

APPLIED HUMAN PHYSIOLOGY W/ LAB

APK 2105C ~ 4 CREDITS ~ SPRING 2021

INSTRUCTOR: **Linda Nguyen, Ph.D.**
 Office: FLG 144
 Email: linda.nguyen@ufl.edu
 Preferred Method of Contact: CANVAS email for currently enrolled students

OFFICE HOURS: Office hours will be posted in CANVAS and students may request meetings by appointment via CANVAS email.

LECTURE TIME/LOCATION: MWF Period 2 (8:30-9:20am) WEIM 1064 & Zoom

This course will be delivered synchronously students will either meet for lecture face-to-face/mask-to-mask or via Zoom as per the class schedule (MWF Period 2). Due to the unique circumstances surrounding the COVID-19 pandemic, this course will enforce physical distancing in the classroom. Only students registered for the live sections are permitted attendance at live lectures in WEIM 1064. Students registered for the 80-99% online sections will attend lectures via Zoom (a link and password will be provided in CANVAS). This course does not utilize pre-recorded lectures; it will be pertinent for students to attend each class either in-person or via Zoom.

LAB TIME/LOCATION:

Physical distancing and mask wearing will be enforced at all times during labs. Labs start the second week of classes. Students will meet for lab in-person once a week during their designated lab time (see table below):

CLASS #	SECTION #	LAB TIME (EST)	LOCATION
10746	2053	M Period 6-7 (12:50 PM – 2:45 PM)	FLG 105-N
26222	053A		
10748	2056	M Period 8-9 (3:00 PM– 4:55 PM)	FLG 105-N
26224	056A		

10741	2048	M Period 4-5 (10:40 AM – 12:35 PM)	FLG 105-S
26217	048A		
10744	2051	M Period 6-7 (12:50 PM – 2:45 PM)	FLG 105-S
26221	051A		
10739	2046	M Period 8-9 (3:00 PM – 4:55 PM)	FLG 105-S
26215	246A		
10747	2055	T Period 5-6 (11:45 AM – 1:40 PM)	FLG 105-N
26223	055A		
10742	2049	T Period 4-5 (10:40 AM – 12:35 PM)	FLG 105-S
26219	049A		
10740	2047	T Period 8-9 (3:00 PM– 4:55 PM)	FLG 105-S
26216	047A		
10693	4715	W Period 5-6 (11:45 AM – 1:40 PM)	FLG 105-S
26226	715A		
10743	2050	R Period 6-7 (12:50 PM – 2:45 PM)	FLG 105-S
26220	050A		

FERPA: Aspects of this course may be audio and visually recorded for students in the class to refer back. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. By enrolling in this course, you will be required to have audio and video enabled for your group presentation. If you do not want your image in any recording pertaining to course content (i.e. presentations, demonstrations), please let me know within the first couple weeks of class.

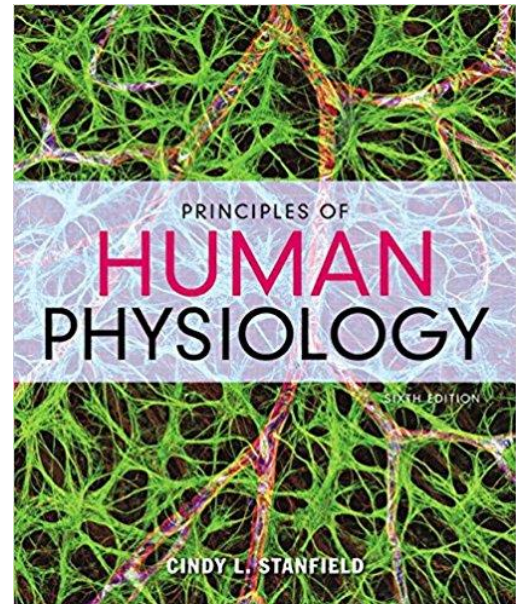
COURSE DESCRIPTION: This physiology course will introduce students to the functions of the human body at the cellular, tissue, organ, systemic, and organismal levels with heavy emphasis on mechanisms of action.

PREREQUISITE KNOWLEDGE AND SKILLS: There are no course prerequisites for this course; however, students must have at least a sophomore standing. Any previous experiences in the following areas will be helpful to students: medical terminology, anatomy, physics, chemistry,

and/or biology. To be clear: you do not need to have taken any of these courses to be successful in this course.

REQUIRED AND RECOMMENDED MATERIALS: For this course, students will need access to two resources: (1) the textbook, and (2) MasteringA&P website (My Lab and Mastering; where homework and online lab modules will be completed).

Once classes begin, students can “Opt-In” to MasteringA&P access through a link/instructional documents provided in CANVAS for a reduced price and pay for these materials through their UF student account. This option gives students access to an e-version of the textbook AND access to MasteringA&P. To do this, log into your CANVAS account and navigate to the APK 2105c course homepage. On the left-hand side of the window, select My Lab and Mastering—then follow the prompts accordingly. Students who do not choose this option will be able to purchase an access code through the UF Bookstore. Both options provide access to the same online materials. There will also be a discounted, loose-leaf version print version of the textbook available at the UF Bookstore for students who would like a physical text for the course.



If you already have a copy of the textbook, you will still need to purchase the access code that provides you access to My Lab and Mastering/MasteringA&P; there is not a way to purchase an access code without the e-textbook, these materials are bundled together.

Textbook: Principles of Human Physiology by Cindy L. Stanfield, 6th edition. Pearson.

COURSE FORMAT: For **LECTURE**, students registered for the live sections will attend lectures in the classroom. Students will show their “cleared” status on their phones upon entry to the classroom and must be masked and sit in designated areas only (look for signage on desks). Students registered for the 80-99% online sections will attend lectures via zoom during the live lectures. A recurring link will be posted in CANVAS for students to use during class times. For **LABS**, all students will attend labs in-person once each week (see table above) regardless of section. Students should read required textbook pages, print out or download PDF lecture slides complete and submit the appropriate PhysioEx lab module/report before coming to lecture or lab.

PURPOSE OF COURSE: The purpose of this course is to introduce students to physiology (the study of how the body’s structures function) and to present information and engage students in a way that promotes critical and creative thinking within the context of health and movement studies. Students will be asked to not only identify important structures of the human body, but integrate the functions of these basic structures together at all levels of the hierarchical

organization (molecular, cellular, tissue, organ, and organ system) so that the information can be applied to novel, clinical scenarios. This applied method of teaching physiology is intended to enhance the long-term retention of the concepts covered and prepare students for future courses and experiences which may require health or movement-based communication and problem solving.

GENERAL EDUCATION SUBJECT AREA GOALS: Biological science courses provide instruction in the basic concepts, theories and terms of the scientific method in the context of the life sciences. Courses focus on major scientific developments and their impacts on society, science and the environment, and the relevant processes that govern biological systems. Students will formulate empirically-testable hypotheses derived from the study of living things, apply logical reasoning skills through scientific criticism and argument, and apply techniques of discovery and critical thinking to evaluate outcomes of experiments.

COURSE LEARNING OBJECTIVES: The following table describes the UF General Education student learning outcomes (SLOs) and the specific course goals for APK 2105c. By the end of this course, students should be able to:

Gen Ed SLOs	APK 2105c Course Goals	Assessment Method
Content: Demonstrate competence in the terminology, concepts, methodologies and theories used within the discipline.	<ul style="list-style-type: none"> • Describe the basic structures as well as the basic and more complex functions of the cell, the endocrine, nervous, muscular, cardiovascular, respiratory, and renal systems • Name and give examples of key physiological themes and basic regulatory mechanisms for sustaining life/health (e.g. homeostasis, negative and positive feedback) • Explain how major systems of the body are integrated and how these interactions influence homeostasis 	<ul style="list-style-type: none"> • Lecture exams • Online homework • Online lab modules • Lab quizzes
Communication: Communicate knowledge, ideas, and reasoning clearly and effectively in written or oral forms appropriate to the discipline.	<ul style="list-style-type: none"> • Use correct anatomical, physiological, scientific, and medical terminology to describe and explain physiological phenomena, experiments used to study such phenomena, and how disease or injury impacts those processes 	<ul style="list-style-type: none"> • Lab reports (rubric and policies outlined in grading section)
Critical Thinking: Analyze information carefully and logically from multiple perspectives, using discipline specific methods, and develop reasoned solutions to problems.	<ul style="list-style-type: none"> • Predict how perturbations (e.g., disease, experimental manipulations) will alter physiological function and identify the mechanisms of action involved • Generate and interpret various graphical representations and results of physiological data 	<ul style="list-style-type: none"> • Lecture exams • Online lab modules • Lab reports • Lab quizzes

COURSE AND UNIVERSITY POLICIES:

UF STUDENT COMPUTING REQUIREMENTS: As a course with multiple online components and as per the UF student computing requirements, “access to and on-going use of a computer is required for all students.” UF does not recommend students relying on/regularly using tablet devices, mobile phones or Chromebook devices as their primary computer as it may not be compatible with specific platforms used in this course or UF (<https://it.ufl.edu/policies/student-computing-requirements/>). Access to fast, secure Wi-Fi will be necessary for this course. If a student is in an area with limited wi-fi access, UF students can access **eduroam** for free with their GatorLink log-in credentials.

How to connect to eduroam:

1. If you can get a Wi-Fi signal at any of the eduroam locations (see below) and your mobile device (laptop, smartphone, or tablet) has already been configured for eduroam, then you will automatically connect.
2. Otherwise, follow the instructions for connecting here: <https://helpdesk.ufl.edu/connecting-to-eduroam-off-campus/>.

There are more than 100 Wi-Fi hotspots in Florida, including several state university campuses and community colleges. You don't have to sit in a car--many locations have open spaces and communal rooms available so you can get online while socially distancing and following CDC guidelines in an air-conditioned space. Also, in Florida all of the UF/IFAS Research and Education Centers (REC) are equipped with eduroam, so if you live in a rural area of your county you can visit an REC to securely watch course videos and take care of your academic needs. Here's a link to all the eduroam sites in the U.S.: <https://incommon.org/eduroam/eduroam-u-s-locator-map/>.

If you have any problems connecting to eduroam you can call (352-392-HELP/4357) or [email](#) the UF Computing Help Desk.

ATTENDANCE POLICY: LECTURE: Only students registered for the live section of the course are permitted physical attendance in the classroom. Students who are registered for the 80-99% online sections must attend lectures via Zoom, Try your best to attend all lectures either via Zoom or in-person (based on your section). Attendance in the live section will be taken, but attendance will not count towards your grade. Although attendance is not required, it is ABSOLUTELY imperative for your success in this course. Students who have planned travel during this course are encouraged to register for a different semester if multiple days of class will be missed. *Pre-recorded video links are for use only by students currently registered for the asynchronous section of APK2105c. You are NOT in the asynchronous section. Watching the video lectures should NOT be substituted for attending live lectures as content and emphases in the live lectures may deviate from pre-recorded lectures. Saving, sharing or posting of these lecture videos anywhere is strictly prohibited and will be processed as an Honor Code violation.*

LAB: Attendance will be taken in lab. Attend the lab section for which you are enrolled in. Students will be required to adhere to all UF guidelines regarding covid-19 and public safety measures, including mask wearing, hand washing, physical distancing, sitting only in designated areas within the classroom, and maintaining distancing when waiting to enter and exiting the lab. Students may be asked to show their “cleared” status on their cell phones upon entry to the lab or classroom and should have this ready prior to the start of class. If you miss your lab due to an excused absence, contact and provide documentation to your TA and make arrangements with your TA to make-up work missed during the lab. Lab grades cannot be made-up unless the absence was excused with the appropriate documentation. The following are not excuses for missing lab: forgetfulness, work, volunteer position, vacation, etc.

PERSONAL CONDUCT POLICY: Students are expected to exhibit behaviors that reflect highly upon themselves and our University:

- Read and refer to the syllabus
- Arrive to lecture and lab zoom meetings on time (a few minutes early)
- Be prompt to Zoom office hours
- Show respect for the authority of the course instructor and graduate TAs through politeness and use of proper titles (e.g., “Dr. Nguyen” or “Dr. N”)
- Use of professional, courteous standards for all emails and discussions:
 - Descriptive subject line
 - Address the reader using proper title and name spelling
 - Body of the email should be concise but have sufficient detail
 - Give a respectful salutation (e.g., thank you, sincerely, respectfully)
 - No textspeak (e.g., OMG, WTH, IMO)
- No use of social media, external internet browsing (or the like) during class/lab instruction time via Zoom
- Adherence to the UF Student Honor Code: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>
 - Honor code violations of any kind will not be tolerated and sanctions will be determined by the course instructor for first-time violators
 - Any use, access, or handling of technology during an exam will result in a zero on the exam **and** potential failure of the course
 - All allegations, regardless of the severity, will be reported to the Dean of Students Office for University-level documentation and processing
 - *Sharing or posting of the lecture videos anywhere is strictly prohibited and will be processed as an Honor Code violation. Students who are aware of such sharing/posting of the lecture videos are obligated to disclose that information to their course instructor.*
 - **Any and all lecture video links are for the specific use by students that are currently registered for the asynchronous section of APK2105c only. These links are not for you; you are in the synchronous section.**

EXAM MAKE-UP POLICY: Make-up exams will be given at the discretion of the instructor. To schedule a make-up exam, please fill out the **make-up exam request form** posted in CANVAS and submit it to your course instructor. Documentation will be required. **You are absolutely not permitted a make-up exam for personal travel/vacations, work, or volunteering conflicts so please make your travel and scheduling arrangements accordingly; this includes requesting to take an exam early for personal travel/vacations (i.e. summer trip to Europe and/or other exams). Additionally, many students will encounter having multiple exams in one day. This is also not a permissible reason for a make-up exam and any requests will be denied.** Only if another exam is scheduled for the same time/overlaps with this course's exams will a request be considered. **In the case that a student misses an exam due to an unexcused reason (i.e. overslept, mixed up the exam time, forgot about differences in time zones, etc.), the exam can be taken with a 20% penalty if taken within 24 hours of the original exam time or with a 40% penalty if taken within 48 hours of the original exam time. Beyond 48 hours of the original exam time, the student will receive a zero on the exam.**

A student experiencing an illness should visit the UF Student Health Care Center or their preferred healthcare provider to seek medical advice and obtain documentation. If you have an illness, family emergency or death, please contact the Dean of Students Office (www.dso.ufl.edu) and follow the DSO Care Team procedures for documentation and submission of a request for make-up assignment (<https://care.dso.ufl.edu/instructor-notifications/>). The DSO will contact the instructor. Do not provide any documentation to the instructor regarding illness or family emergency. This is your personal and protected information. The DSO is qualified to receive and verify the documents you provide. The instructor will follow the recommendations from the DSO.

Requirements for class attendance and make-ups, assignments, and other work are consistent with the university policies that can be found at <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

ACCOMMODATING STUDENTS WITH DISABILITIES: : Students requesting accommodation for disabilities must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). DRC-registered students must request their accommodation letter to be sent to their instructors via the DRC file management system prior to submitting assignments or taking quizzes/exams. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations. Students may reach out and contact their course instructor to verify receipt of their accommodation letter.

Students registered with the DRC: DRC-registered students will receive their specific accommodations for exams as outlined in their accommodation letter (i.e. extended time, use of screen reader, etc.) Please contact the instructor if the start time of exams needs to be adjusted due to overlap with other courses.

It is imperative that you verify your specific access needs with your course instructor at least 48 hours PRIOR to scheduled assessments.

I am committed to creating a course that is inclusive in its design. If you encounter barriers, please let me know immediately so that we can determine if there is a design adjustment that can be made or if an accommodation might be needed to overcome the limitations of the design. I am always happy to consider creative solutions as long as they do not compromise the intent of the assessment or learning activity. You are also welcome to contact the Disability Resource Center's Getting Started page at <https://disability.ufl.edu/students/get-started/> to begin this conversation or to establish accommodations for this or other courses. I welcome feedback that will assist me in improving the usability and experience for all students. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

COURSE EVALUATIONS: Students in this class are participating in GatorEvals. This evaluation system is designed to be more informative to instructors so that teaching effectiveness is enhanced and to be more seamlessly linked to UF's CANVAS learning management system. Students can complete their evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/> . Thank you for serving as a partner in this important effort.

HONORLOCK SYSTEM REQUIREMENTS (EXAM PROCTORING FOR ONLINE SECTIONS ONLY):

Exams will be proctored using HonorLock. Students will not need to sign-up/scheduling a testing time nor do students need to create an account. To ensure your device is compliant with HonorLock a series of pre-assessment checks must be performed before gaining access to the exam. Specifications necessary for HonorLock to work are listed below:

- **System compatibility and quiz setup:**
 - HonorLock is only supported through [Google Chrome web browser](#) on Mac, PC (no other mobile devices or tables are supported)
 - Students must install the [HonorLock Extension](#) within Chrome
 - Beginning July 1, 2020 HonorLock will no longer support Windows 8, Windows 8.1, Mac OSX 10.11 and Mac OSX 10.12. After July 1st, you will find the updated Minimum System Requirements as well as a system compatibility test at honorlock.com/support
- **Additional considerations using HonorLock for exams:**
 - You will need to take the exam on a desktop computer or laptop with a microphone and webcam set up on your chosen device. This will not work on mobile devices, such as iPads, tablets or smart phones
 - You need to make sure that the camera is facing YOU at all times – if the camera does not stay facing you or if you are out of frame, the exam will pause preventing you from continuing with the exam even mid-way through.
 - You need to open Canvas on the **Google Chrome internet browser** and to download the HonorLock Chrome Extension. Any other internet browsers will not be compatible with HonorLock.

- Make sure you have a stable Internet connection wherever you are taking the exam (i.e. good Wi-Fi)
- A 360-degree scan of your testing room/environment will be required. If you are using a laptop, you will need to pick up your laptop and rotate it for the room scan including your examination surface (i.e. desk), floor space, your lap, etc. to ensure no unauthorized materials are in the vicinity. The testing environment should be cleared of any clutter, no notes, textbooks, phones, other laptops etc. laying out that could be deemed as accessible that could constitute violation of the Honor Code (i.e. academic dishonesty).
- Make sure the room you are taking the exam in is well-lit and that you are by yourself. Rooms that are not bright enough may get flagged as “blurry” or “unclear”.
- You must have a valid Photo ID (Gator ID, driver’s license, passport, etc.).
- Only one screen (i.e. cannot have multiple monitors) and one tab (i.e. the tab that is being used for the exam) in Chrome is allowed. HonorLock also has an integrity algorithm that can detect search-engine use, so do not attempt to search for answers, even if it is on a secondary device.
- An HonorLock Practice Test will be set up under Quizzes in Canvas. **Please go through this practice test well in-advance of taking the exam.** This practice test allows you to go through all of the pre-assessment checks so you will know what to expect when taking the exam itself. **Take the practice test on the device you intend to take the exam on and in the same environment (building, room, etc).**
- **Failure to meet the items above may result in a 0 grade.** If you encounter any issues with the testing platform or the exam, you need to email your course instructor immediately with specific details of what occurred so that they can assist you as quickly as possible

GETTING HELP:

Health and Wellness

- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies)
<http://www.police.ufl.edu/>

Academic Resources

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.

- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

INCLUSION, DIVERSITY, EQUITY, AND ACCESSIBILITY RESOURCES

It is my intent that students from all diverse backgrounds and perspectives be well served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that students bring to this class be viewed as a resource, strength and benefit. It is my intent to present materials and activities that are respectful of diversity: gender, sexuality, disability, age, socioeconomic status, ethnicity, race, and culture. Your suggestions are encouraged and appreciated. Please let me know ways to improve the effectiveness of the course for you personally or for other students or student groups. In addition, if any of our class meetings conflict with your religious events, please let me know so that we can make arrangements for you.

For suggestions or concerns related to IDEA, please reach out to any of the following:

- Dr. Leo Ferreira, APK IDEA Liaison, ferreira@hhp.ufl.edu
- Dr. Rachael Seidler, APK Graduate Coordinator, rachaelseidler@ufl.edu
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, jahlgren@ufl.edu

GRADING:

The following table outlines the point-accruing components of the course. To calculate the final grade, total points earned in the course will be summed and divided by 520.

Evaluation Components	Points Possible (out of 520)	% of Total Grade
Lecture Exams (4)	50 pts X 4 exams = 200 pts	200/520 = 38.5%
Lab Quizzes	5pts X 11 labs = 55 pts	55/520 = 10.6%
Lab Reports (PhysioEx Modules)	10 pts X 10 modules = 100 pts	100/520 = 19.2%
Homework (4)	40 pts X 4 assignments = 160 pts	160/520 = 30.8%
Syllabus Quiz (1)	5 pts X 1 quiz = 5 pts	5/520 = 0.9%

Syllabus Quiz - The syllabus quiz will consist of 15 questions for a total of 5 points. Students will be given an unlimited number of attempts on the quiz. To access/unlock all course material, students must receive a perfect score (5/5). **It is recommended that students complete the quiz as soon as possible in order to unlock the course material. Students will receive a zero for the syllabus quiz if it has not been completed prior to taking to Exam 1.**

Lecture Exams – Each exam will consist of 40 questions, 1.25 points per question. Questions will be multiple choice and true/false, matching and multiple answer. Students are not permitted access to any kind of materials or notes during these exams. Exam questions are generated by the course instructor and the majority of focus should be given to the lecture notes **and student learning objectives (SLOs) from each chapter** when studying. All students will have 50 minutes (i.e. a class period) to complete the exam. Exams will open 15 minutes prior to the start time of the class period to ensure students have time for HonorLock pre-exam steps.

All exams will be in Canvas and will be taken during the normal scheduled class period (i.e. 8:30am EST) on the dates specified in the course schedule at the end of the syllabus:

- Students in the live sections will need to bring their laptops to class with them to take these password-protected exams. Paper exams will be available in case of technology issues.
- Students in the 80-99% online sections will take their exams in CANVAS using Honorlock proctoring service. An HonorLock Practice Quiz will be posted and students should take this quiz and go through the pre-assessment checks to ensure all computing requirements are met.

Homework – **Homework due dates are posted in Mastering as well as in the course schedule at the end of the syllabus.** Homework assignments are graded on the accuracy of your answers, NOT on completion. Homework assignments will be **open for several weeks prior to their due date.** *It will be the student's responsibility to know the due dates and to complete the homework assignment in a timely manner (all deadlines are in EST).* Students are able to complete the homework assignments on a rolling basis, i.e. students can complete and submit answers to homework questions a few questions at a time until they complete the assignment by the deadline. It is highly recommended that students complete their homework assignment early than waiting last minute (i.e. the night it is due). Homework assignments can be accessed through Mastering A&P on CANVAS. Homework problems are multiple choice, true/false, fill in the blank, and matching. These questions are specific to the textbook, so that should be your primary resource for answering those questions. **For the fill in the blank questions, spelling and proper tense of the word counts.** **These assignments are NOT intended to be used as the primary study tool for preparing for the exams.** The function of the homework assignments is to (a) get students more familiar with the textbook, and (b) to get students eased into answering anatomy questions. It is **not** prudent to complete the homework at the last minute as a “practice test.”

The following are specific homework grading guidelines to keep in mind:

- You may open/close an assignment as many times as you wish until it is due.
- For multiple choice and fill-in-the-blank questions, you are penalized 50% if you miss on the first attempt and 100% if you miss on the second attempt. For true/false questions, you are penalized 100% if you miss on the first attempt.
- You are penalized a small fraction for opening a hint if one is available.

- *You are encouraged to complete questions as you go (i.e. complete questions as you complete each chapter on a weekly basis).*
- **Late submissions of homework will be penalized 25% per day.**

MasteringA&P Labs (PhysioEx Labs) – Your laboratory experiences for this course will be module-based activities found in MasteringA&P. You will be given some background reading with each lab and then asked to perform a step-by-step walk through of several “experiments.” Following these experiments, you will submit the PDF document of your lab showing the data you collected in each module. You will also be asked to provide short essay responses to some questions regarding what happened in the experiments or what you might predict would happen if you changed something in the experiments. It is imperative that you complete all the questions for each lab. Two, three, or four of the responses for each lab will be randomly selected for grading (depending on the lab). However, unanswered questions will automatically be counted as one of the graded questions. **Example 1:** Let’s say there is a lab in which there are six questions to answer and the randomly assigned questions for grading are 5 and 6. If you responded to only questions 1, 2, and 3, you would not receive any points for this lab. **Example 2:** Let’s say there is a lab with four questions and the randomly selected questions for grading are 1 and 2. If you answered both 1 and 2, but did not answer 3 and 4, you would not receive any points for this lab. Please be as clear and complete with your answers as possible to ensure you earn maximum points for your efforts. Each lab is worth 10 points. Failure to complete at least nine of the ten PhysioEx labs will result in a whole letter grade penalty. You will have on-going access to these labs (i.e. there is no time limit) to complete each lab and accompanying questions; however, these typically do not take longer than 2-3 hours each. Please plan to complete the lab module and questions well in advance of the due date. **All PhysioEx Lab Report submissions are due on weekly basis BEFORE the start time of your lab. Specifically, your lab report from the PhysioEx module must be finished and submitted into Canvas before your designated lab time.** Plagiarism has been an issue with lab essay questions in the past and will not be tolerated. Any level of plagiarism will be reported. Late submissions of lab reports will be accepted for grading, however a **25% penalty will be imposed if the report is submitted within 24 hours from the original submission deadline; 50% penalty if submitted within 48 hours of the submission deadline, etc.**

Lab Quizzes – Each lab quiz is worth 5 points, consists of 10 questions and will be a combination of multiple choice, true/false, fill in the blank, matching or multiple answers. Students are expected to attend their specific lab sections in-person. A weekly lab quiz will only be accessible to students during their designated lab times; TAs will provide the appropriate passcode to access the quiz during your lab time. TAs will take students through a discussion-based activity which will help students answer questions on the Canvas quiz. It is also that students will be active participants during their labs (i.e. engaging in conversation, asking and answering questions, etc.). Lab quizzes are open resource so you may use your notes, textbooks, classmates and/or credible websites to assist you in answering the quiz questions; quizzes are not proctored. Although students are encouraged to work together during lab to complete the quiz, students may not simply share questions and answers with each other. Quiz

questions are pulled from a question bank and students will randomly receive 10 questions of varying difficulty and level of inquiry.

GRADING SCALE: All grades will be posted directly into the CANVAS gradebook. Any discrepancies with points displayed in gradebook should be pointed out to the instructor before the last day of class. **There is no curve for this course and final grades will not be rounded up.** See the UF undergraduate catalog web page for information regarding current UF grading policies: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/> . *Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.*

Minus grades are not assigned for this course. A minimum grade of C is required for all General Education courses, such as this one.

Letter Grade	Points Needed to Earn Each Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	468.0-520.0	90.00-100%	4.0
B+	452.4-467.99	87.00-89.99%	3.33
B	416.0-452.39	80.00-86.99%	3.0
C+	400.4-415.99	77.00-79.99%	2.33
C	364.0-400.39	70.00-76.99%	2.0
D+	348.4-363.99	67.00-69.99%	1.33
D	312.0-348.39	60.00-66.99%	1.0
E	0-311.99	0-59.99%	0

WEEKLY COURSE SCHEDULE:

The following table represents current plans for the term. Any changes to this plan will be posted in CANVAS as an announcement.

Required readings for each chapter: Follow the [highlighted sections that have been specifically selected for each chapter within the e-text in Mastering](#). You will often see an “I” associated with these highlighted sections to denote these highlights have been done by the course instructor.

All assessment (i.e. homework, exams, quizzes, etc.) deadlines/dates are in EST (Eastern standard time).

Before the first day of classes: make sure to watch the welcome announcement, review the course syllabus carefully and complete the syllabus quiz

	Dates	Lecture (Textbook Chapter)	Lab
Week 1	Jan 11 – Jan 15	Intro to Physiology Cell Structure & Function	No labs <i>(Drop/Add week)</i>
Week 2	Jan 18 – Jan 22	<i>Jan 18 is Martin Luther King Jr. Day – No Lecture/Lab</i> Cell Structure & Function Cell Metabolism	Lab 1 – Introduction to Lab/Graphs/Reports <i>Monday labs will watch pre-recorded lab videos</i>
Week 3	Jan 25 – Jan 29	Cell Metabolism	Lab 2 –Transport Mechanisms
Week 4	Feb 01 – Feb 05	Exam 1 – Chapters 1, 2, and 3 – Mon. Feb. 1st at 8:30am EST HW 1 due Mon. Feb. 1st at 8:30am EST Cell Membrane Transport	No Labs
Week 5	Feb 08 – Feb 12	Chemical Messengers Endocrine System	Lab 3 – Endocrine
Week 6	Feb 15 – Feb 19	Endocrine System Neural Signaling	Lab 4 – Neuro 1
Week 7	Feb 22 – Feb 26	Neural Signaling Neural Integration	Lab 5 – Neuro 2
Week 8	Mar 01 – Mar 05	Exam 2 – Chapters 4, 5, 6, 7, and 8 – Mon. Mar. 1st at 8:30am EST HW 2 due Mon. Mar. 1st at 8:30am EST Muscle Physiology	No Labs
Week 9	Mar 08 – Mar 12	Muscle Physiology Cardiac Function	Lab 6 – Muscle
Week 10	Mar 15 – Mar 19	Cardiac Function	Lab 7 – Cardio 1

Week 11	Mar 22 – Mar 26	Vessels & Pressure	Lab 8 – Cardio 2
Week 12	Mar 29 - Apr 02	Vessels and Pressure Exam 3 – Chapters 12, 13, and 14 – Wed. Mar. 31st at 8:30am EST HW 3 due Wed. Mar. 31 st at 8:30am EST Pulmonary Ventilation	Lab 9 – Pulmonary
Week 13	Apr 05 – Apr 09	Pulmonary Ventilation Gas Exchange	Lab 10 – Acid/Base
Week 14	Apr 12 – Apr 16	Gas Exchange Renal Function	Lab 11 – Renal
Week 15	Apr 19 – Apr 23	Renal Function Fluid/Electrolyte Balance HW 4 due Wed. April 21 st at 11:59pm <i>April 22nd and 23rd are reading days</i>	No Labs– Reading Days April 22/23
		Exam 4 – Chapters 16, 17, 18, and 19 April 30th 2021, 12:30-2:30pm	

SUCCESS AND STUDY TIPS:

Study tips for Dr. Nguyen’s class:

- Read from the text BEFORE attending lecture. Do not take notes, underline, highlight, or attempt to memorize anything...JUST READ and enjoy!
- Snow-ball the lecture notes. Begin studying lecture material immediately after the first lecture. Then, after the second lecture, begin your studies with day one lecture material. Continue this all the way up to the exam.
- If there is something in the textbook that was NOT in lectures, you are not expected to know it. There is a lot in the text that we don’t have time to cover.
- Re-write questions. Taking complex questions and breaking them down to identify exactly what the question is REALLY asking for is very helpful. It is also very helpful to look at incorrect answer choices and identify what makes those choices wrong. Ask yourself, “How could I make that statement correct?” **You can practice this with the critical thinking questions at the end of each chapter.**
- Google novel images or look up Youtube videos. For example, if we are learning about the process of filtration in the kidneys, Google “renal corpuscle images” and see if you can identify the structures from the lecture or search for videos on Youtube that can

show you the process of materials being filtered between specific structures in the kidney.

- Google diseases or drug mechanisms of action. For example, if we are studying hormones, Google “hormone diseases”, or “hormone dysregulation”. Click on any link and just read a paragraph to see if you can understand based on what you now know about the endocrine system and how hormones work. If you don’t understand it, that’s okay...did you recognize any words?
- If you have a study group or a study buddy, talk through the material out loud....verbalizing the information is VERY different than knowing it in your head – talk in the mirror or even to your pet goldfish if you don’t have a friend around
- If you are a visual learner, make a concept map.... try to see how different parts or processes of the body relate to one another. What are similarities and differences between structures/processes?

Success tips for Dr. Nguyen’s class:

- Do not fall behind. This course moves at a **VERY FAST** pace...and you can easily get overwhelmed if you procrastinate. Avoid studying at the last minute. Complete the homework as you go...do not leave it for the day before the exam.
- Stay organized. Keep track of all important due dates and move through each day in a uniform manner so that you are always aware of what you have done and what is left to be completed.
- Check CANVAS announcements/emails daily...just pretend it is Facebook for school. Your course instructor will post important and helpful information (such as friendly reminders of due dates) as announcements.
- Utilize the Undergraduate Teaching Assistants (UGTAs). These students have earned an A in the course recently and can help you with both lecture and lab.
- Have a positive attitude! THIS STUFF IS COOL!
- Come see me during office hours or make an appointment to ask any questions you have on the course material....no question is too inconsequential! Please ask questions!

Personal note from Dr. Nguyen:

If you are totally overwhelmed by the stresses of your semester and feel like you just can’t handle the pressure, please contact me or someone at UF’s Counseling and Wellness center.

