

GRANDE PRAIRIE REGIONAL COLLEGE
Department of Physical Education and Athletics

PE 1020 ELEMENTARY PHYSIOLOGY
Course Outline 1996-1997 Y

Course Description: Introduction to human physiology from the cellular to systemic level, with special emphasis on systems which adapt to exercise stress.

Instructor: Ray Kardas

Office: C418

Phone: 539-2990

Lectures: Both Terms MWF 11:00 - 11:50 Room E-306

Labs: 2nd Term L1 M 9:00 - 9:50 Room J-130
L2 W 9:00 - 9:50 Room J-130

Course Objectives:

At the conclusion of the course, the student will be able to:

1. Describe the normal physiology of the major systems of the human body.
2. Explain some abnormal physiological occurrences seen in the clinical setting.

Required Textbooks:

- (1) Rodney Rhoades, and Richard Pflanzer. *Human Physiology*. 3rd ed. Fort Worth: Saunders College Publishing. 1996.
- (2) Florence C. Ricciuti. *Study Guide to Accompany Human Physiology by Rhoades and Pflanzer*. Fort Worth: Saunders College Publishing. 1996
- (3) LAB MANUAL: Available second semester (January 1997).

Labs: NOTE** Students are required to attend lab sessions in the second semester. Failure to do so may lead to an incomplete (INC) for the course. Additionally the Lab session in the second semester will allow for extra time for the study guide requirement of this course.

Examination and Grading System:

8 Term Tests	10% x 8 = 80%
LAB & Study Guide Component	= 20%

Each examination will include all material covered between the time of the previous examination and the subsequent examination. Exam papers will not be returned to students for keeping. However, students are encouraged to review their exams with the instructor during scheduled review times. Examinations may be comprised of the following types of questions: MC, T/F, fill in the blank, short answer.

NOTE** Please read pg. 16-21 in the College Calendar on policies of academic standing, exams, repeat final examinations, rights and responsibilities, plagiarism and cheating.

Marking Scheme: Marking is on a 9 point scale. The percent equivalencies for PE 1020 only are as follows.

Cumulative Percentage	9 Point Scale
90 - 100	9
80 - 89	8
70 - 79	7
61 - 69	6
56 - 60	5
50 - 55	4 PASS
40 - 49	3
30 - 39	2
0 - 29	1

TENTATIVE COURSE OUTLINE

NOTE** The instructor reserves the right to deviate in any manner from this outline to accommodate students needs.

	Sept. 6	Introduction
pp. 17-26	9	General organization, Body Components, Homeostasis
Ch. 2	11 13	Chemical & Physical Principles
Ch. 3 - 6	16 18 20 23 25 27	Cellular Physiology
	30	TEST #1
Ch. 7 - 11	Oct. 2 4 7 8 11 14 16 18 21 23 25 28	Physiology of the Nervous System
		Thanksgiving Day: No Classes
	30	TEST #2
Ch. 12 - 15	Nov. 1 4 6 8 11 13	Endocrine Physiology
		Remembrance Day: No Classes
	15	TEST #3
Ch. 16	Nov. 18 20 22 25 27 29 Dec. 2	Muscle Physiology
(36)	4	TEST #4

Chs. 17 - 19	Jan.	6	Cardiovascular Physiology
Ch. 28		8	Immunology
		10	
		13	
		15	
		17	
		20	
		22	
		24	
		27	
		29	
		31	TEST #5
Chs. 20 - 22	Feb.	3	Respiratory Physiology
		5	and Physiology of GI Tract
		7	
		10	
		12	
		14	
		17	Don Getty's Holiday: No Classes
		19	
		21	TEST #6
	Feb.	24 - 28	Winter Break: No Classes
Chs. 23- 27	Mar.	3	Renal Physiology
		5	-Kidney
		7	-Regulation of Fluid Electrolyte Balance
		10	-Regulation of Acid-Base Balance
		12	-Calcium, Phosphate and Bone Metabolism
		14	-Regulation of Body Temperature
		17	TEST #7
Ch. 29		19	Environmental Physiology
		21	
		24	
Ch. 30		26	Physiology of Exercise
		28	Good Friday: No Classes
		31	
Ch. 31	Apr.	2	Reproductive Physiology
		4	
		7	
		9	TEST #8

Note: The Lab Schedule will be distributed in January, 1997.