

PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY
Grande Prairie Regional College

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

Fall 2006

Instructor: Ray Kardas
Phone: 539--2990
E-Mail: rkardas@gprc.ab.ca
Class Times: Mondays & Wednesdays 8:30 a.m. – 9:50 a.m.
Room: D308

Office No.: C418
Office Hours: TBA

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. (2005). Principles of Human Physiology. 2nd Edition, San Francisco: Pearson

Etchberger, C., Nordlie, M., and Fowles, J. (2005). Study Guide for Principles of Human Physiology. 2nd 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:

Mid-term Exam #1	October 11	25%
Mid-term Exam #2	November 13	25%
Final Exam	Scheduled during Exam Week	50%

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 Schedule:

Day	Date	Subject	Chapters (Assigned in Class)
M	Sept. 11	Introduction	
W	Sept. 13	Cell Physiology	
M	Sept. 18		
W	Sept. 20		
M	Sept. 25	Nerve and Muscle	
W	Sept. 27		
M	Oct. 2		
W	Oct. 4		
M	Oct. 9	Thanksgiving Day – No Classes	
W	Oct. 11	Test #1	
M	Oct. 16	Central Nervous System	
W	Oct. 18		
M	Oct. 23		
W	Oct. 25		
M	Oct. 30	Blood and Immune System	
W	Nov. 1		
M	Nov. 6		
W	Nov. 8		
M	Nov.13	Test #2	
W	Nov. 15	Autonomic Nervous System	
M	Nov.20		
W	Nov. 22	Cardiovascular System	
M	Nov. 27		
W	Nov. 29		
M	Dec. 4		
W	Dec. 6	Review (Flex Day)	