

3501 Syllabus  
ResThy ~~3810E~~ - Anatomy and Physiology of Sleep  
Weber State University  
Fall 2001

Monday 6:00 PM– 9:00 PM  
DV 117

Instructor: Mathew Robins, B.S., R. PSG T.  
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**Course Objectives:** This course is designed to give the student a basic background in the anatomical structures and physiological mechanisms associated with sleep and sleep disorders.

**Learning Material:** This class will draw on the basic anatomy and physiology concepts from Tortora G, Grabowski S. **Principles of Anatomy and Physiology**. 9<sup>th</sup> edition. 2000. (Required). An additional resource that has information concerning anatomy and physiology as it pertains to sleep is found in **Principles and Practices of Sleep Medicine**. Edited by Kryger, M., Roth, T., Dement, C. 3<sup>rd</sup> Edition. 2000. (Recommended). Some chapter handouts from this book as well as others will be made available in class.

**Grading:**

**Homework:** Homework assignments will be given out at the end of class. Unless otherwise stated the homework will be due at the beginning of class the following week. A 20% deduction will occur for each week that the assignment is late. Homework will account for 20% of the final grade.

**Quizzes:** Quizzes will be given periodically throughout the semester. The lowest scored quiz will be dropped. Quizzes will account for 10% of the final grade.

**Exams:** Two exams will be given. Each one will account for 35% of the final grade.

**Grade scale:** 90–100% A, 80–89% B, 65–79% C, 50%–64% D

**Office Hours:** Please make an appointment. I have tentatively planned office hours Monday and Wednesday from 4 PM to 5 PM. Call if you need to visit outside these hours.

**Additional Note:** This is a developing new course. I would appreciate feedback throughout the semester concerning the course content. Feel free to email me at [mathewr@sleepms.com](mailto:mathewr@sleepms.com) if you have suggestions.