DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE –WINTER 2016

PE1030 (A3): Integrative Human Physiology – 3 (3-0-1) 60 Hours for 15 weeks

INSTRUCTOR:	Raymond Kardas	**PHONE:**	780-539-2990
OFFICE:	K214	**E-MAIL:**	rkardas@gprc.ab.ca
OFFICE HOURS:	As posted and as requested		

CLASS TIMES: Monday/Wednesday 10:00 am – 11:20 a.m., D308

Lab times: A3: Tuesday 14:30 – 15:20 p.m., J227

B3: Friday 8:30 – 9:20 a.m., J204

CALENDAR DESCRIPTION:

The focus of this introductory physiology course is cellular functions in the human body with special emphasis on control and integration of these functions. Whenever possible, the responses and adaptations to exercise will be used as a foundation upon which the concepts of control and integration will be discussed. Some topics from PE1015, Essentials of Human Physiology, will be revisited to discuss control and integration of cellular and systematic function.

PREREQUISITE(S)/COREQUISITE:

PE1015

REQUIRED TEXT/RESOURCE MATERIALS:

Stanfield, Cindy L. (2013). Principles of Human Physiology, 5th Edition.

PE1030 Lab Manual (Provided in labs)

DELIVERY MODE(S):

Lectures, labs

COURSE OBJECTIVES:

- To provide the student with a knowledge and understanding of the basic concepts of physiology in selected systems of the body.
- To examine the critical systems associated with health, exercise and sport.
- To provide the basic principles of the following systems: neural-endocrine systems, muscular systems, cardio-vascular system, respiratory system, digestive systems.

LEARNING OUTCOMES:

Students who successfully complete this course will be able to:

- Identify and explain the metabolic and physiological determinant of sports and athletic performance
- Explain the basic structure-function relationships that exist within the human body and the regulation of these physiological processes
- Explain the control and integration of cellular and systemic function in responses to the challenges of health and fitness and sport performance with reference to specific systems.

TRANSFERABILITY:

UA*, UC*, UL, AU, KUC*, GMU, AF*

***Warning:** Although we strive to make the transferability information in this document up-to-date and accurate, **the student has the final responsibility for ensuring the transferability of this course to Alberta Colleges and Universities**. Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at Alberta Transfer Guide main page http://www.transferalberta.ca or, if you do not want to navigate through few links, at http://alis.alberta.ca/ps/tsp/ta/tbi/onlinesearch.html?SearchMode=S&step=2

** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. **Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

EVALUATIONS:

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Evaluation will be completed and expressed in raw marks (%) throughout the course. Grades (using the letter grading system) will be assigned only to the final distribution of mark totals for the course. Such assignment will be based on a combination of absolute achievement and relative performance in the class. Final grades will be assigned as per information in the GPRC Admission Guide..

Examinations:

Test #1	February 10	35%
Test #2	March 16	25%
LAB Assignments/LAB Final Test:	April 6	10%
Final Exam (Date TBD)		30%

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	**4-point Equivalent**	**Percentage Guidelines**	**Designation**
A^+	**4.0**	**90 – 100**	**EXCELLENT**
A	**4.0**	**85 – 89**	
A^-	**3.7**	**80 – 84**	**FIRST CLASS STANDING**
B^+	**3.3**	**77 – 79**	
B	**3.0**	**73 – 76**	**GOOD**
B^-	**2.7**	**70 – 72**	
C^+	**2.3**	**67 – 69**	**SATISFACTORY**
C	**2.0**	**63 – 66**	
C^-	**1.7**	**60 – 62**	
D^+	**1.3**	**55 – 59**	**MINIMAL PASS**
D	**1.0**	**50 – 54**	
F	**0.0**	**0 – 49**	**FAIL**
WF	**0.0**	**0**	**FAIL, withdrawal after the deadline**

COURSE SCHEDULE/TENTATIVE TIMELINE:

January 6 – February 8th	• Cardiovascular physiology including blood • Neural-endocrine responses to exercise • Blood-pressure responses to exercise	
February 10	• Test #1	35% of grade
February 15-19	Winter Break	
February 22 – March 15	• Respiratory physiology • Acid-Base Balance	
March 16	Test #2	25% of grade
March 21 – April 13	• Revisit Muscle Physiology with emphasis on the neural control of voluntary	

	movement • G-I physiology with emphasis on absorption of foods and neural hormonal control of appetite	
April 6	LAB test in class	10% of grade
Date TBA	Final Exam	30% of grade

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 but will be monitored for the lab portion of the course.

Each absence from the LAB will result in a loss of 2% for the TOTAL LABS MARK for the course

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at http://www.gprc.ab.ca/programs/calendar/ or the College Policy on Student Misconduct: Plagiarism and Cheating at http://www.gprc.ab.ca/about/administration/policies/

**Note: all Academic and Administrative policies are available on the same page.