



Grande Prairie Regional College

Department of Physical Education, Athletics & Kinesiology

COURSE OUTLINE – FALL 2009

PE 1015 Essentials of Human Physiology

3 (3-0-0) UT [45 hours]

Instructor:	Jody Virr	Phone:	(780) 539-2893
Office:	K217	E-mail:	jvirr@gprc.ab.ca
Hours:	By Appointment	Class Times A2:	Mondays & Wednesday 8:30 a.m. – 9:50 a.m., D208

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:

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

1. Understand basic physiological concepts and processes.
2. Define basic structure-function relationships that exist within the human body.
3. Describe the regulation of various physiological systems that comprise the human body.

Required Text/Resource Materials:

Germann, W.J., and Stanfield, Cindy L. (2009). Principles of Human Physiology. 3rd Edition, San Francisco: Pearson

Class notes for PE1015 will be posted on Moodle.

Course Layout:

The textbook selected for this course is thorough. 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.

Delivery Mode:

Lecture

Transferability:

U of A, AU*, CUC, AUC, U of L, CU, KUC

*See GPRC Calendar/Transfer Guide

Grading Criteria:

Test #1	Sept. 30	20%
Test #2	Oct. 28	20%
Test #3	Nov. 18	20%
Final Exam	TBA	40%
TOTAL		100%

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Grading Conversion Chart

Alpha Grade	4-point Equivalent	Designation
A+	4.0	EXCELLENT
A	4.0	
A-	3.7	FIRST CLASS STANDING
B+	3.3	
B	3.0	GOOD
B-	2.7	
C+	2.3	SATISFACTORY
C	2.0	
C-	1.7	
D+	1.3	MINIMAL PASS
D	1.0	
F	0.0	FAIL
WF	0.0	FAIL, withdrawal after the deadline

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.

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.

Statement on Plagiarism and Cheating:

Please refer to pages 49-50 of the College calendar regarding plagiarism, cheating and the resultant penalties. These are serious issues and will be dealt with severely.

LECTURE SCHEDULE PE 1015 A2:

Date	Schedule	Readings
Sept. 9	Introduction to Physiology	Ch. 1
Sept. 14, 16, 21	Cell Physiology	Ch. 2, 3
Sept. 23, 28	Chemical Messengers	Ch. 4, 5
Sept. 30	Test #1	
Oct. 5, 7	Endocrine Physiology	Ch. 6
Oct. 12	Thanksgiving Day	
Oct. 14	Endocrine Physiology continued	
Oct. 19	Nerve cells & Electrical Signaling	Ch. 7
Oct. 21, 26	Nervous System: Autonomic & Motor Systems	Ch. 11
Oct. 28	Test #2	
Nov. 2, 4, 9	Muscle Physiology	Ch. 12
Nov. 10/11	Fall Break/Remembrance Day	
Nov 16	Muscle Physiology continued	
Nov. 18	Test #3	
Nov. 23, 25	Cardiovascular System: Blood	Ch. 15
Nov. 30, Dec 2, 7	Cardiovascular System: Cardiac Function	Ch. 13
TBA	Final Exam	