A & P Placement Exam Outline & Resources List

1) Basic Math / Problem Solving
   a. Know:
      i. Dimensional Analysis
      ii. Conversion Factors
      iii. Dosing calculations
      iv. Basic Algebraic manipulations
   b. Resources:
         1. This site has dosage calculations tutorials, games (like hangman) and practice quizzes
         2. There is a free trial download or you can register for a paid membership with increased features.
      ii. santarosa.edu: [http://online.santarosa.edu/presentation/page/?95907](http://online.santarosa.edu/presentation/page/?95907) and [http://online.santarosa.edu/presentation/page/?95911](http://online.santarosa.edu/presentation/page/?95911)
         1. This site has dimensional analysis and dosage related math tutorials, practice problems and quizzes.
      iii. M2hnursing.com: [http://www.m2hnursing.com/MedCal/module1_1.php](http://www.m2hnursing.com/MedCal/module1_1.php)
         1. This site has tutorials for basic math, dosage calculations and medication administration.

2) Basic Chemistry
   a. Know:
      i. Differences between Protons, Electrons & Neutrons
      ii. Differences between Atoms, Ions & Isotopes
      iii. Differences between Bond Types
      iv. Electron Shell Organization & # of Bonds possibly formed by atoms
      v. Differences between Elements, Compounds & Mixtures
      vi. Differences between Heterogeneous & Homogeneous mixtures
   b. Resources:
      i. LSC computers: Desktop/Science /Chemistry of Life CD/Atoms & Molecules
      ii. LSC computers: Desktop/Science /Anatomy & Physiology ESP2 (iE version)/Chemistry
         1. Atomic Structure
         2. Chemical Bonding

3) Water & pH
   a. Know:
      i. Differences between Acids & Bases
      ii. The pH scale and what it means
      iii. Types of bonds in a Water Molecule
      iv. Physical & Chemical characteristics of Water
   b. Resources:
      i. LSC computers: Desktop/Science/Chemistry of Life CD/Water
      ii. LSC computers: Desktop/Science /Chemistry of Life CD/Reactions & Equilibrium
      iii. LSC computers: Desktop/Science /Chemistry of Life CD/Acids, Bases & pH
      iv. LSC computers: Desktop/Science /Anatomy & Physiology ESP2 (iE version)/Chemistry/pH
      v. LSC computers: Desktop/Science /Anatomy & Physiology ESP2 (iE version)/Molecules of Life
         1. Water
4) Biochemistry
   a. Know:
      i. The four classes of macromolecules
      ii. Monomers of each of the 4 classes of macromolecules
      iii. Polymer names of each of the 4 classes of macromolecules
      iv. Molecular composition of each of the 4 classes of macromolecules
      v. Examples of each of the 4 classes of macromolecules
      vi. Bond types in each of the 4 classes of macromolecules
      vii. Functions of each of the 4 classes of macromolecules
      viii. Compositions of the Earth and/or organisms (especially humans)
   b. Resources:
      i. LSC computers: Desktop/Science /Chemistry of Life CD/Organic Molecules
      ii. LSC computers: Desktop/Science /Chemistry of Life CD/Carbohydrates
      iii. LSC computers: Desktop/Science /Chemistry of Life CD/Lipids
      iv. LSC computers: Desktop/Science /Chemistry of Life CD/Proteins
      v. LSC computers: Desktop/Science /Chemistry of Life CD/Nucleic Acids
      vi. LSC computers: Desktop/Science /Anatomy & Physiology ESP2 (iE version)/Molecules of Life
         1. Organic Chemistry
         2. Carbohydrates
         3. Lipids
         4. Proteins

5) Enzymes/Energy
   a. Know:
      i. The types of energy
      ii. Understand the laws of thermodynamics
      iii. What a catalyst is and how they work
      iv. Understand the stages of a reaction
      v. The composition and functions of ATP
   b. Resources:
      i. LSC computers: Desktop/Science /Chemistry of Life CD/Enzymes and Pathways
      ii. LSC computers: Desktop/Science /Anatomy & Physiology ESP2 (iE version)/Molecules of Life
         1. Enzymes
         2. Pathways & Feedback
         3. ATP
         4. Respiration
      iii. LSC computers: Desktop/Science /Modules/ENZYME Module.ppt

6) Cell Structure & Function
   a. Know:
      i. The names, locations and appearance of the organelles of a Eukaryotic cell
      ii. The functions and processes of the organelles.
      iii. Hierarchical organization of life.
   b. Resources:
      i. LSC computers: Desktop/Science /Anatomy & Physiology ESP2 (iE version)/Cell Structure
         1. all
      ii. LSC computers: Desktop/Science /Modules/Cell Structure Module Bio 109.ppt
      iii. LSC computers: Desktop/Science /Modules/Bioflix/Tour Of An Animal Cell
7) Cell/Membrane Transport
   a. Know:
      i. The types of transport
      ii. Characteristics of each type of transport (w/ or against gradient, require energy?, require carrier?)
      iii. The types of molecules that use each type of transport.
      iv. Types of tonicity & their characteristics.
      v. Affects of tonicity on a cell.
   b. Resources:
      i. LSC computers: Desktop/Science /Anatomy & Physiology ESP2 (iE version)/Cell Structure
         1. Membrane Structure
      ii. LSC computers: Desktop/Science /Anatomy & Physiology ESP2 (iE version)/Membrane Functions
         1. All

8) Cell Reproduction
   a. Know:
      i. The phases of the cell cycle and their characteristics.
      ii. The phases of mitosis and their characteristics.
      iii. The overall goals of mitosis/cell cycle.
      iv. Characteristics and make up of chromosomes.
      v. Differences between chromosomes, chromatin, chromatids and homologous pairs.
      vi. Characteristics and make up of DNA and how DNA is synthesized / replicated.
   b. Resources:
      i. LSC computers: Desktop/Science /Anatomy & Physiology ESP2 (iE version)/Cell Division
         1. All
      ii. LSC computers: Desktop/Science /Anatomy & Physiology ESP2 (iE version)/Cellular Functions
         1. Nucleic Acids
         2. DNA Structure
         3. RNA
      iii. LSC computers: Desktop/Science /Modules/Bioflix/Mitosis

9) Protein Synthesis
   a. Know:
      i. The stages of protein synthesis and their characteristics.
      ii. Basic terminology: codon, anticodon, gene, etc.
      iii. Understand the ribosome and what it does.
      iv. The characteristics and makeup of DNA, RNA & Proteins.
      v. The 3 types of RNA involved in protein synthesis.
      vi. The roles of DNA and of each type of RNA in protein synthesis.
   b. Resources:
      i. LSC computers: Desktop/Science /Anatomy & Physiology ESP2 (iE version)/Molecules of Life
         1. Proteins
      ii. LSC computers: Desktop/Science /Anatomy & Physiology ESP2 (iE version)/Cellular Functions
         1. RNA
         2. Transcription
         3. Translation
         4. Gene Regulation
      iii. LSC computers: Desktop/Science /Modules/Bioflix/Protein Synthesis
10) Cell Respiration
   a. Know:
      i. Anaerobic vs Aerobic Respiration.
      ii. The different stages of cell respiration and their characteristics.
      iii. The location (in the cell) of the various stages.
      iv. The reactants and products of each stage (including products produced under different conditions).
      v. The various molecules involved and what they do.
      vi. ATP: what it is, its characteristics, and why it’s important to the cell.
      vii. The overall chemistry of cellular respiration.
   b. Resources:
      i. LSC computers: Desktop/Science /Chemistry of Life CD/Enzymes and Pathways
      ii. LSC computers: Desktop/Science /Anatomy & Physiology ESP2 (iE version)/Molecules of Life
         1. Enzymes
         2. Pathways & Feedback
         3. ATP
         4. Respiration
      iii. LSC computers: Desktop/Science /Modules/Bioflix/Cell Respiration
      iv. LSC computers: Desktop/Science /Modules/ENZYME Module.ppt

11) Homeostasis
   a. Know:
      i. Types of feedback and their characteristics
      ii. General terminology: Stimulus, Receptor, Control Center, Effector, Result
      iii. Be able to identify examples of each of the above.
   b. Resources:
      i. LSC computers: Desktop/Science /Anatomy & Physiology ESP2 (iE version) /Introduction
         1. Homeostasis
      ii. LSC computers: Desktop/Science /Anatomy & Physiology ESP2 (iE version)/Molecules of Life
         1. Pathways & Feedback

12) Graphing
   a. Know:
      i. Horizontal vs Vertical Axis & the variables they represent.
      ii. Direct vs Indirect relationships.
      iii. How to read a graph.
   b. Resources:
      i. LSC computers: Desktop/Science /Modules/Bio 101 Graphing Module.ppt
      ii. LSC computers: Desktop/Science /Modules/Bio 101 Graphing Worksheet.doc
           graphs/activity/1/7
         1. Also look on the left for pages about line and pie graphs!
13) Reading Comprehension
   a. Know:
      i. How to filter out the important information in a word problem.
   b. Resources:

Additional Study Tips:

If you are in a Lecture class (Bio 099 or Chem 101):
   1) Read each chapter before going to class
   2) If your instructor allows access to the lecture notes via blackboard, read those before going to class
      a. The instructor’s lecture shouldn’t be your first exposure to the material (1 & 2 above are very important)
   3) Sometime soon after class, re-read the chapter along with your notes and the blackboard notes in more detail
   4) Before the exam (in class or placement exam), re-read all relevant material concentrating on areas that you struggled with

If you are in an online class (Bio 109):
   1) Go through each module multiple times
   2) If the instructor allows retaking quizzes...retake them as many times as possible
   3) Consider any optional assignments as mandatory
   4) Don’t be afraid to set up meetings for help.

➢ Remember: There is no substitute for hard work and the more times you expose yourself to the relevant material, the more likely you will be able to recall it when needed.
➢ Also Remember: The goal is not only to be able to pass the A & P Placement exam, but also to retain the information necessary to perform well in A & P itself (Bio 103 & Bio 104)