pre-lab assignments in Mastering A&P**. Having students who are prepared for lab will make better use of instructional time.

- **Over 100 specially commissioned photos of anatomical models** from Altay, Denoyer-Geppert, 3B Scientific, and Ward’s Science help students identify and locate key anatomical structures and landmarks. In addition, some exercises include side-by-side photos of cadavers and anatomical models for easy visual comparison.

- **Over 50 lab videos**, Practice Anatomy Lab 3.1 (PAL) and animations featured in selected pre-lab assignments and lab activities maximize student learning by reviewing key A&P concepts and lab procedures. Each lab video and media have been specially called out in the lab manual via a screenshot for easy reference.

The lab videos, PAL and animations can be assigned in Mastering and are also available in the Study Area of Mastering A&P.

- Please see the **Quick Reference** on the inside cover of this lab manual for a list of the lab videos and animations for each activity.

- **Updated PhysioEx 10.0 Laboratory Simulations in Physiology** provides newly formatted exercises in HTML for increased stability, web browser flexibility, and improved accessibility. The 12 Exercises contain more than 60 easy-to-use laboratory simulation activities that complement or replace wet labs, including those that are expensive or time-consuming to perform in class. Each activity includes objectives, an introduction, a pre-lab quiz, the experiment, a post-lab quiz, review sheet questions, and a lab report that students can save as a PDF and print and/or e-mail to their instructor. The online format with easy step-by-step instructions includes everything students need in one convenient place.
Each PhysioEx exercise and activity is referenced in the lab manual; students are then directed to access them in the Study Area of Mastering A&P. Pre-lab and post-lab quizzes and review sheets for PhysioEx are assignable in Mastering A&P.

**PhysioEx 10.0 includes the following features:**

- Input data variability allows students to change variables and test various hypotheses for the experiments.
- Step-by-step instructions put everything students need to do to complete the lab in one convenient place. Students gather data, analyze results, and check their understanding, all on screen.
- Stop & Think Questions and Predict Questions help students think about the connection between the activities and the physiological concepts they demonstrate.
- Greater data variability in the results reflects more realistically the results that students would encounter in a wet lab experiment.
- Pre-lab and post-lab quizzes and short-answer review sheets are offered to help students prepare for and review each activity.
- Students can save their lab report as a PDF, which they can print and/or e-mail to their instructor.
- A Test Bank of assignable pre-lab and post-lab quizzes for use with TestGen or a course management system is provided for instructors, in the Instructor Resources in Mastering.

**PhysioEx 10.0 topics include the following:**

- **Exercise 1: Cell Transport Mechanisms and Permeability.** Explores how substances cross the cell membranes. Topics include simple and facilitated diffusion, osmosis, filtration, and active transport.
- **Exercise 2: Skeletal Muscle Physiology.** Provides insights into the complex physiology of skeletal muscle. Topics include electrical stimulation, isometric contractions, and isotonic contractions.
- **Exercise 3: Neurophysiology of Nerve Impulses.** Investigates stimuli that elicit action potentials, stimuli that inhibit action potentials, and factors affecting the conduction velocity of an action potential.
- **Exercise 4: Endocrine System Physiology.** Investigates the relationship between hormones and metabolism, the effect of estrogen replacement therapy, the diagnosis of diabetes, and the relationship between the levels of cortisol and adrenocorticotropic hormone and a variety of endocrine disorders.
- **Exercise 5: Cardiovascular Dynamics.** Examines vessel resistance and pump (heart) mechanics.
- **Exercise 6: Cardiovascular Physiology.** Examines variables influencing heart activity. Topics include setting up and recording baseline heart activity, the refractory period of cardiac muscle, and an investigation of factors that affect heart rate and contractility.
- **Exercise 7: Respiratory System Mechanics.** Investigates physical and chemical aspects of pulmonary function. Students collect data simulating normal lung volumes. Other activities examine factors such as airway resistance and the effect of surfactant on lung function.
- **Exercise 8: Chemical and Physical Processes of Digestion.** Examines factors that affect enzyme activity by manipulating (in compressed time) enzymes, reagents, and incubation conditions.
- **Exercise 9: Renal System Physiology.** Stimulates the function of a single nephron. Topics include factors influencing glomerular filtration, the effect of hormones on urine function, and glucose transport maximum.
- **Exercise 10: Acid-Base Balance.** Topics include respiratory and metabolic acidosis/alkalosis and renal and respiratory compensation.
- **Exercise 11: Blood Analysis.** Topics include hematocrit determination, erythrocyte sedimentation rate determination, hemoglobin determination, blood typing, and total cholesterol determination.
- **Exercise 12: Serological Testing.** Investigates antigen–antibody reactions and their role in clinical tests used to diagnose a disease or an infection.

**Post-lab assessments** are designed to check students’ understanding of the material presented in the lab exercise and, like the pre-lab, use a variety of questions best suited to assess students’ understanding of the material. When appropriate, additional anatomical model or cadaver images (not identical to those in the procedure) are used. Each post-lab assessment ends with **Apply What You Learned** questions. These are clinical application-type questions that require students to use critical thinking skills to relate each lab to an overall understanding of how body systems work together.

**Correlates with Amerman’s *Human Anatomy & Physiology***. As A&P instructors, we have noticed that students often are unable to correlate the lab manual to the textbook. For example, the numbering of the lab exercises and textbook chapters...
typically do not correspond. With our laboratory manual, we purposely organized the lab exercises so they correspond to the chapters of the textbook we use, Human Anatomy & Physiology by Erin Amerman. So when you are working on Chapter 19 (Blood) from the Amerman textbook, Lab exercise 19 in our lab manual will be the blood lab as well. Terminology and most of the illustrations match the Amerman textbook. However, educators and students not using Amerman’s textbook will still find our exercises applicable and effective.

- **Affordability** is key because we know that for students, finances may be an issue. That is why we have worked hard to provide this high-quality lab manual and premium digital content at an affordable price. We also know that students are not the only ones dealing with financial issues. Many departments have experienced budget cuts and lack of funds. We have included many cost-effective lab activities in our lab manual with information in the Instructor Guide on where to purchase the materials used. Practice Anatomy Lab is a virtual study and practice tool that includes a wealth of photos of models and cadavers that otherwise might not be accessible to all students. We also have included PhysioEx activities to supplement or replace the expensive physiology equipment that is lacking in many laboratories.

- **Three versions** are offered. Laboratory Manual for Human Anatomy & Physiology: A Hands-on Approach is available in three versions for your students: Main, Cat, and Pig. The Cat and Pig versions are identical to the Main version except that they include seven additional cat dissection and nine additional fetal pig dissection exercises, respectively, at the back of the lab manual.

- **Custom options** are available. If a customized version of our lab manual is desired, customization by activity level is now available via the Pearson Custom Library. Instructors can easily select which activities they want and/or add their own original material to their custom lab manual.

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**Assignments in Mastering A&P**

Instructors can easily assign the following in the Item Library in Mastering A&P. Please note that the Item Library for Greene is available in the stand-alone Mastering course for Greene. It is also available in the Book/Source menu in the Item Library for our 2-semester A&P textbooks by Amerman, Marieb, and Martini.

- **Pre-lab and post-lab quizzes for each activity** in the lab manual that test on the same content found in the pre-lab and post-lab assignments in the lab manual, excluding the color and draw questions.
- "Roots to Remember" Coaching Activities – Each exercise begins with an assignable activity that gives students practice learning and using word roots in context as they learn new A&P terms.
- **Chemistry Review Tutorials**
- **Art Labeling Activities**
- "**Apply What You Learned**" – Bloom’s Taxonomy Level II Application/Analysis Questions
- **Lab Assistant Videos, Pre-lab Videos, and Animation Coaching Activities** maximize student learning by reviewing key A&P concepts and lab procedures.
- **Bone and Dissection Video Coaching Activities** help students to identify bones and learn how to do organ dissections.
- **Cat Dissection and Fetal Pig Dissection Video Coaching Activities** help students prepare for dissection and identify key anatomical structures. Each video includes one or two comparisons to human structures.
- **A&P Flix and BioFlix Animations** are 3D movie-quality anatomy and biology animations.
- **Practice Anatomy Lab 3.1 Test Bank** includes over 6000 multiple-choice and fill-in-the-blank questions.
- **PhysioEx 10.0 Assignments** include pre-lab and post-lab quizzes.
- **Clinical Scenario and Nurses Need Physiology Coaching Activities** provide students with additional practice in applying concepts to clinical situations.
- **Clinical Case Study Coaching Activities** increase problem-solving skills and prepare students for future careers in allied health. Corresponding **Teaching Strategies**, available in the Instructor Resources in Mastering A&P, enable
instructors to “flip” the classroom by providing valuable tips on when and how to use case studies. The case studies with worksheets are also available to students in the Study Area of Mastering.

**Instructor Resources in Mastering A&P**

The Instructor Resources include the following:

**Computerized Test Bank** for every activity and learning outcome that saves instructors time in creating lab quizzes and practicals. Instructors can create tests through TestGen by selecting questions from the provided Test Bank of multiple-choice and art-based questions, customizing questions as needed or adding in new question content. TestGen also allows randomization of the questions to produce up to 25 different versions of the same test. The Test Bank is also available in Microsoft Word format.

**Instructor Guide** contains instructions for setting up the laboratory activity: where to purchase lab materials; time allotments for each activity; learning objectives for each Exercise and answers to the pre-lab assignments, activity questions, and post-lab assessments, including the Apply What You Learned questions.

**Lab Videos & Animations** including A&P Flix and Bio Flix 3D Animations, Big Picture Animations, Bone & Dissection Videos, Cat Dissection Videos, Fetal Pig Dissection Videos, Get Ready for A&P Video Tutors, IP Anatomy Review Animations, Lab Assistant Videos, and Pre-lab Videos.

**Practice Anatomy Lab Instructor Resources** include PAL 3.1, animations, all images from PAL in PowerPoint and JPEG formats, PAL Test Bank, and PAL Lab Guide Answer Key.

**PhysioEx Instructor Resources** include PEX 10.0 and PhysioEx Test Bank.

**Alternative Data Acquisition Instructions** include instructions and exercises for BIOPAC, PowerLab, iWorx, and Intelitool.

**Clinical Case Studies** include case studies and worksheets to increase problem-solving skills and prepare students for future careers in allied health. **Teaching Strategies** for each case include introduction to the case, student learning objectives, prerequisites, and tips for how to use and assign the case in your course and “flipped classroom.” The case studies and worksheets are also available to students in the Study Area of Mastering.

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**Study Area in Mastering**

Students get access to the following study tools in the Study Area of Mastering A&P:

- **Lab Assistant Videos, Pre-lab Videos, Bone and Dissection Videos and Animations** are integrated into each lab exercise for quick, easy access.

- **Practice Anatomy Lab 3.1 (PAL 3.1)**, a virtual anatomy study and practice tool, gives students 24/7 access to the most widely used lab specimens, including the human cadaver, anatomical models, histology, cat, and fetal pig. PAL is easy to use and includes built-in audio pronunciations, rotatable bones, and simulated fill-in-the-blank lab practical exams. PAL 3.1 is accessible on all mobile devices, including smartphones, tablets, and laptops.

- **PAL 3.1 FLASHCARDS**, a popular student tool, allows students to create a customized, mobile-friendly deck of flashcards and quizzes based on images from PAL. Students generate personalized flashcards by selecting only those structures covered in their course.

- **PhysioEx™ 10.0 Laboratory Simulations in Physiology**

- **Pearson eText** (included with Mastering with eText for Laboratory Manual for Human Anatomy & Physiology: A Hands-on Approach), optimized for mobile in Pearson’s fully accessible platform, seamlessly integrates videos and gives students access to their lab manual anytime, anywhere.

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**Class-Tested and Approved**

Making this lab manual, including the text, the art, the photos, and the videos, was an intensive, collaborative process. Each draft of the manuscript was sent to A&P lab instructors and other content experts to evaluate the quality of the activities and accuracy, the art and photo program, and the overall pedagogical effectiveness. Our team worked closely together to analyze the feedback and determine which changes were necessary to improve the lab exercises. In addition, over 200 A&P instructors and 3000 students provided feedback through extensive focus groups and class-testing prior to publication.
Acknowledgments

It is hard to believe that this lab manual began seven years ago as an idea among friends on a trip home from a conference. We had a vision to create a laboratory manual that was user-friendly for the instructor and the student. Pooling our collective knowledge of anatomy and physiology, as well as what tools and techniques work in the lab setting, we set out on this journey five years ago, working diligently through holidays, weekends, and nights. However, none of this would have been possible without the support of our families, friends, and our incredible team at Pearson. They have seen us through the good and the bad times and have been patient with us during the trials and also celebrated the accomplishments. We are so grateful to have had such wonderful individuals in our lives during this journey.

To our Pearson team, you are the most amazing group of individuals we could have ever hoped to work with on this project. We extend a very special thank you to our Editor-in-Chief, Serina Beauparlant. Not only did she dedicate herself completely to this project, but she also became a dear friend in the process. We are all so grateful for the opportunity to have worked with her on this project. Serina is simply the heart and soul of Pearson A&P. She has guided us from start to finish; without Serina there would be no book.

We also would like to thank our longtime Pearson sales representative, Melissa Bland. Melissa has been one of our biggest supporters from the beginning. She encouraged us to get into the ring of publishing and opened many doors for us at Pearson.

We extend a very special thank you to Dapinder Dosanjh. Dapinder kept us on task through a majority of this project. Without her, we would have been lost. We always looked forward to our weekly task list, and we are sure she looked forward to our fifty follow-up emails. We are forever grateful for having had her on our team.

We want to thank Amanda JS Kaufmann and Mike Sloat for filming, editing, and producing our Lab Assistant Videos. Thanks are due Nathan Dixon for the amazing photographs of anatomical models as well as the cover photo that was taken especially for this lab manual. We appreciate the hard work of Tanya Martin, our development editor, and also want to thank Jay McElroy for the tremendous artwork. Special thanks go to Dr. Carol Britson of the University of Mississippi, who kindly advised on this lab manual and shared her impressive lab materials with us.

A huge “thank you” goes out to the Editorial Board, who served as eagle-eye reviewers throughout the development of this project: Sheri Boyce of Messiah College, Maria Carles of Northern Essex Community College, Karen Dunbar Kareiva of Ivy Tech Community College, Ewa Gorski of Community College of Baltimore County, Kerrie Hoar of University of Wisconsin–La Crosse, J. Ellen Lathrop-Davis of Community College of Baltimore County, Shawn Macauley of Muskegon Community College, Shelly Watkins of Central Carolina Community College, and Darrellyn Williams of University of Arkansas–Pulaski Tech College.

We also want to acknowledge the excellent contributions by Dr. Karen L. Keller of Frostburg State University and Jennifer Reaves of Jackson State Community College, who authored the Cat and Pig Dissection Exercises, respectively. Thank you to Wendy Rappazzo, Harford Community College, who contributed the “Apply What You Learned” questions.

To our colleague and dear friend, Angel Nickens, we appreciate all your help and advice. Thank you for your help in developing the Computerized Test Bank. In addition to Angel Nickens, we must also thank all of our colleagues, both past and present, who have inspired us, reviewed exercises, class-tested material, and supported us all through this process. Thank you so much, Dr. Lindsay Massie, Kim Poland, Phillip Correro, Shay Carter, Bud Donahou, Mary Bonds, Bobby King, Pat Miller, Dr. Jerry Hollis, Dr. Larry Sylvester, Dr. Sarah Holt, Dr. Darrell Barnes, Paul Grisham, Dr. Carol Cleveland, Dr. George Hilliard, Anissa McGinnis, and Dr. Michael McPherson.

Special appreciation goes to the Northwest Mississippi Community College administrators: former President Dr. Gary L. Spears, former Vice President Richie Lawson, President Dr. Michael Heindl, and Vice President Dr. Matthew Domas. Without the support of these men, this project would not have been possible.

Each of us would like to say a very special thank you to our families for all their sacrifices during this project.

Melissa:
I would like to thank my parents, Judy, Jerry and Linda Greene, for their constant encouragement and prayers. Thank you to all of my family, the Greenes and the Gardners. Your love and support mean the world to me, and I love you all. I would like to thank my teachers and professors. Thank you to all of my teachers at SBEC for everything you taught me. Thank you to my
biologists at CBU: Dr. Mary Ogilvie, Dr. Stan Eisen, Dr. Anna Ross, Dr. Malinda Fitzgerald, and Bro. Edward Salgado. Your knowledge and expertise in the classroom are the reason I decided to teach biology every day. Thank you to Dr. Mark S. LeDoux for being a tremendous mentor and sharing your knowledge of neuroanatomy and research with me. Finally, I would like to thank my Northwest students, past and present, who have taught me so much and helped me make a better instructor.

Robin:
I would like to thank my wife, Robbie, who has been my biggest supporter; my two daughters, Randi and Rylee; and Randi’s husband, Caleb Aldridge. Special thanks to my parents Joyce and James Robison, especially for that microscope when I was 12; it changed my life. Thanks go to my sister Jamie Loper and brother Chad. Thanks also go to all the teachers, especially Bonnie Stowers, who helped me become the teacher I am.

Lisa:
I would like to say thank you to my husband, Bready, for the countless weekends you have spent hanging out with the kids and never once complained. To my kids, Audrey and Luke, I would like to thank you for tagging along during holidays and afternoons and getting along (most of the time) while we worked. Finally, I would like to thank my parents, especially my mom, for always being an encouragement.

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Acknowledgments
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