Tuesday 01/30: Principles of A&P and Intro to Histology

Tips for Success:

- Practice, practice, practice: the best way to memorize big chunks of information every week is spaced repetition. My favorite way to do this is **Anki.**

1. Try to stay about **one week ahead** in lab. For instance, if you start working on Lab 1 during syllabus week, you should begin studying for Lab 2 after you attend lab this week.
2. Do not neglect lecture just because the lab is intimidating. Both components of this course are meant to challenge you. Though the lab is traditionally known to be more difficult, it is important to stay on top of lecture content.
3. Start memorizing AOIs early on in lab. AOIs are muscle attachments, origins, and insertions. In the lab manual, you will see AOIs for Lab Practical 1 in Lab 5. I have uploaded a Quizlet for Lab Practical 1 AOIs on my Google Site.
4. Know it is okay to make mistakes. We learn best from this, and getting things wrong will help you learn the information more effectively. Find your routine and what works best for you. BIOL 319 has a lot to offer you, and you will definitely succeed as long as you are making the effort to do so!

Lecture Recap

1. How does gross anatomy differ from histology?

   a. What do we use to study histology?

2. Give an example of regional anatomy, what all is included that makes it differ from systemic anatomy?

3. Define an anatomical tissue

4. Define an anatomical organ

5. Know the hierarchical structure of anatomy using the following terms:
   - Atom
   - Molecules

- Organelle
- Cell
- Tissue
- Organs
- Organ system
- Organism

6. Know the 4 main tissue types and basic subcomponents for muscular tissue.... (not as detailed as lab)
5. Name the four major tissue types:

6. What are the common characteristics of each tissue type? List them.

7. What is the most abundant tissue type?

8. How many tissue types are needed to make an organ?

9. Let's characterize the four major tissue types (be as detailed and specific as you can, this will help you when studying for the exam)

Tissue Type	**Function**	**Where it's Found**	**Other Important Info**
Muscular			
Epithelial			
Connective			
Nervous			Types of neurons: Types of cell