

**APPLIED HUMAN PHYSIOLOGY W/ LAB**

APK 2105C ~ 4 CREDITS ~ FALL 2020

**INSTRUCTOR:** **Linda Nguyen, Ph.D**  
 Office: FLG 144  
 Email: [linda.nguyen@ufl.edu](mailto:linda.nguyen@ufl.edu)  
 Preferred Method of Contact: CANVAS email for current 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) via Zoom. This course will be delivered synchronously and will meet for lecture via Zoom as per the class schedule (MWF Period 2). Lectures will not be pre-recorded; it will be pertinent for students to attend each class.

**LAB TIME/LOCATION:** Students meet for lab once a week for two periods via Zoom:

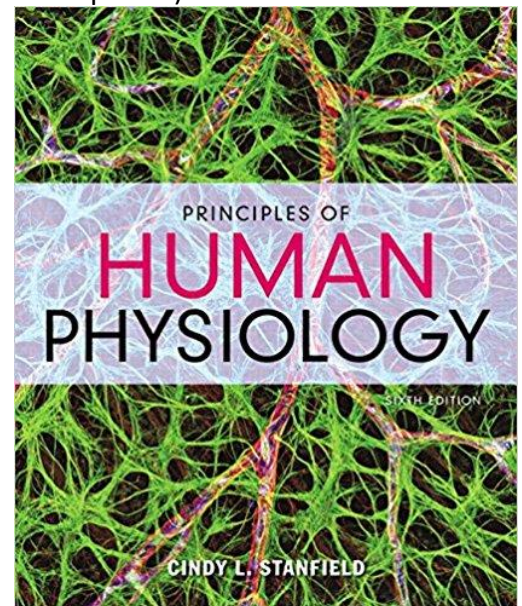
CLASS #	SECTION #	LAB TIME
10689	2103	M   Period 4-5 (10:40 AM – 12:35 PM)
10690	2105	T   Period 2-3 (8:30 AM – 10:25 AM)
10691	2106	T   Period 6-7 (12:50 PM – 2:45 PM)
10696	5098	R   Period 2-3 (8:30 AM – 10:25 AM)
10697	8048	T   Period 4-5 (10:40 AM – 12:35 PM)
10698	8069	R   Period 4-5 (10:40 AM – 12:35 PM)
10699	8071	M   Period 6-7 (12:50 PM – 2:45 PM)

**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, 6<sup>th</sup> edition. Pearson.

**COURSE FORMAT:** *Students will attend live lectures remotely via Zoom three times each week (MWF Period 2) and live lab remotely via Zoom once each week (2 period-block...see table above).* Students should read required textbook pages, print out or download PDF lecture slides complete the appropriate PhysioEx lab module 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
<b>Content:</b> Demonstrate competence in the terminology, concepts, methodologies and theories used within the discipline.	<ul style="list-style-type: none"> <li>• 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</li> <li>• Name and give examples of key physiological themes and basic regulatory mechanisms for sustaining life/health (e.g. homeostasis, negative and positive feedback)</li> <li>• Explain how major systems of the body are integrated and how these interactions influence homeostasis</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture exams</li> <li>• Online homework</li> <li>• Online lab modules</li> </ul>
<b>Communication:</b> Communicate knowledge, ideas, and reasoning clearly and effectively in written or oral forms appropriate to the discipline.	<ul style="list-style-type: none"> <li>• 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</li> </ul>	<ul style="list-style-type: none"> <li>• Lab reports (rubric and policies outlined in grading section)</li> </ul>
<b>Critical Thinking:</b> Analyze information carefully and logically from multiple	<ul style="list-style-type: none"> <li>• Predict how perturbations (e.g., disease, experimental manipulations) will alter physiological function and identify the</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture exams</li> <li>• Online lab modules</li> </ul>

perspectives, using discipline specific methods, and develop reasoned solutions to problems.	mechanisms of action involved <ul style="list-style-type: none"> <li>• Generate and interpret various graphical representations and results of physiological data</li> </ul>	<ul style="list-style-type: none"> <li>• Lab reports</li> </ul>
--	---	---

## COURSE AND UNIVERSITY POLICIES:

**UF STUDENT COMPUTING REQUIREMENTS:** As a 100% online course 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:** Try your best to attend all Zoom lectures. 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. If you have to miss your lab for any reason, please make arrangements with your TA to attend another lab section that week. **More than one un-made-up lab will result in a partial letter grade penalty.** For example, if you earned a B+ in the course, but missed two labs that were not made-up by attending another section, you would receive a B in the course. Participation points cannot be made-up unless the absence to lab was excused and you attended a make-up lab. The following are not excuses for missing lab: 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
- Log into Zoom for lecture and lab 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. If you have a serious emergency or life event, please contact the Dean of Students Office ([www.dso.ufl.edu](http://www.dso.ufl.edu)) and they will contact your instructors so that you do not have to provide documentation of the emergency/death in order to get a make-up exam. Requirements for class attendance and make-up exams, 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>. 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.), if the student contacts the course instructor within 24 hours of the start time of the missed exam, students will be allowed to take the exam with a **20% penalty**. If the student contacts the course instructor within 48 hours of the start time of the missed exam, students will be allowed to take the exam with a **40% penalty**. Contacting the instructor 48 hours after the start time of the missed exam will result in a **zero on the exam**.

**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 take their exams, both lecture and lab, in Canvas similar to other students but with their specific accommodations (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.*

**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.

**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.

**HONORLOCK SYSTEM REQUIREMENTS (EXAM PROCTORING):** 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 1<sup>st</sup>, you will find the updated Minimum System Requirements as well as a system compatibility test at [honorlock.com/support](http://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](mailto: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/>

## 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 Participation	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. 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 lecture exams will be in Canvas under Quizzes and HonorLock will be used for exam proctoring. 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. All lecture exams will be held during the scheduled class period (**Period 2; 8:30am-9:20am EST**) on the dates specified in the course schedule at the end of the syllabus and

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.

**Exam Reviews:** Once lecture exam grades are posted students will have the opportunity to sign up for individual exam reviews via Zoom with the course instructor. Specific instructions will be posted in Canvas on how to sign up. All students are highly encouraged to review their exams. This will allow students to go through the questions and see their correct/incorrect answers and have any questions regarding the exam answered. You will not be allowed to review all your previous lecture exams simultaneously at the end of the semester. Students will be allowed to review their exams up until the next lecture exam (i.e. can only review Lecture Exam 1 before students take Lecture Exam 2, etc.).

**Homework** – Each of the four homework assignments is due according to the dates specified in the course schedule. 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).* **Requests for homework assignment due date extensions or late submissions will be denied.** 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.
- **Late submissions of homework will not be accepted.** However, if you complete some of the questions, but fail to complete all questions prior to the deadline, those completed will be automatically submitted at the due date/time and added to the gradebook....so, you are encouraged to complete questions as you go.

**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 Fridays at 11:59pm EST of their scheduled week (please see course schedule below).** Plagiarism has been an issue with lab essay questions in the past and will not be tolerated. Any level of plagiarism will be reported.

**Lab Participation** – Students are expected to attend their specific lab sections; attendance will be taken. All lab meetings will occur over Zoom with their graduate TAs. It is expected that students complete their weekly/assigned PhysioEx lab modules prior to their lab as their lab discussion will be the foundation for that meeting. It is also expected that students will be active participants during their labs (i.e engaging in conversation, asking and answering questions, etc.). Participation will be assessed and evaluated out of 5 points for each lab meeting. A rubric posted in Canvas will be utilized by the TAs to assign lab participation. Students are encouraged to strive for full participation and enthusiasm in all labs so that the maximal amount of points are CLEARLY earned.

**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 Activities/Assessments ( <i>due dates</i> )
<b>Week 1</b>	Aug 31 – Sep 4	Intro to Physiology Cell Structure & Function	<b>No labs</b> <i>(Drop/Add week)</i>
<b>Week 2</b>	Sep 7 – Sep 11	Cell Structure & Function Cell Metabolism <i>Mon. Sep.7<sup>th</sup> is a holiday...no class or labs</i>	<b>Lab 1</b> – Introduction to Lab/Graphs/Reports <i>Monday labs attend a different section (Labor Day)</i>

<b>Week 3</b>	Sep 14 – Sep 18	Cell Metabolism	<b>Lab 2</b> –Transport Mechanisms
<b>Week 4</b>	Sep 21 – Sep 25	<b>Exam 1 – Chapters 1, 2, and 3 – Mon. Sept. 21 at 8:30am EST</b> HW 1 due Mon. Sept. 21 at 8:30am EST Cell Membrane Transport	<b>Lab 3</b> – Endocrine
<b>Week 5</b>	Sep 28 – Oct 2	Chemical Messengers Endocrine System	<b>Lab 4</b> – Neuro 1
<b>Week 6</b>	Oct 5 - 9	Endocrine System Neural Signaling	<b>Lab 5</b> – Neuro 2
<b>Week 7</b>	Oct 12 – Oct 16	Neural Signaling Neural Integration	<b>Lab 6</b> – Muscle
<b>Week 8</b>	Oct 19 – Oct 23	<b>Exam 2 – Chapters 4, 5, 6, 7, and 8 – Mon. Oct. 19 at 8:30am EST</b> HW 2 due Mon. Oct. 19 at 8:30am EST Muscle Physiology	<b>Lab 7</b> – Cardio 1
<b>Week 9</b>	Oct 26 – Oct 30	Muscle Physiology Cardiac Function	<b>Lab 8</b> – Cardio 2
<b>Week 10</b>	Nov 2 – Nov 6	Cardiac Function	<b>Lab 9</b> – Pulmonary
<b>Week 11</b>	Nov 9 – Nov 13	Vessels & Pressure <i>Wed. Nov. 11<sup>th</sup> is a holiday...no classes or labs</i>	<b>Lab 10</b> – Acid/Base <i>Wednesday labs attend a different section (Veteran's Day)</i>
<b>Week 12</b>	Nov 16 – Nov 20	Vessels and Pressure <b>Exam 3 – Chapters 12, 13, and 14 – Wed. Nov. 18 at 8:30am EST</b> HW 3 due Wed. Nov. 18 at 8:30am EST Pulmonary Ventilation	<b>Lab 11</b> – Renal
<b>Week 13</b>	Nov 23 – Nov 27	Pulmonary Ventilation Gas Exchange <i>Wed-Fri, Nov. 25-27 is a holiday...no classes or labs</i>	<b>No Labs</b> – Thanksgiving Holiday

<b>Week 14</b>	Nov 30 – Dec 4	Gas Exchange Renal Function	<b>No Labs</b>
<b>Week 15</b>	Dec 7 – Dec 11	Renal Function Fluid/Electrolyte Balance HW 4 due Wed. Dec. 9 at 11:59pm <i>Dec. 10<sup>th</sup> and 11<sup>th</sup> are reading days</i>	<b>No Labs</b> – Reading Days Dec. 10 and 11
		<b>Exam 4 – Chapters 16, 17, 18, and 19 TBD (during finals week)</b>	

**\*All PhysioEx lab report submissions are due on Friday at 11:59pm EST the week a PhysioEx lab is scheduled but should be completed prior to your weekly lab.**

## 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. For example, if there is a picture of the brainstem in your notes, Google “brainstem images” and see if you can identify the structures from the lecture.
- Google diseases or drug mechanisms of action. For example, if we are studying bone tissue, Google “bone disease”. Click on any link and just read a paragraph to see if you can understand based on what you now know about bone tissue anatomy. 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 of the body relate to one another. What are similarities and differences between structures?

### 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.

