

Semester 1: Foundations of Anatomy & Physiology and Basic Systems

Focus: This semester begins with student acclimation and engagement, then introduces fundamental concepts of human anatomy and physiology, including basic structural units, cells, tissues, and the integumentary, skeletal, muscular, and nervous systems.

Duration: Approximately 18 calendar weeks (August 13, 2025 - December 19, 2025), accounting for school breaks and non-student days.

Module 0: Acclimation & Ice Breakers (Weeks 1-2)

- **Week 1 (August 11-15, 2025):** (Classes begin August 13)
 - **Student Acclimation & Ice Breakers:**
 - Welcome and Introductions (student & instructor)
 - Course Syllabus Review, Classroom Expectations, and Safety Procedures
 - **Ice Breaker Lab 1: "Anatomy Scavenger Hunt"** - Students work in small groups to identify and label major anatomical regions on a torso model or anatomical charts.
 - Team-building activities
- **Week 2 (August 18-22, 2025):**
 - **Continued Acclimation & Ice Breakers:**
 - Introduction to A&P careers and their importance in healthcare.
 - **Ice Breaker Lab 2: "Body Systems Matching Game"** - Teams match organs or functions to their respective body systems using cards or visual aids.
 - Discussion on "Why study Body Structure and Function?"

Module 1: Basic Principles & Cellular Life (Weeks 3-6)

- **Week 3 (August 25-29, 2025):**
 - **Chapter 1:** Scientific Foundations and Lab Practices
 - **Chapter 2:** Introduction to the Structural Units
 - *Assignments:* Lab safety worksheet, identifying anatomical terms.
 - *Quiz 1: Chapters 1-2*
- **Week 4 (September 1-5, 2025):** (September 1 - Labor Day, No School)
 - **Chapter 3:** Chemistry of Living Things
 - **Chapter 4:** Cells
 - *Assignments:* Basic chemistry review, cell diagram labeling.
 - *Quiz 2: Chapters 3-4*
- **Week 5 (September 8-12, 2025):**

- **Chapter 5:** Tissues and Membranes
- *Assignments:* Tissue identification lab (microscope slides or images), membrane function explanation.
- *Quiz 3: Chapter 5*
- **Week 6 (September 15-19, 2025):**
 - **Unit Test 1: Chapters 1-5 (Foundations, Cells, Tissues)**
 - *Assignments:* Review concepts, prepare for tests.

Module 2: Protection, Support & Movement (Weeks 7-9)

- **Week 7 (September 22-26, 2025):**
 - **Chapter 6:** Integumentary System
 - *Assignments:* Skin layer diagram, functions of the skin.
 - *Quiz 4: Chapter 6*
- **Week 8 (September 29 - October 3, 2025):**
 - **Chapter 7:** Skeletal System
 - *Assignments:* Bone identification lab, joint types.
 - *Quiz 5: Chapter 7*
- **Week 9 (October 6-10, 2025):** (October 10 - End 1st Quarter)
 - **Chapter 8:** Muscular System
 - *Assignments:* Major muscle group identification, muscle contraction basics.
 - *Quiz 6: Chapter 8*
 - **Unit Test 2: Chapters 6-8 (Integumentary, Skeletal, Muscular Systems)**

Module 3: Control & Coordination (Weeks 10-13)

- **Week 10 (October 13-17, 2025):** (October 16 - Early Release; October 17 - Non-Contract Day)
 - **Chapter 9:** Central Nervous System
 - *Assignments:* Brain anatomy diagram, neuron structure.
 - *Quiz 7: Chapter 9*
- **Week 11 (October 20-24, 2025):** (October 20 - Non-Contract Day)
 - **Chapter 10:** Peripheral and Autonomic Nervous System
 - *Assignments:* Nerve pathway tracing, sympathetic vs. parasympathetic functions.
 - *Quiz 8: Chapter 10*
- **Week 12 (October 27-31, 2025):**
 - **Chapter 11:** Special Senses
 - *Assignments:* Eye/ear anatomy, sensory pathway explanation.
 - *Quiz 9: Chapter 11*
- **Week 13 (November 3-7, 2025):**
 - **Unit Test 3: Chapters 9-11 (Nervous System & Special Senses)**
 - *Assignments:* Review concepts, prepare for test.

Module 4: Internal Regulation (Weeks 14-18)

- **Week 14 (November 10-14, 2025):**
 - **Chapter 12:** Endocrine System
 - *Assignments:* Gland locations, hormone functions.
 - *Quiz 10: Chapter 12*
- **Week 15 (November 17-21, 2025):**
 - **Chapter 13:** Blood
 - *Assignments:* Blood component identification (microscope slides or images), blood typing.
 - *Quiz 11: Chapter 13*
- **Week 16 (November 24 - December 5, 2025):** (November 24-25 - Exchange Days; November 26-28 - Thanksgiving Break)
 - **Chapter 14:** Heart
 - **Chapter 15:** Circulation and Blood Vessels
 - *Assignments:* Heart anatomy, major blood vessels.
 - *Quiz 12: Chapters 14-15*
- **Week 17 (December 8-12, 2025):**
 - **Unit Test 4: Chapters 12-15 (Endocrine, Blood, Cardiovascular Systems)**
 - *Review for Semester 1 Final Exam*
- **Week 18 (December 15-19, 2025):** (December 19 - End 2nd Quarter & Semester 1)
 - **Semester 1 Final Exam (Comprehensive: Chapters 1-15)**

Semester 2: Advanced Body Systems and Homeostasis

Focus: This semester continues with the study of body systems, including the lymphatic, immune, respiratory, digestive, urinary, and reproductive systems, along with nutrition, infection control, and genetics.

Duration: Approximately 20 calendar weeks (January 5, 2026 - May 22, 2026), accounting for school breaks and non-student days.

Module 5: Defense & Respiration (Weeks 1-5)

- **Week 1 (January 5-9, 2026):** (January 5 - Begin 3rd Quarter)
 - **Chapter 16:** The Lymphatic and Immune Systems
 - *Assignments:* Lymphatic pathway, types of immunity.
 - *Quiz 13: Chapter 16*
- **Week 2 (January 12-16, 2026):**
 - **Chapter 17:** Infection Control and Standard Precautions
 - *Assignments:* Aseptic technique demonstration, chain of infection.
 - *Quiz 14: Chapter 17*
- **Week 3 (January 19-23, 2026):** (January 19 - MLK Day, No School)
 - **Chapter 18:** Respiratory System
 - *Assignments:* Lung anatomy, gas exchange process.
 - *Quiz 15: Chapter 18*
- **Week 4 (January 26-30, 2026):**
 - **Unit Test 5: Chapters 16-18 (Lymphatic, Immune, Infection Control, Respiratory Systems)**
 - *Assignments:* Review concepts, prepare for test.
- **Week 5 (February 2-6, 2026):**
 - **Chapter 19:** Digestive System
 - *Assignments:* Digestive tract organs, process of digestion.
 - *Quiz 16: Chapter 19*

Module 6: Metabolism, Excretion & Reproduction (Weeks 6-10)

- **Week 6 (February 9-13, 2026):**
 - **Chapter 20:** Nutrition
 - *Assignments:* Macronutrients/micronutrients, healthy eating principles.
 - *Quiz 17: Chapter 20*
- **Week 7 (February 16-20, 2026):** (February 16 - Exchange Day 3/President's Day, No School)
 - **Chapter 21:** Urinary System
 - *Assignments:* Kidney anatomy, urine formation.
 - *Quiz 18: Chapter 21*
- **Week 8 (February 23-27, 2026):**

- **Chapter 22:** Reproductive System
- *Assignments:* Male/female reproductive anatomy, basic reproductive processes.
- *Quiz 19: Chapter 22*
- **Week 9 (March 2-6, 2026):**
 - **Chapter 23:** Genetics and Genetically Linked Diseases
 - *Assignments:* Basic genetics principles, common genetic disorders.
 - *Quiz 20: Chapter 23*
- **Week 10 (March 9-13, 2026):** (March 13 - End 3rd Quarter)
 - **Unit Test 6: Chapters 19-23 (Digestive, Nutrition, Urinary, Reproductive, Genetics)**
 - *Assignments:* Review concepts, prepare for test.

Module 7: Review & Final Assessment (Weeks 11-20)

- **Week 11 (March 16-20, 2026):** (March 16 - Begin 4th Quarter; March 19 - P/T Conf Night - Early Release; March 20 - Non-Contract Day. *This week may have limited instruction due to calendar events.*)
 - *Review / Catch-up / Independent Study*
- **Week 12 (March 23-27, 2026):** (Spring Break - No School)
 - *No Instruction*
- **Week 13 (March 30 - April 3, 2026):**
 - *Review and Remediation (focus on Semester 1 content)*
- **Week 14 (April 6-10, 2026):**
 - *Review and Remediation (focus on Semester 2 content)*
- **Week 15 (April 13-17, 2026):** (April 17 - Exchange Day 4 / Non-Contract Day)
 - **Mock Final Exam / Practice Test** (Comprehensive A&P)
- **Week 16 (April 20-24, 2026):**
 - **Semester 2 Final Exam (Comprehensive: Chapters 16-23, with integration of Semester 1 foundational knowledge)**
- **Week 17 (April 27 - May 1, 2026):**
 - *Buffer / Additional Review / Project Work*
- **Week 18 (May 4-8, 2026):**
 - *Buffer / Additional Review / Project Work*
- **Week 19 (May 11-15, 2026):**
 - *Buffer / Additional Review / Project Work*
- **Week 20 (May 18-22, 2026):** (May 22 - End 4th Quarter & Semester 2 / Last Student Day)