**ACTIVITIES FOR THIS WEEK #8 (Spinal Cord/VOIAN, muscle that moves the foot and toes—Gastrocnemius)**

**Overview**

The spinal cord is the rounded portion of the CNS. The spinal cord is located in the spinal cavity of the backbones. Also, the spinal cord extends from the brain to the vertebrate. Furthermore, the spinal cord is a “connector” to the PNS.

The sensory information from the brain goes down to the spinal cord and then exits the spinal cord. Then, the sensory information reaches the muscle or the gland that receives information from the motor fibers. This make it possible for humans to respond to the environment.

The spinal cord evolved to process information. This information produces spinal reflexes as well. A reflex is an involuntary response to a stimulus.

**These are the following activities for this week. I revised the Activities For This Week to accommodate any Global Farmer-Engineer joining this course anytime. Also, I revised the Activities For This Week to accommodate any Health Care Provider joining this course anytime as a refresher course.**

**A. Discussion Forum Activities**

**Discussion Forum Activity –**

The Global Farmer Engineers should answer the questions in the Discussion Forum. The Discussion Forum consists of two parts. The first part will be your response to the main question(s). The second part will be your response to your binary.

Answer the Discussion Forum questions for the week by posting to your binary. For Part 1, Military Checkpoint (MC) #1: What is a reflex action? Military Checkpoint (MC) #2: What is the “all” or “none” law?

For Part 2, Evolutionary Medicine concept states that myelinated fibers evolved together and connect the brain to the spinal cord. What happens if the spinal cord is damaged?

**B. CONNECTING THE CONCEPTS**

The CONNECTING THE CONCEPTS exercises identify the need to integrate the concepts through the course. You will recognize that learning the concepts is not based upon memorization. Instead, learning the concepts is based on connecting and linking the concepts even if it seems to be of different topics. Let me explain, the CONNECTING THE CONCEPTS exercises act as the threads that unite the concepts throughout the course. You will be using the CONNECTING THE CONCEPTS exercises when you build your Binary Project Paper.

There are five concepts that you have to use in sentences every week. Connecting The Concepts exercise is a critical thinking exercise I designed and I have been using Connecting The Concepts for 30 years now. The five concepts for this week are:

**1. Spinal Cord**

**2. Somatic system**

**3. Autonomic system**

**4. Paralysis**

**5. Gastrocnemius muscle**

Post your responses by sending your sentences to your binary.

**C. Binary Project Paper –** Plan your work and create your paper based on the Anatomy, the Physiology, the VOIAN, the Hazards, the Controls, and the Military Science concepts involved with the muscle chosen. With regards to the controls, the controls are Engineering Control, Administrative Control, and the use of Personal Protective Equipment. Military Concepts, which are Chess Concepts, are also included in your Binary Project Paper.

You have to research and write a paper on VOIAN and related concepts before the end of this course. Updates were given every week. The Binary Project Paper is due next week on the Week of 7/15/24.

For this week, your focus for your binary project paper is **“putting together your paper and adding your bibliography”.** Work with your binary.

**D. VOIAN Exercises and Laboratory Exercises and Evolutionary Video Exercises**

**VOIAN Exercises**

The **VOIAN Exercise** is my original that I made for my **Boston** Health Careers students. The **VOIAN Exercise** is related to **“dissections”** of the different muscles. The **VOIAN data** that you generated have to be **researched** with your binary. **V** stands for **view**. **O** stands for **origin** (the stationary part of the muscle). **I** is for **insertion** (the opposite end of the muscle that moves). **A** is for **action** (the movement caused by the muscle). Finally, **N** is for **nerve** (the nerve involved in the muscle). This assessment, like the other assessments, in this course, have corresponding rubrics attached to the syllabus to clearly state learning goals and objectives.

There is one movie or video that you have to watch. VOIAN exercises are aligned with the objectives of this course. Watch a movie or a video of your choice and the choice of your binary on the assigned muscle for this week. For this week, the assigned muscle is the **gastrocnemius muscle**.

The **View** (V) is given. The **V** is left lateral.

**V = left lateral**

**O =**

**I =**

**A =**

**N =**

**Laboratory Exercise #8**

**Objective**

I will be able to explain the picture of (ETP) of the spinal cord.

**Materials**

Professor Deauna’s lecture, Open Educational Resources Journals, Cellphone, and outside

SOURCE: [Spinal Cord | A & P 1/2 | Study Guides (nursinghero.com)](https://www.nursinghero.com/study-guides/cuny-csi-ap-1-2/spinal-cord)



**Procedures**

1. I will review what the dorsal horn is.
2. I will review what the lateral horn is.
3. I will review the ventral horn is.
4. I will review the central canal is.
5. I will review, compare, and contrast what the gray matter and the white matter are.
6. I will explain the picture (ETP) of the spinal cord.
7. I will record my data, which are my results.
8. I will make my conclusion with my binary.
9. **I will discuss my conclusion with my binary.**

**Result**

**Conclusion**

Make your conclusion with your binary.

**Open Questions:** E-mail your questions at numbers115@aol.com.

Questions can be related to APEMS (Anatomy, Physiology, Evolutionary Medicine and Military Science). Questions can be pertaining to COVID and other viruses. Questions can be on how to produce rice for all. Questions can be on Mom’s Grassy Farmlands Nuclear Bunkers Rice Complexes and Universities. Finally, questions can be on Mom’s Grassy “Extension”.

Do your best!

**Professor Deauna**