

**COURSE POLICY FOR BIOLOGY 385: HUMAN PHYSIOLOGY
FALL SEMESTER, 2019**

Course Description: 4 cr. Normal functions of organ systems in humans; fulfills the physiology requirements for biology, human development, nutritional sciences, and physical education majors and is recommended for students with pre-professional interests in medical or allied health fields. Three hours of lecture and three hours of lab per week. **Prerequisites: Biology 160 (zoology) or Biology 101 (general biology) and 1 semester of college Chemistry (101 or 105).**

Lectures: Dr. Michael Steury
Office: 315 CBB Building
Phone: (715)346-2164

Office hours: Tuesday from 2:00-4:00 pm, Thursday from 10:00 – 12:00 and by appointment.

Laboratories: All in CBB 376. Instructors: Dr. Jennifer Bray (CBB 311, ext. 3569), Dr. Michael Steury (CBB 315, ext. 2164). See lab schedule, p. 7.

★You will need to buy a LAB MANUAL from the University Store before your first lab next week! ★

Assigned Text: "Human Physiology, From Cells to Systems," 9th ed., by Lauralee Sherwood; Brooks/Cole, Cengage Learning, 2016. Available at Text Rental. Think about buying an old edition for your own reference after you take the course.

Supplemental Texts available: "Physiology Coloring Book," 2nd ed., 1999, by Wynn Kapit, Robert Macey, and Esmail Meisami; Harper & Row publishers. These are available for purchase from the bookstore. New and used coloring books can also be purchased online. Also suggested is the "Study Guide for Sherwood's Human Physiology: From Cells to Systems," which can be purchased at the bookstore or online. An older edition will work just fine or buy a used one. These will be much cheaper!

Examinations: The lecture examinations will be given during the EVENINGS, **7:15-9:15 PM, in CCC 101. SEE THE FOLLOWING LECTURE SCHEDULE OR TIMETABLE FOR DATES.** The material to be covered on each exam is shown on the lecture schedule. Alternate exam times will be available to those with **certifiable** job or class conflicts. Our exams take precedence over evening exams that are not listed in the timetable. Make-up exams will only be given if pre-arranged or in case of a *documented* emergency. There will be an *EXAM REVIEW* in **CCC 101, 7:15-8:15 PM** the Tuesday before each exam. SEE THE LECTURE SCHEDULE OR TIMETABLE FOR DATES.

Attendance Policy: Attendance at lectures and laboratories is required.

Last day to drop the course: Friday, November 8. (A "W" will appear on your transcript.)

Grading Policy: The examinations and labs will be weighted as follows:

Exams 1-4	80%
Lab grade (total) ★★	20%

★★ Lab grade consists of quiz grades, lab reports, extra-credit lectures, and attendance.

Physiology course outcomes: Upon completion of this course students should be able to

1. Understand and describe the basic physiological principles of cells, tissues, organs, and organ systems.
2. Recognize and explain the principle of homeostasis and the use of feedback loops to control physiological systems in the human body.
3. Explain how physiological systems are integrated and identify physiological tradeoffs.
4. Demonstrate proficiency in the methods and philosophy of science, including articulation and application of the scientific method, collection and analysis of biological data, and application of professional ethics.
5. Articulate the application of biological science to meeting the needs of society.

Grade Scale: Your grade will be based on a straight scale as shown below. There will be several extra-credit opportunities in lab as well as extra credit lectures. Grading decisions on borderline percentages will be made based on attendance and lab performance. There will be NO negotiation of grades between instructor and students!

GRADE	MINIMUM PERCENT FOR GRADE
A+	97.0%
A	90.0%
A-	86.7%
B+	83.3%
B	80.0%
B-	76.7%
C+	73.3%
C	70.0%
C-	66.7%
D+	63.3%
D	60.0%
F	0.0%

The A+ designation is called "honorary honors," which does not appear on your transcript, but will be noted in letters of recommendation 😊

Academic Misconduct: Any form of *cheating* on quizzes or exams will not be tolerated and will earn a grade of **F (0 points for the quiz or exam)**. **No cell phone use of any kind will be allowed in the testing rooms at ANY time before or during the exam.** If I see a cell phone out at any point during exams, the exam will be confiscated immediately and 0 points will be given. Student grievances are handled per the University of Wisconsin's administrative code, "Student Academic Standards and Disciplinary Procedures," found at <http://www.uwsp.edu/dos/Pages/Academic-Misconduct.aspx>.

Clickers: This class uses "Turning Point Cloud" to do interactive polling. You will need to purchase a Turning Technologies code either from within your Turning Point account for \$9.53 or from the bookstore for \$21.40 (with a \$10 rebate) to participate in the class. You will be able to use your own device (a laptop, tablet, or smartphone) to respond to polling.

If you do not have a device, you may check out a clicker from the **UWSP IT Service Desk in room 027 ALB, basement of the UWSP Library free of charge.** **Returning clickers:** Clickers must be returned to IT Service Desk before the end of finals. Students with unreturned clickers will be billed a late fee and/or may be billed the replacement cost of the clicker.

For Service Desk hours: <http://www.uwsp.edu/infotech/Pages/HelpDesk/default.aspx>

You will need your UWSP Student ID to get your clicker.

Turning Point Account

You will need to create a Turning Technologies account in order to register your device to the class. Please use your UWSP email address to create an account here:

<https://account.turningtechnologies.com/account/>

You can find help with Turning Point Cloud here:

<https://www.turningtechnologies.com/support/turningpoint-cloud>

Tutoring: We have several group tutors for the course, available to anyone in this class, starting the third week of classes. No sign-up is needed for group tutoring and **all group tutoring is FREE!** One-on-one tutoring as well as free walk-in tutoring is also available. Visit the Tutoring Center in LRC 018 for all one-on-one tutoring. Tutoring is a bargain and, if pursued consistently, will help a lot! Please visit the TLC website for the tutoring schedule: <http://www.uwsp.edu/tlc/Pages/default.aspx>.

Lecture Slides: Lecture PowerPoint presentations (in a condensed format) will be made available to registered students through the course link in Canvas. Please note that lectures are only guaranteed to appear online **after** each lecture is given, and students must recognize the content of these files **cannot** replace regular class attendance. The slides for each exam will remain available online up until the date of the exam, at which point slides and chapter outlines will be removed.

Suggestions:

- Make a **LIST OF TERMS** from your notes for each lecture and text assignment as a guide for day-to-day study.
- **Take notes in lecture: research shows that writing notes by hand increases retention by 50%!**
- **Since Physiology does *not* lend itself to memorization very well, study the material as soon after each lecture as possible.**
- Participation in a **study group** of three or four, meeting once a week is **the most effective way to study physiology**. Turn the lecture topics into questions; it is a great way to see how well you know the material.

**BIOLOGY 385: HUMAN PHYSIOLOGY
LECTURE SCHEDULE – FALL SEMESTER 2019**

Dr. Michael Steury

Office: CBB 315, ext. 2164

Lectures: 9:00-9:50 am, Tues, Thurs, and Fri (Collins Classroom Center 101)

SUMMARY OF EVENING EXAMS AND REVIEWS:

EXAM 1: Thurs, Sept 26, 7:15-9:15 PM, (covers material through lecture #10)

REVIEW 1, Tues, Sept 24, 7:15-8:15 PM , CCC 101

EXAM 2: Thurs, Oct 24, 7:15-9:15 PM, (covers material through lecture #20)

REVIEW 2, Tues Oct 22, 7:15-8:15 PM , CCC 101

EXAM 3: Thur, Nov 14, 7:15-9:15 PM, (covers material through lecture #29)

REVIEW 3, Tues, Nov 12, 7:15-8:15 PM , CCC 101

EXAM 4: Tuesday, Dec 17, 10:15-12:15 PM, (covers material through lecture #43)

REVIEW 4, Thurs, Dec 12, 7:15-8:15 PM , CCC 101

Lecture No.	Date	Topic	Recommended Reading: <i>Human Physiology</i> , 9th ed., 2016 by L. Sherwood
		★★ Recommended: review of basic chemistry and physics	Appendix A (A-1 – A-15)
1.	Sept. 3	Course Overview; Introduction to physiology	Review Syllabus
2.	5	Organ systems overview; Cells as physiological systems	Ch. 1 (1-18), Ch. 2.1 – 2.5, *Table 2-2*
3.	6	Cytoplasm components and plasma membrane	Ch. 3.1 – 3.2
4.	10	Membrane permeability; passive and active transport; osmosis	Ch. 3.3 – 3.5, *Table 3-2*
5.	12	Neurophysiology I: Membrane Potential, origin of nerve-membrane electrical potentials from dissolved ions	Ch. 3.6
6.	13	Neurophysiology II: Excitable membranes, depolarization hyperpolarization, repolarization and action potentials in nerve and muscle cells	Ch. 4.1 – 4.3
7.	17	Neurophysiology III: Action Potentials	Ch. 4.1 – 4.3
8.	19	Neurophysiology IV: Synapses	Ch. 4.4
9.	20	Neurophysiology V: catch up and review	
10.	24	Neuro-muscular Junction (motor end-plate)	Ch 7.2 – 7.3
11.	24	Skeletal muscle I: structure and molecules of contraction	Ch. 8.1
REVIEW 1	24	EXAM REVIEW #1, Tuesday, Sept 24, 7:15 – 8:15 PM, CCC 101	LECTURES 1 – 10

12.	26	Skeletal muscle II: calcium-triggering system: the sarcoplasmic reticulum and t-tubule system	Ch. 8.2
EXAM 1	26	EXAM #1, Thursday, Sept 26, 7:15 – 9:15 PM, CCC 101	Lectures 1 – 10
13.	Oct 1	Skeletal muscle III: mechanics, motor nerves and muscle group, motor units and origin of reflexes; Skeletal muscle types	Ch. 8.3 – 8.4
14.	3	Cardiac and smooth muscle	Ch. 8.6, *Table 8.4*
15.	4	Overview of the central nervous system	Ch. 5.1, 5.3 – 5.4 *Table 5.1*
16.	8	Spinal cord and reflexes, muscle spindles	Ch. 5.10; Ch. 8.5
17.	10	Autonomic nervous system	Ch. 7.1
18.	11	The erythron: the red blood cell forming system; anemia and polycythemia	Ch. 11.1 – 11.2
19.	15	White blood cells: granulocytes and lymphocytes; Hemostasis	Ch. 11.3 – 11.4
20.	17	Immunology: macrophage & lymphocyte function; humoral and cellular immunity	Ch. 12
21.	18	Cardiac Physiology I: heart as a muscular pump; properties of arteries and veins	Ch. 9.1; Ch. 10 *Table 10-1*
22.	22	Cardiac Physiology II: the EKG; blood pressure patterns	Ch. 9.2
REVIEW 2	22	EXAM REVIEW #2, Tuesday Oct 22, 7:15 – 8:15 PM, CCC 101	LECTURES 13 – 24
23.	24	Cardiac Physiology III: the cardiac cycle	Ch. 9.3 *Fig 9.16*
EXAM 2	24	EXAM #2, Thursday Oct 24, 7:15 – 9:15 PM, CCC 101	LECTURES 13 – 24
24	25	Cardiac Physiology IV: Cardiac Output	Ch. 9.4
25.	29	Blood flow and blood pressure relationships	Ch. 10.6
26.	31	Pulmonary Physiology I: Respiratory Anatomy and mechanics	Ch. 13.1 – 13.2
27.	Nov 1	Pulmonary Physiology II: Gas Exchange and transport	Ch. 13.3 – 13.4
28.	5	Pulmonary Physiology III: Chemistry of respiration, Hb and carbonic anhydrase	Ch. 13.3 – 13.4
29.	7	Pulmonary Physiology IV: nervous and chemical control of respiration	Ch. 13.5
30.	8	Renal Physiology I: regulation of body fluids; gross and micro-anatomy of the kidney	Ch. 14.1
31.	12	Renal Physiology II: filtration, GFR	Ch. 14.2
REVIEW 3	12	EXAM REVIEW #3, Tuesday, Nov 12, 7:15 – 8:15 PM, CCC 101	LECTURES 25 - 33
32.	14	Renal Physiology III: Tubular reabsorption and secretion, role of the hormones aldosterone and vasopressin in the regulation of water excretion/blood volume	Ch. 14.3 – 14.4
EXAM 3	14	EXAM #3, Thursday Nov 14, 7:15 – 9:15 PM, CCC 101	LECTURES 25 - 33
33.	15	Renal Physiology IV: urine excretion; counter-current multipliers; fluid and acid-base balance	Ch. 14.5, Ch. 15
34.	19	Introduction to endocrinology control systems: the pituitary gland - the "master" endocrine gland.	Ch. 18.1- 18.2 *Table 18.2 summary*

Lecture Schedule (6)

35.	21	The hypothalamus-pituitary team, using the control of the thyroid gland as a model system	Ch. 19.1
36.	22	Adrenal gland I: anatomy, steroid hormones, epinephrine and pituitary control	Ch. 19.2 – 19.3
37.	26	Steroid hormones of the adrenal gland II: Adrenal diseases: Cushing's syndrome (excess glucocorticoids); Addison's disease (low GC's) and the adrenogenital syndrome (excess adrenal androgens)	Ch. 19.2 – 19.3
38.	Dec 3	Calcium metabolism	Ch. 19.5
39.	5	Regulation of blood glucose: insulin and diabetes - Type I & II	Ch. 19.4
40.	6	Sex determination and sex differentiation: sex is not all in the genes	Ch. 20.1
41.	10	Male reproductive endocrinology	Ch. 20.2
42.	12	Female sex-steroid hormones I: estrogen, progesterone	Ch. 20.4
43.	13	Female sex-steroid hormones II: the menstrual cycle and overview of fertilization	Ch. 20.4
REVIEW 4	12	EXAM REVIEW #4, Thursday, Dec 12, 7:15 – 8:15 PM, CCC 101	LECTURES 30 – 43
EXAM 4	17	EXAM #4, Tuesday Dec 17, 10:15 – 12:15 PM, CCC 101	LECTURES 30 – 43

* Please note: Course schedule and topics covered are subject to change. Please refer to Canvas and the lecture slides for up-to-date information on material covered on exams.

BIOLOGY 385 HUMAN PHYSIOLOGY LAB SCHEDULE FALL SEMESTER 2019

**LAB MANUALS ARE AVAILABLE FROM THE BOOKSTORE.
YOU WILL NEED ONE TO BEGIN LAB NEXT WEEK!**

Instructors: Dr. Jennifer Bray (CBB 311, ext. 3569), Dr. Michael Steury (CBB 315, ext. 2164)

LAB BEGINNING:	EXPERIMENT DESCRIPTION:
September 3	★★★★ FIRST WEEK, NO LAB ★★★★★
September 9	ANATOMY OF THE PRESERVED RAT
September 16	PERMEABILITY: PENETRATION OF SUBSTANCES INTO CELLS
September 23	THE SPECIAL SENSES: HEARING, TOUCH, TASTE & SMELL
September 30	PROPERTIES OF SKELETAL (STRIATED) MUSCLE
October 7	SPINAL AND SUPRASPINAL REFLEXES
October 14	FORMED ELEMENTS OF THE BLOOD; RED BLOOD CELL MEASUREMENTS
October 14	IMMUNITY AND BLOOD TYPING
October 21	HEART ANATOMY AND THE ELECTROCARDIOGRAM
October 28	HEART (VALVE) SOUNDS AND BLOOD PRESSURE
November 4	CAPACITIES OF THE RESPIRATORY SYSTEM
November 11	KIDNEY PHYSIOLOGY: WATER-, ELECTROLYTE- AND pH-BALANCE
November 18	★ SMALL-ANIMAL SURGERY PRACTICE AND PREPARATION
November 25	HORMONE-DEPENDENT TISSUE GROWTH, PT. I: OVARIECTOMY OF FEMALE RATS
December 2	THYROID HORMONES AND METABOLISM: SOLVING A HORMONE "UNKNOWN"
December 9	HORMONE-DEPENDENT TISSUE GROWTH, PT II: HORMONE & SURGERY EVALUATION
December 13 (tentative)	OPTIONAL: TOUR OF ST. MICHAEL'S HOSPITAL (see sample questions in lab manual). This gives you a chance to hear physiology spoken. Usually includes the following departments: Intensive Care, Hemodialysis, Clinical Chemistry, Pathology, and Obstetrics & Birthing Center.

Lab Sections:

LAB DAY	SECTION	INSTRUCTOR
MAM (9am-12pm)	Section 1	Dr. Steury
MPM1 (12pm-3pm)	Section 4	Dr. Bray
TAM (11am-2pm)	Section 3	Dr. Steury
TPM (2pm-5pm)	Section 6	Dr. Bray
WAM (9am-12pm)	Section 2	Dr. Steury
WPM (12pm-3pm)	Section 5	Dr. Bray

Lab Quizzes and Weekly Reviews: There will be a short lab quiz at the beginning of each lab period covering the results of the last week's lab. Unless there is an excused absence, missed lab quizzes cannot be made up. If you miss a lab you can schedule another lab during the same week with the instructor of that lab. Please notify your lab instructor that you will be attending another lab section. There will be no lab questions on lecture exams.

Lab Grade: The lab grade consists of **quiz grades, lab reports, extra-credit lectures, and attendance. It counts for 20% of the final grade.** Think of your lab grade as an extra lecture exam.