UF Department of Applied Physiology and Kinesiology
College of Health and Human Performance
UNIVERSITY of FLORIDA

Applied Human Physiology with Lab

APK2105c | 4 Credits | Spring 2026

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Course Info

INSTRUCTOR

Theresa Hauge, Ph.D.
Office: FLG 106K
Preferred Method of Contact: **If you are currently enrolled in the course, please use Canvas Messaging**
Email (for communications not possible within Canvas messaging): theresa.hauge@ufl.edu
Pronouns: she/her

Lab instructors (graduate teaching assistants (TAs)) may need to be contacted to request schedule changes or organize other accommodations. Lab sections are available with the names of the instructor (graduate TAs) on Canvas. Graduate TAs are available in- person during their scheduled lab section, and by appointment. Their names and e-mail addresses:

Joongsuk (Jonathan) Kim (Graduate Lab Coordinator) joongsuk.kim@ufl.edu
Abdul Almutairi almutairia2@ufl.edu
Amanda Chagas Pereira chagaspereiraa@ufl.edu
Jaewon Choi jaewonchoi@ufl.edu
Tony Dong gdong@ufl.edu
Michael Torres michael.torres@ufl.edu

OFFICE HOURS

W, F – 11:00AM – 12:00PM or by appointment

MEETING TIME/LOCATION

Meeting Time: M, W, F Period 2 (8:30am – 9:20am)
Location: WEIM 1064

Lectures will **not** be recorded and posted by the instructor. This is not an online course. All classes and labs are held in person. Students are able to record lectures while present in-class for their personal use only in accordance with FL House Bill 233.

EXAM TIME / LOCATION:

Exams are accessible and conducted in-person during three designated class periods during the semester. Specific exam dates can be found on the course schedule at the end of the syllabus and directly below.

LAB TIME / LOCATION

Labs are held once per week and taught in-person by graduate teaching assistants (TAs). Please see the table below for specific meeting times and location based on your specific class section number. **Labs do not meet in the first week of classes.**

CLASS #	LAB DAY AND MEETING TIME	LOCATION
10344	**W** | Period 5-6 (11:45m – 1:40pm)	FLG 107E
10348	**T** | Period 3-4 (9:35am – 10:25am)	FLG 107D
25406	**F** | Period 8-9 (3:00pm – 4:55pm)	FLG 107E
25407	**F** | Period 6-7 (12:50pm – 2:45pm)	FLG 107E
25409	**R** | Period 2-3 (8:30am – 10:25am)	FLG 107D
25410	**R** | Period 4-5 (10:40am – 12:35pm)	FLG 107D

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.

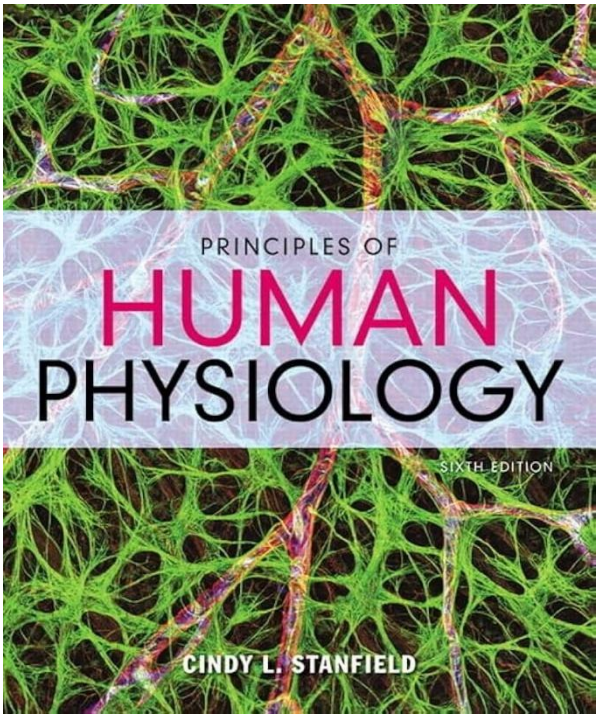
Students enrolling in this course must have at least the following minimum technical skills to succeed:

- General computer literacy is expected in this course
- Using the learning management system, Canvas
- Using e-mail and Canvas messaging with attachments
- Microsoft Office: Word, PowerPoint

REQUIRED AND RECOMMENDED MATERIALS

For this course, students will need access to two resources: (1) the textbook, and (2) MasteringA&P website (called Access Pearson in Canvas, where homework and online lab modules will be completed).

Once classes begin, students can "Opt-In" to MasteringA&P access through a link/instructional document 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 Access Pearson—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.



<u>If you already have a copy of the textbook, you will still need to purchase the access code that provides you</u>

access Access Pearson/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.

Older version of the textbook are fine, but please note that page numbers may differ.

Instructional materials for this course consist of only those materials specifically reviewed, selected, and assigned by the instructor. The instructor is only responsible for these instructional materials.

MATERIALS AND SUPPLIES FEE

There is a material and supplies fee of $8.41 associated with this course. This fee is already integrated into the students' tuition fees.

COURSE FORMAT

Students will attend live lectures three times each week (MWF Period 2) and live lab once each week (2 period-block, see table above). Students should read required textbook pages, print out or download PDF lecture slides, and complete the appropriate PhysioEx lab module before attending lecture or lab.

PURPOSE OF THE 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 also 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 OBJECTIVES

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 the 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.	• 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	• Lecture exams • Online homework • Online lab modules

	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	
Communication: Communicate knowledge, ideas, and reasoning clearly and effectively in written or oral forms appropriate to the discipline.	• 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	• Lab reports (rubric and policies outlines in grading section)
Critical Thinking: Analyze information carefully and logically from multiple perspectives, using discipline-specific methods, and develop reasoned solutions to problems.	• 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 of physiological data	• Lecture exams • Online lab modules • Lab reports

University Policies

University policies are summarized here. This link will direct students to a separate webpage that will provide all required academic policies, such as attendance, grading, personal conduct, DRC and evaluation verbiage, as well as campus academic, health, and wellness resources."

UF STUDENT COMPUTING REQUIREMENTS

As a course with online components, and per the UF student computing requirements, "access to and ongoing 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 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 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/4537) or email the UF Computing Help Desk (helpdesk@ufl.edu).

ACCOMODATING STUDENTS WITH DISABILITIES

Students requesting accommodation for disabilities must first register with the Dean of Students Office (DSO) (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. Accommodation is not retroactive; therefore, students should contact the office as soon as possible in the term for which they are seeking accommodation. 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 at the DRC**. I strongly recommend that you submit all exam requests through the DRC *in the first week of classes or ASAP* to ensure that they are approved in a timely manner.** The DRC requires all students to submit their accommodated testing requests (ATRs) at least 4 business days in advance of the exam date. The DRC is very strict with this policy, and many students have been denied their testing requests when an ATR is submitted less than 4 business days in advance. The course instructor is unable to provide testing accommodations in the regular classroom and should students fail to do so by the appropriate time outlined by the DRC, DRC students will instead have to take the exam with the rest of the class without their accommodations.

Course Policies

ATTENDANCE POLICY

LECTURE: Although attendance is not required, it is ABSOLUTELY imperative for your success in this course. Additionally, there will be opportunities to earn points toward your Participation/Engagement in the course via short in-class quizzes delivered randomly throughout the semester. Students who have planned travel during this course are encouraged to register for a different semester if multiple days of class will be missed. *Lecture video links are for use only by students currently registered for the **WEB** section of APK2105c. This is not you! You are in the **LIVE** section of APK2105c. **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.* This is a REQUIRED element of all syllabi.

LAB: Attendance will be taken in lab, but there are no points given for participation. You are expected to stay for the entire duration of lab. Attend the lab section for which you are enrolled, not the one most convenient for you on any given day. If you have to miss your lab for any reason, please make arrangements with your TA to attend another lab section that week. Although attendance is not required for the lab, it is absolutely IMPERATIVE for your success in this course as there will be lab quizzes during designated lab period on most weeks.

PERSONAL CONDUCT & ACADEMIC INTEGRITY

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 on time (a few minutes early)
- Show respect for the authority of the course instructor and graduate TAs through politeness and use of proper titles (e.g., “Dr. Hauge” or “Dr. H”)
- 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, best)
    - No textspeak (e.g., OMG, WTH, IMO)

- No texting or checking Instagram (or the like) during class/lab instruction time
- No personal conversations during class/lab instruction time
- Adherence to the UF Student Honor Code: https://www.dso.ufl.edu/sccr/process/student-conduct-honor-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
    - Communication between students (verbal or non-verbal, i.e. talking, whispering, nods, winks, tapping, Morse code etc.) of any kind during an exam is strictly prohibited and any violations will be reported to Student Conduct and Conflict Resolution (SCCR). If a student is found responsible for an Honor Code violation in this course, the instructor will enter a Grade Adjustment sanction, which may be up to or including 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.
    - **All lecture video links are for specific use by students that are currently registered for the online/hybrid section of APK2105c only. These links are not for you; you are in the LIVE/face-to-face section.**

All UF students are bound by The Honor Pledge which states:

"We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment."

The Honor Code (http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obliged to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult Dr. Hauge or a TA in this class.

APPROPRIATE USE OF AI TECHNOLOGY

The UF Honor Code strictly prohibits *cheating.* The use of any materials or resources prepared by another person or Entity (inclusive of generative AI tools) without the other person or Entity's express consent or without proper attribution to the other person or Entity is considered *cheating.* Additionally, the use of any materials or resources, through any medium, which the Faculty / Instructor has not given express permission to use and that may confer an academic benefit to a student, constitutes *cheating*.

The use of any AI enabled tool in this course substantially compromises the student's ability to achieve the stated learning objectives and are strictly prohibited throughout the entirety of the course.

IN-CLASS RECORDING

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil

proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A "class lecture" is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or guest lecturer during a class session. Publication without permission from the instructor is prohibited.

To "publish" means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

ASSIGNMENT/EXAM MAKE-UP POLICY

Make-ups (exams or assignment extensions) will be given at the discretion of the instructor. To schedule a make-up, please fill out the **make-up exam request form** posted in CANVAS and submit it to your course instructor. Documentation will be required. Consult the Attendance Policies found in the UF Catalog for examples of excused and unexcused absences: https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/. Please do not reach out for a special exception, which is neither respectful of your classmates nor the course policies. This is also vital to maintain a fair classroom for everyone involved.

Unexcused missed exams/assignment deadlines will result in a zero for that exam/assignment (this includes contacting the instructor **after the fact** if you are ill). **Students must notify their course instructor of any illness prior to the exam time regardless of if a student has or has not yet acquired medical documentation. If notification occurs after the exam time, it will be considered an unexcused absence.** 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. vacation 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.

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.

If a student arrives late to the exam, they will still be permitted to take the exam (without penalty) with the remaining time left as long as no other student has submitted their exam and has left. If a student is late to the

exam and at least one student has already completed their exam and has left, the late-arriving student will be subjected to the policy below with a penalty deduction on their exam.

In the case that a student is late and another student has already left OR a student misses an exam due to an unexcused reason (i.e. overslept, mixed up the exam time, etc.), the exam can be taken with a **20% penalty if the student notifies the instructor of their unexcused absence within 24 hours** of the original exam time or with a **40% penalty if notification to their instructor is between 24-48 hours from the original exam time**. If a student does not notify their instructor within 48 hours of the original exam time, this will result in a ***zero grade for that exam***.

All make-up exams will be taken during specific designated days/times found on the Make-up Exam page in Canvas. Students will be required to fill out and select the appropriate dates and times on the Make-up Exam Request form.

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.

COURSE EVALUATIONS

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online. Students can complete evaluations in three ways: (1) The email they receive from GatorEvals, (2) Their Canvas course menu under GatorEvals, or (3) The central portal located here. Guidance on how to provide constructive feedback is available at the gator evals site. Students will be notified when the evaluation period opens. Summaries of course evaluation results are also available at the gator evals site.

DEPARTMENT ADMINISTRATORS

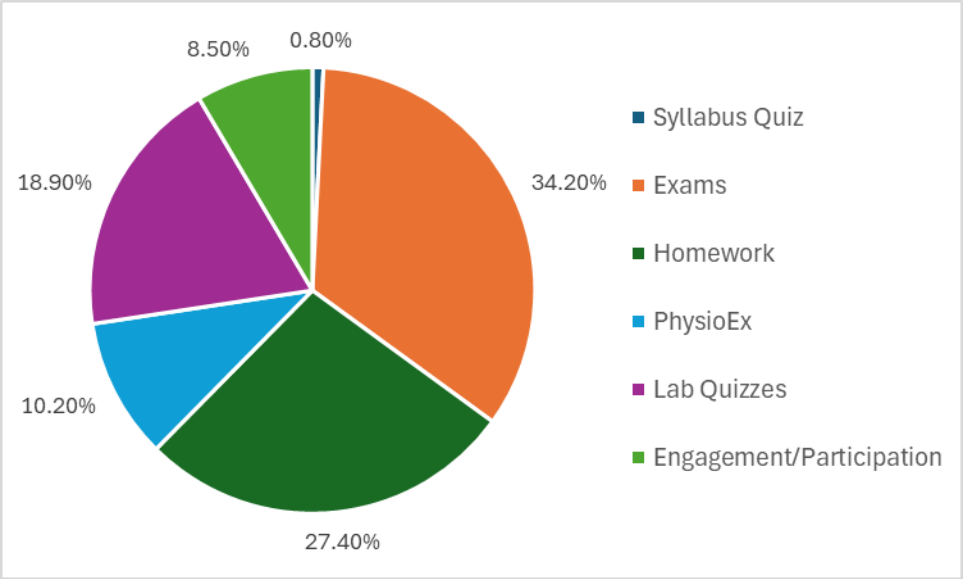
For suggestions or concerns related to APK courses or programming, please reach out to any of the following:

- Dr. David Vaillancourt (he/him), APK Department Chair, vcourt@ufl.edu
- Dr. Demetra Christou (she/her), APK Department Vice Chair, ddchristou@hhp.ufl.edu
- Dr. Steve Coombes (he/him), APK Graduate Coordinator, scoombes@ufl.edu
- Dr. Anna Gardner (she/her), APK Undergraduate Coordinator, akgardner@ufl.edu

Grading

The following table outlines the percentage components of the course.

Evaluation Components (number of each)	**Approximate** % of Total Grade
Syllabus Quiz	5/585 = 0.8%
Exams (4)	200/585 = 34.2%
Homework (4)	160/585 = 27.4%
PhysioEx/Virtual Lab Assignments (6)	60/585 = 10.2%
Lab Quizzes (11)	110/585 = 18.9%
Participation / Engagement	50/585 = 8.5%



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 at 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 to unlock the course material. Students will receive a zero for the syllabus quiz if it has not been completed prior to taking Exam 1. It is recommended that students complete the quiz as soon as possible to access the material.

Exams – Each exam will consist of 40 questions, 1.25 points per question. Questions will be multiple choice and true/false. **Exams are closed book and students are not permitted access to any kind of materials or notes during these exams.** Exam questions are generated by the course instructor; most of the focus should be given to the lecture notes **and student learning objectives (SLOs)** from each chapter when studying (i.e., not the textbook). All exams are held during regular class times in WEIM 1064 during Period 2, 8:30-9:20am EST on the designated dates outlined in the course schedule at the end of the syllabus. Students will be allowed a class period (i.e., 50 minutes) to complete the exam. *If you arrive late to an exam and the exam has already started: you will still be allowed to take the exam provided that no one has already turned in their exam and scantron and has left the room and you will only have the remaining time in the exam period to finish. If a student has already handed in their exam and has left, you will be able to take the exam, but with a penalty. Please refer to the make-up exam policy on page 6.*

Exam Reviews: Once lecture exam grades are posted, a Canvas announcement will be sent out letting students know when exam reviews will begin. All students are highly encouraged to come to office hours 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. If students are unable to attend the review sessions during office hours, students may also schedule an appointment to go over their exam in-person. You will not be allowed to review all your previous exams simultaneously at the end of the semester. Students will be allowed to review their exams up until the next exam (i.e., can only review Exam 1 before students take Exam 2, etc).

Homework – Each of the four homework assignments is due according to the dates specified in the course schedule. Homework assignments will be open from the first day of the semester. As such, **general requests for homework assignment due date extensions will be denied**. However, an adjustment has been put in place in the Access Pearson/Mastering A&P platform to accommodate for Homework 1, 2, 3, or 4 submissions made within 24 hours of the original deadline, although an automatic 50% deduction will be applied. Any submissions later than this will not be credited. The homework assignments are set to close the night prior to an exam day (except Homework 4, which is due on the last day of class), and retroactive extensions are not possible, as

answers are often released once the deadlines pass. It will be your responsibility to know the due dates and to complete the homework assignment in a timely manner (all deadlines are in ET). It is highly recommended that students complete their homework assignment early rather than waiting last minute (e.g., the night it is due). Technological issues presented within 24 hours of the deadline will not be accepted; retroactive make-up/accommodation requests will not be accepted. Please review the Make-Up Policy section above for inappropriate excuses that may not be considered for adjustments, even if communicated proactively.

Homework assignments can be accessed through Access Pearson on Canvas. Homework assignments generally comprise multiple choice, true/false, fill in the blank, and matching questions. These questions are specific to the textbook, so that should be your primary resource for answering those questions. 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 physiology questions.

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, but you may **not** be able to re-open a question after you click it the first time. We are unable to reset your assignment access if you mistakenly open a question.
- Homework questions are batched by exams, so chapters are combined into one single assignment, akin to the examinations. It may be in your interest to complete the homework assignments have reviewing the relevant chapters.
- There is no time limit for the homework assignments; just a firm deadline.
- For the fill in the blank questions, spelling and proper tense/plurality of the word counts. For example, if a question asked for the name of the **cells** which carry oxygen, the correct response would be **erythrocytes** (plural).
- There may be questions where partial grading on the homework assignments is not possible; this can vary, question to question.
- Late submissions of homework will not be accepted.
    - 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. You may complete remaining questions up to 24 hours after the deadline, but for up to 50% credit. This is automatically updated by Pearson and synced to our Canvas gradebook.
        - Again, technological errors/mis-submissions due to attempted submissions within 24 hours of the due date will not be accepted. Please make sure your work has been saved before closing out from the online platform.
- **There may be a delay in the gradebook update between Mastering A&P and Canvas** and grades will typically not be synced from Mastering A&P to Canvas until after the due date. Please allow for up to 24 hours to pass after the deadline before contacting the course instructor with grade issues for homework.

PhysioEx/Virtual Lab Assignments – Each lab module is a PhysioEx lab that can be accessed through Access Pearson through Canvas. PhysioEx labs are due prior to your lab section. The deadline for each lab section has been set in accordance with the start of their lab time (i.e. if your lab time is Mondays at 10:40 AM ET, then you need to complete the lab module prior to your lab for that particular week since you will be required to discuss the procedures, results, and/or application of concepts from the PhysioEx lab in class. You have **6 hours** (360 minutes) to complete each lab module and accompanying questions once opened; however, these should not take longer than 2 hours each. If you miss the submission deadline or "time out", you will not be allowed to complete the lab for any credit. Once you open the lab, the timer will not stop, so please complete the lab module and questions in one setting to avoid being timed out and ensure that you have access to a reliable internet source while completing the lab module. The PhysioEx labs will be set to close at the end of the day on

Friday, but, again, should be completed before your scheduled lab section (late submissions are not accepted). Please note that there is a timer associated with the PhysioEx/virtual labs, and that you should expect to complete these in one sitting (within 6 hours of opening or the deadline, whichever comes first). We are unable to reset access if you accidentally open a lab, so please avoid doing so. PhysioEx assignments are open book – disregard any notation that may imply they are quizzes. Given the expectation that assignments are meant to take less than 2 hours, time extension requests for these assignments have been proactively made not necessary.

Lab Quizzes – Each lab quiz is worth 10 points, consists of 10 questions, and may be a combination of multiple choice, true/false, fill in the blank, matching, or multiple answer questions. Graduate TAs/lab instructors will distribute paper copies of the quiz. You are expected to bring your own writing utensil, and refrain from discussion of lab quiz content with others – failure to do so may result in a report to the SCCR for academic misconduct. These quizzes will be closed-book individual quizzes; there will be no collaboration between students. Any lab quiz make-ups must be completed in-person BEFORE the last day of class; a "0" grade will be confirmed for any missing labs by the last day of class. Lab content/activities cannot be made up after the assigned lab week (by attending an alternate lab section, if approved by the impacted TAs). Since the lab quizzes are created and implemented by the graduate TA/lab instructor, any inquiries related to the lab quizzes should be directed to your lab TA.

Participation – There will be opportunities for students to earn participation points by way of short, random quizzes delivered during scheduled class periods, totaling 50 points. Students will receive credit for participation by completing the quiz and may earn additional points if the answers are correct. Additional opportunities to earn participation points will be posted throughout the semester.

GRADING SCALE

All grades will be posted directly into the CANVAS gradebook. Any discrepancies with points displayed in the 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**.

Minus grades are not assigned for this course. A minimum grade of C is required for all General Education courses, such as this one. Should points need to be altered during the term (not likely, but things like hurricanes can really muck things up), these percentages will still be used to calculate grades (i.e., 90% = A).

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	90.00-100%	4.0
B+	87.00-89.99%	3.33
B	80.00-86.99%	3.0
C+	77.00-79.99%	2.33
C	70.00-76.99%	2.0
D+	67.00-69.99%	1.33
D	60.00-66.99%	1.0
E	0-59.99%	0

Weekly Course Schedule

CRITICAL DATES & UF OBSERVED HOLIDAYS

- January 19: Martin Luther King, Jr. Day (Monday)
- March 16 – 20: UF Spring Break (Monday - Friday)
- April 23 – 24: UF Spring Semester Reading Days (Thursday – Friday)

WEEKLY SCHEDULE

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

All assessments (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*

Week	Dates	Book Chapter – Lecture Topic	Lab
1	Jan 12 – Jan 16	Ch. 1 - Intro to Physiology (1.1 – 1.2) Ch. 2 - Cell Structure & Function	**No Labs** (use this time to locate the lab and print/download your lab slides)
2	Jan 19 – Jan 23	*Jan 19 is Martin Luther King Jr. Day – No Lecture/Lab* Ch. 2 - Cell Structure & Function Ch. 3 - Cell Metabolism	**Lab 1** – Intro to Lab/Graphs/Reports (2hrs)
3	Jan 26 – Jan 30	Ch. 3 – Cell Metabolism	**Lab 2** – Enzyme Kinetics (2hrs) Quiz 1 (Graphs, Data)
4	Feb 2 – Feb 6	**Exam 1 (Ch. 1, 2, and 3) – Mon. Feb. 2nd** **HW 1 due (Mastering A&P)** Ch. 4 – Cell Membrane Transport	**Lab 3** – Metabolism (2hrs) Quiz 2 (Enzyme Kinetics)
5	Feb 9 – Feb 13	Ch. 5 – Chemical Messengers Ch. 6 – Endocrine System	**Lab 4 –** Transport Mechanisms *Complete PhysioEx 1 on your own prior to your lab* Quiz 3 (Metabolism)
6	Feb 16 – Feb 20	Ch. 6 – Endocrine System Ch. 7 – Neural Signaling	**Lab 5 –** Endocrine Phys *Complete PhysioEx 4 on your own prior to your lab* Quiz 4 (Transport Mechanisms)
7	Feb 23 – Feb 27	Ch. 7 – Neural Signaling Ch. 8 – Neural Integration	**Lab 6 –** Neurophysiology Quiz 5 (Endocrine)

			Complete PhysioEx 3 on your own prior to your lab
8	Mar 2 – Mar 6	**Exam 2 (Ch. 4-8) – Mon. Mar. 2nd** **HW 2 due (Mastering A&P)** Ch. 12 - Muscle Physiology	**Lab 7 –** Neuromuscular (2hrs) Quiz 6 (Neurophysiology)
9	Mar 9 – Mar 13	Ch. 12 - Muscle Physiology Ch. 13 – Cardiac Function	**Lab 8 –** Muscle Physiology *Complete PhysioEx 2 on your own prior to your lab* Quiz 7 (Neuromuscular)
10	Mar 16 – Mar 20	***Spring Break***	**No Labs**
11	Mar 23 – Mar 27	Ch. 13 – Cardiac Function Ch. 14 - Vessels and Pressure	**Lab 9 –** Cardiovascular Physiology (2hrs) Quiz 8 (Muscle)
12	Mar 30 – Apr 3	Ch. 14 - Vessels and Pressure **Exam 3 (Ch. 12-14) – Fri. Apr. 3rd** **HW 3 due (Mastering A&P)**	**Lab 10 –** Cardiovascular Function *Complete PhysioEx 5 on your own prior to your lab* Quiz 9 (CV)
13	Apr 6 – Apr 10	Ch. 16 - Pulmonary Ventilation Ch. 17 - Gas Exchange	**Lab 11 –** Pulmonary Function (2hrs) Quiz 10 (Pulmonary)
14	Apr 13 – Apr 17	Ch. 17 - Gas Exchange Ch. 18 - Renal Function	**Lab 12** – Renal Physiology *Complete PhysioEx 9 on your own prior to your lab* Quiz 11 (Renal)
15	Apr 20 – Apr 22	Ch. 18 - Renal Function *Ch. 19 - Fluid/Electrolyte Balance* *Thurs and Fri are reading days – no classes*	**No Labs**
Comprehensive Final Exam – April 30th – 7:30a-9:30am – WEIM 1064			

SUCCESS AND STUDY TIPS

Study tips for Dr. Hauge's class:

- **Read from the text BEFORE attending lectures**. Do not take notes, underline, highlight, or attempt to memorize anything…JUST READ and enjoy!
- **Snowball the lecture notes.** Begin studying lecture material immediately after watching the lectures. Then, after the next lecture video, 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.

- **Use Google without the AI Overview.** If you add "-ai" to your search in Google the top results will be the actual sources
- **Google novel images**. For example, if there is a picture of a neuron in your notes, Google "neuron images" and see if you can identify the structures from the lecture and explain the function/physiological process that occurs in a particular area of the neuron.
- **Google diseases or drug mechanisms of action**. For example, if we are studying the endocrine system, Google "hormonal disease". Click on any link and just read a paragraph to see if you can understand based on what you now know about hormones and the endocrine system. 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 or various processes in an organ system relate to one another. What are similarities and differences between structures?

Success tips for Dr. Hauge'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. Do NOT procrastinate reviewing the lectures! **Use the suggested course schedule or make your own and stick to it!**
- **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 TikTok/Instagram 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!

Getting Help

HEALTH & 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/