

PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY
Grande Prairie Regional College

PE1015: Essentials of Human Physiology [(3-0-0)]

Fall 2007

Instructor: Ray Kardas Office No.: C418
Phone: 539--2990 Office Hours: TBA
E-Mail: rkardas@gprc.ab.ca
Class Times: Mondays & Wednesdays 8:30 a.m. – 9:50 a.m.
Room: D308

Course Description:

The course provides an introduction to human physiology from cellular to systemic level, with special emphasis on systems which adapt to exercise stress.

Course Objectives:

- Acquire **knowledge** about the basic **structure-function relationships** that exist within the human body and the **regulation** of these physiological processes.
- To provide content and a rich environment in which to **understand the principles** and mechanisms of human physiology.
- To **establish a foundation** from which the responses to acute and chronic exercise stresses can be studied.

Transfer:

U of A, AU*, CUC, AUC, U of L, CU, KUC
*See GPRC Calendar/Transfer Guide

Required Text/Notes:

Germann, W.J., and Stanfield, Cindy L. (2008). Principles of Human Physiology. 3rd Edition, San Francisco: Pearson

Notes for PE1015 when available.

Course Layout:

The textbook selected for this course is thorough and will be a strong resource for PE2000 (Exercise Physiology) at GPRC. It is the student's responsibility to read and understand the required areas of the text. The objective of the lectures is to highlight the major concepts of each topic area and provide examples to facilitate comprehension.

Course Evaluation:

In-class Tests	75%
Take Home Assignments	<u>25%</u>
Total	100%

Test #1	October 10	25%
Test #2	November 5	25%
Test #3	December 5	25%
Take Home Assignment #1	Due: _____	9%
Take Home Assignment #2	Due: _____	8%
Take Home Assignment #3	Due: _____	8%

Grading System:

Letter Grade	Grade Point Value	Percentage Range
A+	4.0	94 – 100
A	4.0	89 – 93
A-	3.7	85 – 88
B+	3.3	81 – 84
B	3.0	77 – 80
B-	2.7	72 – 76
C+	2.3	69 – 71
C	2.0	64 – 68
C-	1.7	60 – 63
D+	1.3	55 – 59
D	1.0	50 – 54
F	0.0	Below 50

Student Responsibilities:

Reading the upcoming topic in the textbook BEFORE each lecture will help students understand and keep pace with the flow of lectures.

Questions always arise and it is important for the student to act on them. Ask your questions during class or bring them up at the end of class or send your question(s) via e-mail.

“**Study-buddy**” or study groups are highly recommended. Having someone to discuss the lecture with or review course material has been very helpful to many students.

Attendance will not be monitored during the lectures. Students are responsible for all material assigned or presented.

Lecture/Tests/Assignments Schedule:

Date	Schedule	Other
Sept. 10, 12, 17, 19	Introduction/ Cell Physiology	
Sept. 24	Chemical Messengers	
Sept. 26, Oct. 1, 3	Endocrine Physiology	
Oct. 8	Thanksgiving Day	
Oct. 10	Test #1 (25%)	Take Home Assignment #1 – 9%
Oct. 15, 17, 22	Nervous System	
Oct. 24, 29, 31	Muscle Physiology	
Nov. 5	Test #2 (25%)	Take Home Assignment #2 – 8%
Nov. 7	Blood	
Nov. 12	No class	
Nov. 14, 19, 21	Cardiovascular Physiology	
Nov. 26, 28, Dec. 3	Respiratory Physiology	
Dec. 5	Test #3 (25%)	Take Home Assignment #3 – 8%