# PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY Grande Prairie Regional College

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

#### Fall 2008

Instructor: Ray Kardas Office No.: C418 Phone: 539--2990 Office Hours: TBA

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Class Times: Mondays & Wednesdays 8:30 a.m. – 9:50 a.m.

Room: D208

## **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. (2009). <u>Principles of Human Physiology</u>. 3<sup>rd</sup> 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.

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# **Course Evaluation:**

In-class Tests  $4 \times 25\% = 100\%$ 

Test #1	September 29	25%
Test #2	October 27	25%
Test #3	November 24	25%
Test #4	December 8	<u>25%</u>
		Total: 1009/

Total: 100%

## **Grading System:**

Letter Grade	Grade Point Value	Percentage Range
A+	4.0	94 – 100
Α	4.0	89 – 93
A-	3.7	85 – 88
B+	3.3	81 – 84
В	3.0	77 – 80
B-	2.7	72 – 76
C+	2.3	69 – 71
С	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.

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# Lecture/Tests/Assignments Schedule:

Date	Schedule
Sept. 8, 10, 15, 17	Introduction/ Cell Physiology
Sept. 22, 24	Chemical Messengers
Sept. 29	Test #1 (25%)
Oct. 1, 6, 8	Endocrine Physiology
Oct. 13	Thanksgiving Day: No Classes
Oct. 15, 17, 22	Nervous System
Oct. 27	Test #2 (25%)
Oct. 29	Muscle Physiology
Nov. 3, 5, 12	Muscle Physiology continued
Nov. 7, 19	Blood
Nov. 24	Test #3 (25%)
Nov. 26	Cardiovascular Physiology
Dec. 1, 3	Cardiovascular Physiology continued
Dec. 8	Test #4 (25%)

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