

NORTH CAROLINA SCIENCE OLYMPIAD  
2019 COACHES INSTITUTE

October 5, 2019

*Southeast Raleigh Magnet High School  
Raleigh, NC*

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<b>Event :</b>	Anatomy & Physiology
<b>Division(s) :</b>	B , C
<b>Event Supervisor :</b>	Ashwin Ghadiyaram
<b>Twitter :</b>	@ncsoanatphys

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**Event Description:** This event encompasses the anatomy and physiology of 3 predetermined body systems. This year the body systems are:

- █ Integumentary System
- █ Skeletal System
- █ Muscular System

**Number of Competitors per Team: 2**

**Event Parameters:** Each team may bring only **ONE** 8.5 x 11 two-sided page of information in any form from any source and up to two non-programmable, non-graphing calculators.

If competitors lack double-sided printing capabilities and instead opt to print two single-sided sheets, we will require them to be stapled together since it will be unfair to split up information into two sheets for each partner to use. The event supervisor at your tournament may or may not have a stapler on hand, so it is highly recommended that this action be undertaken well in advance of your tournament date.

**Approximate Time:** 40-50 minutes (Regional Level) , 50-60 minutes (State Level)

**Rules:** For both divisions, please refer to the official rules manual released by the National Science Olympiad organization.

**About me:** I'm a research tech in single-molecule biophysics at NC State.

I competed in NCSO for 7 years throughout middle school and high school - this was my favorite event! This will be my 4<sup>th</sup> year as the supervisor for this event in NC and my 3<sup>rd</sup> year as a supervisor for it at the national level (division B).

You can often find me at various division A and division B/C tournaments, assisting with other events as well. Please don't hesitate to come over and say hi! ☺

**Regional & State Tournament Formats (B,C):**

Since NCSO is one of the largest Science Olympiad programs in the country, there is no guarantee that whatever I write will be given at every single regional tournament here in NC. For the most part, however, any different tests that are administered will likely be based on what I write since my tests will be sent out to the tournament directors and event leaders. With that being said, possible formats include a sit down test, stations, stations with a separate packet to go along with it (traditionally for disease questions), and so forth. Generally, students have done well in all previous formats, so I do not anticipate any difficulties with this year's format.

**Recommendations:**

- Utilize the training handouts and powerpoints on the Anatomy & Physiology page on the soinc.org website.
- Obtain any Anatomy & Physiology textbook at your discretion. This is **highly recommended**. These textbooks are generally very well-written.
- Learn to pace yourselves. This event is very fast and unfortunately very easy to fall behind in.
- Take it slowly. Learning all of the information at once is not efficient. This event is very vast in comparison to the other events, so it's important to study content thoroughly rather than quickly.
- Check the event description and guidelines on the NCSO website. These pages have websites and other resources that may be of use as well, in addition to previous regional and state level questions.
- Check the NCSO pages for this event to view old regional and state tests. The formats have varied to an extent over time, so this is a good practice in order to become familiar with what is possible.
- Check the NCSO Anatomy & Physiology twitter page! Last year, we provided practice questions and discussed solutions to difficult regional questions that were missed by most teams. There will be significantly more activity on the twitter page this year compared to last year, so please be sure to follow the page for updates!