

GRANDE PRAIRIE REGIONAL COLLEGE
Department of Physical Education and Athletics

PE 1020 ELEMENTARY PHYSIOLOGY
Course Outline 1997-1998 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-126

Labs: 2nd Term L1 M 9:00 - 9:50 Room J-126
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 Pflanzler. *Human Physiology*. 3rd ed. Fort Worth: Saunders College Publishing, 1996.
- (2) Florence C. Ricciuti. *Study Guide to Accompany Human Physiology by Rhoades and Pflanzler*. 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	11% x 8 = 88%
LAB & Study Guide Component	= 12%

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.

<u>Cumulative Percentage</u>	<u>9 Point Scale</u>
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. 5	Introduction
pp. 17-26	8	General organization, Body Components, Homeostasis
Ch. 2	10 12	Chemical & Physical Principles
Ch. 3 - 6	15 17 19 22 24 26	Cellular Physiology
	29	TEST #1
Ch. 7 - 11	Oct. 1 3 6 8 10 13 15 17 20 22 24 27	Physiology of the Nervous System
		Thanksgiving Day: No Classes
	29	TEST #2
Ch. 12 - 15	Oct. 31 Nov. 3 5 7 10 12	Endocrine Physiology
	14	TEST #3
Ch. 16	Nov. 17 19 21 24 26 28	Muscle Physiology
	Dec. 1	
(36)	3	TEST #4

Chs. 17 - 19	Jan. 7	Cardiovascular Physiology
Ch. 28	9	Immunology
	12	
	14	
	16	
	19	
	21	
	23	
	26	
	28	
	30	
	Feb. 2	TEST #5
Chs. 20 - 22	Feb. 4	Respiratory Physiology
	6	and Physiology of GI Tract
	9	
	11	
	13	
	16	Don Getty's Holiday: No Classes
	18	
	20	TEST #6
	Feb. 23 - 27	Winter Break: No Classes
Chs. 23- 27	Mar. 2	Renal Physiology
	4	-Kidney
	6	-Regulation of Fluid Electrolyte Balance
	9	-Regulation of Acid-Base Balance
	11	-Calcium, Phosphate and Bone Metabolism
	13	-Regulation of Body Temperature
	16	TEST #7
Ch. 29	18	Environmental Physiology
	20	
	23	
Ch. 30	25	Physiology of Exercise
	27	Good Friday: No Classes
	30	
Ch. 31	Apr. 1	
	3	
	6	Reproductive Physiology
	8	
	10	Good Friday: No Classes
	13	
	15	Test #8

Note: The Lab Schedule will be distributed in January, 1998.