HPA 1033: HUMAN PHYSIOLOGY  
Fall 2016

**Faculty:** Renee J. Rogers, Ph.D.  
Research Office: 32 Oak Hill Court  
Hours: By Appointment  
Trees Office: 140 Trees Hall  
Hours: By Appointment  
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Email: r.j.rogers@pitt.edu

**Course Hours:** Tuesday and Thursday, 10:30am-11:55am  
**Location:** 132 Trees Hall

**Prerequisites:** None

**Text:**  
Title: 13th Edition – Fundamentals of Human Physiology  
Author: Stuart Ira Fox  
Publisher: McGraw Hill. Boston 2013

**Notes/Online Modules:** Available through CourseWeb – Rogers 2016

**Objectives:**

This course in Human Physiology is designed with two major purposes:  
1. Provide a basic appreciation of the fundamental functions of the human body and their interrelations.  
2. Serve as a foundation to future study within the movement and health sciences.

To accomplish the above objectives, the course is designed in the following manner:  
- Class lectures covering the critical human physiological systems will focus on approximately one chapter per class session.  
  - Power Point lectures will be provided on CourseWeb for students to access.  
  - At the completion of each chapter, 5 critical areas will be identified for student focus.  
- To promote further understanding of the large quantity of information and detail, students should complete chapter readings from text listed above.  
- Weekly quizzes will assist students with staying on top of content and readings.  
  - These quizzes will focus on the 5 critical areas identified from each chapter.  
- The content of the course will be divided into 4 major exams with one scheduled approximately each month.

This course requires the student to master and recall a large amount of information in 14 weeks; **Tips:**  
- Come to class! Power Point lectures are not enough information for the detail required of this course.  
- Do the chapter readings!  
- Use the online tools provided by the textbook – additional references, dynamic diagrams, and quizzes.  
  - Suggested supplements will be mentioned in lecture.  
- Maintain a positive attitude, it will help you tremendously.  
  - Regard the study of physiology as an opportunity to learn the fundamental function of the entity that you live and take care of daily, your body.  
- Make a reading and study schedule.  
  - This will assist with staying ahead of the content and reduce last minute “cramming” for exams.  
  - This information will carry forward into your professional careers.  
- Ask for help. If you find that you are experiencing difficulties, please ask for assistance sooner than later. Office hours are by appointment.
**Grading:**

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly Quizzes</td>
<td>100</td>
</tr>
<tr>
<td>Online Prep Quizzes</td>
<td>60</td>
</tr>
<tr>
<td>Online Assignment (Travel)</td>
<td>40</td>
</tr>
<tr>
<td>Exam 1</td>
<td>100</td>
</tr>
<tr>
<td>Exam 2</td>
<td>100</td>
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<tr>
<td>Exam 3</td>
<td>100</td>
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<tr>
<td>Exam 4</td>
<td>100</td>
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<tr>
<td>Total Course Points</td>
<td>600</td>
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</table>

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-100%</td>
<td>A</td>
</tr>
<tr>
<td>80-89.9%</td>
<td>B</td>
</tr>
<tr>
<td>70-79.9%</td>
<td>C</td>
</tr>
<tr>
<td>60-69.9%</td>
<td>D</td>
</tr>
<tr>
<td>&lt;60%</td>
<td>F</td>
</tr>
</tbody>
</table>

- **Weekly Quizzes** → 10 quizzes, 10 points each
  - Multiple Choice
  - Based on critical areas defined for each class session and subsequent details related to this in the chapter readings.

- **Online Prep Quizzes** → 4 quizzes, 15 points each
  - Prior to each exam, a practice test/quiz will be posted. Students are responsible for taking this on CourseWeb and within the assigned window.

- **Online Assignment** → 40 points
  - Dr. Rogers will be traveling for a research conference on Nov 1-4, 2016. Students will be required to review the online content and complete an online assignment related to that content.

- **Exams** → 4 Exams, 100 points each.
  - Multiple choice, True and False
  - The content of each examination will be discussed briefly prior to the test day.
  - All in-class lectures, readings, and online modules will be fair game on the exam.

- **Online Modules:**
  - Prior to each class, an INTRODUCTION LECTURE will be posted on CourseWeb to anchor students to the content that will be presented by Dr. Rogers at the next class.
    - CourseWeb will be used throughout the term for communication.
  - In the event that class is cancelled or Dr. Rogers is traveling for research, online modules and lectures will be made available. Students will be required to view these modules and material will be included on exams.
Important:

- All evaluations are “closed book.”
- Use of cell phones, tablets, and laptops is not permitted during exams and quizzes (even as calculators).
- Use of cell phones is prohibited during class – no exceptions. Students will be asked to leave class if caught on cellular devices.
- Students are required to be present and on time on quiz and exam days to facilitate the testing process.
- Failure to be present on an exam or quiz day will result in a zero (0 points) given.
- Absences on exam or quiz days is considered excused under the following circumstances and can be made up in the case of:
  o Medical Emergency or Sickness – Must have a note from medical doctor documenting medical visit (must correspond with and list dates of absence).
  o Mandatory Academic Event – Must have a note from advisor/professor documenting attendance (must correspond with and list dates of absence).
  o Personal or Family Emergency – Must communicate with Dr. Rogers prior to missing class so it can be determined if this is a reasonable reason for missing and alternative arrangements can be made immediately.

Professional etiquette is expected.
Refrain from texting and using cell phones, and be certain to turn off ringers, alarms, and notification sounds on your portable electronic devices.

Communication:

Email is best form of communication. 
Always provide a phone number so Dr. Rogers can call you if necessary.

The subject line should read:
HPA 1033_Human Physiology_YOUR LAST NAME
**Special Needs:**
If you have a disability for which you are or may be requesting accommodation, you are encouraged to contact both your instructor and Disability Resources and Services, 216 William Pitt Union, (412) 648-7890 / (412) 383-7355 (TTY), as early as possible in the term. DRS will verify your disability and determine reasonable accommodations for this course.

**Departmental of Health and Physical Activity Grievance Procedure:**

If a student feels that they have been treated unfairly by the instructor with regard to their grade or other aspects of their course participation, there are a series of steps that should be taken in an attempt to resolve this matter. These include the following:

1. The student should first inform the instructor of the course of the issue in an attempt to resolve this matter. If the course is taught by a Teaching Assistant, Graduate Student, or Part-Time instructor, their faculty supervisor should also be informed of this matter. The student should bring this issue to the attention of the instructor in a timely matter and should maintain a record of interactions that occurred with the instructor regarding the matter in question. The course instructor should take necessary steps to address the concern raised by the student in a timely matter and should maintain a record of the interactions that occurred with the student regarding this matter.

2. If, after reasonable attempts to resolve the matter, the matter is not resolved in a manner that is deemed to be acceptable to the student, the student retains the right to file a grievance. This grievance is to be filed with the Department Chair in the form of a written document that can be submitted via email or campus mail. This document should include the following:
   a. Student’s name
   b. Student contact information (email, address, telephone number)
   c. Information on the course for which the grievance applies (course title, course number, instructor name).
   d. A copy of the course syllabus that was provided to the student by the instructor
   e. Detailed description of the grievance and additional information the student feels is pertinent to this matter.

After receiving this information the Department Chair will inform the student if additional information is needed, as appropriate will discuss this matter with the student and the instructor, and will issue a decision in a timely manner.

3. If the student is not willing to accept the decision of the Department Chair, the student will be informed that they can request an additional review of this matter through the Office of the Dean of the School of Education. If the student decides to pursue this, the student should contact the Associate Dean for Student Affairs & Certification in the School of Education at the University of Pittsburgh.
## Tentative Course Goals

**SUBJECT TO CHANGE BASED UPON CONTENT COVERAGE/TIMING**

<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Content Information</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>T-8/30 TH-9/1</td>
<td>Syllabus Review, Introduction – Begin lecture content, Continue with lecture content</td>
</tr>
<tr>
<td>2</td>
<td>T-9/6 TH-9/8</td>
<td>Quiz #1 (week 1 content), Continue with lecture content</td>
</tr>
<tr>
<td>3</td>
<td>T-9/13 TH-9/15</td>
<td>Quiz #2 (week 2 content), Continue with lecture content</td>
</tr>
<tr>
<td>4</td>
<td>T-9/20 TH-9/22</td>
<td>Exam #1 (CH 1, 3, 4, 5, 6), Continue with lecture content</td>
</tr>
<tr>
<td>5</td>
<td>T-9/27 TH-9/29</td>
<td>Quiz #3 (week 4 content), Review Exam #1, Continue with lecture content</td>
</tr>
<tr>
<td>6</td>
<td>T-10/4 TH-10/6</td>
<td>Quiz #4 (week 5 content), Continue with lecture content</td>
</tr>
<tr>
<td>7</td>
<td>T-10/11 T-10/13</td>
<td>Quiz #5 (week 6 content), Continue with lecture content</td>
</tr>
<tr>
<td>8</td>
<td>T-10/18 T-10/20</td>
<td>Quiz #6 (week 7 content), <strong>ONLINE PREP QUIZ OPENS 5:00pm</strong></td>
</tr>
<tr>
<td>9</td>
<td>T-10/25 TH-10/27</td>
<td>Exam #2 (CH 7, 8, 9, 10, 11), Review Exam #2, Continue with lecture content</td>
</tr>
<tr>
<td>10</td>
<td>T-11/1 TH-11/3</td>
<td>NO CLASS, Complete Online Modules and Assignment, NO CLASS, Complete Online Modules and Assignment</td>
</tr>
<tr>
<td>11</td>
<td>T-11/8 TH-11/10</td>
<td>Continue with lecture content, Quiz #7 &amp; #8 (week 9 and 10 content), Continue with lecture content</td>
</tr>
<tr>
<td>12</td>
<td>T-11/15 TH-11/17</td>
<td>Quiz #9 (week 11 content), Continue with lecture content, <strong>ONLINE PREP QUIZ OPENS 5:00pm</strong></td>
</tr>
<tr>
<td>13</td>
<td>T-11/22 TH-11/24</td>
<td>Exam #3 (CH 12, 13, 14, 15, 16), No Class – Thanksgiving Break</td>
</tr>
<tr>
<td>14</td>
<td>T-11/29 TH-12/1</td>
<td>Review Exam #3, Continue with lecture content</td>
</tr>
<tr>
<td>15</td>
<td>T-12/6 TH-12/8</td>
<td>Quiz #10 (week 14 content), Continue with lecture content, <strong>ONLINE PREP QUIZ OPENS 5:00pm</strong></td>
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<tr>
<td><strong>FINALS WEEK</strong></td>
<td>TO BE DETERMINED</td>
<td>Exam #4 (CH 17, 18, 19)</td>
</tr>
</tbody>
</table>

REFER TO COURSEWEB AS YOUR PRIMARY REFERENCE FOR NOTIFICATIONS, SCHEDULE AND UPDATED COURSE CONTENT!