

## **HPA 1033: Human Physiology Fall 2019**

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### **Course 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.

### **Course Description**

To accomplish the above objectives, the course is designed in the following manner. Class lectures covering the critical human physiological systems will include Power Point lectures provided on CourseWeb for students to access and supplement links, videos, and PDF documents on CourseWeb for students to access. Daily class quizzes will assist students with staying on top of content and readings. These quizzes will focus on the material covered in the previous class and within the current module. In class laboratory assignments will demonstrate concepts. Students will also complete a Final Homeostasis Project.

This course requires the student to master and recall a large amount of information in 14 weeks. Come to class! Power Point lectures are not enough information for the detail required of this course. Use supplements to assist with learning. 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 study schedule. This will assist with staying ahead of the content and reduce last minute “cramming” for quizzes. 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. Content is posted to support students in areas of biology that should have been covered in previous courses. Content posted on CourseWeb.

### **Class Meeting Times**

Tuesday, Thursday    10:30 – 11:50 AM, 132 Trees Hall

## **Course Materials**

15th Edition – Fundamentals of Human Physiology by Stuart Ira Fox; McGraw Hill

## **Course Requirements and Grading**

### **In-Class Quizzes - 8 quizzes, 5 points each**

Vary class-to-class but majority will be multiple choice or true/false. May occur at any point during scheduled class period. Based on content from previous class session.

### **Laboratory Assignments – 2 assignments, 25 points each**

In class laboratory assignments will be used to help demonstrate course concepts.

### **Exams - 4 exams, 50 points each**

In class multiple choice question exams. See course outline for timing and content.

### **Homeostasis Team Demonstration - 60 points**

In small teams, students will randomly be assigned a body system. Project will entail presenting an interactive demonstration of a homeostatic mechanism within the body system. Grading criteria presented, and teams picked in the final 3rd of the semester.

### **Total points possible: 350**

General grading scale, subject to curve if deemed necessary by instructor is as follows:

90-100% A- thru A+

80-89.9% B- thru B+

70-79.9% C- thru C+

60-69.9% D- thru D+

<60% F

### **IMPORTANT:**

- All evaluations are “closed-book” unless otherwise noted by instructor.
- Use of cell phones, smart watches, tablets, and laptops is not permitted during quizzes and exams.
- 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.
  - If late and a quiz is missed, students will not be permitted to make-up the quiz.
  - Failure to be present for a quiz will result in a zero (0 points) given.
- Quizzes and exams can be made-up under the following conditions for absences that are considered excusable:
  - Medical Emergency or Sickness – Must have a note from medical doctor documenting medical visit (must correspond with and list dates of absence).
  - Mandatory Academic Event – Must have a note from advisor/professor documenting attendance (must correspond with and list dates of absence).

- Personal or Family Emergency – Must communicate with Dr. Chambers prior to missing class so it can be determined if this is a reasonable reason for missing and alternative arrangements can be made immediately.
- The instructor reserves the right to alter the grade assignment algorithm in a systematic manner.

## **Course Policies**

### **Communication**

Email is the best form of communication. The subject line should read:

HPA 1033\_ *YOUR LAST NAME*

### **Class Attendance**

**Class attendance** is expected and **strongly encouraged**. If a student misses a class, it is the student's responsibility, not the professor's, to obtain the material which was discussed in class. If you miss a class, please get the notes from a classmate. A significant portion of the class material may not be written in lecture slides. I do not always provide full notes for my lecture slides to students who miss class because they would still be missing much of the material. My notes will not provide all of the course material.

### **Inclement Weather**

Inclement weather may lead to a cancellation of class. If the University decides to close, cancel, or delay classes, an announcement is posted immediately on various websites, including [www.pitt.edu](http://www.pitt.edu). In cases where the University does not close and the weather is questionable, the instructor will send you an email notice or post an announcement on courseweb if class is cancelled. If no such email or announcement is made, then class will continue as normal. Any work due on the day of the cancelled class will be due on the next scheduled class or as otherwise directed by the instructor. Any student absent due to bad weather while class is still in session must notify the instructor prior to class. Students are responsible for getting cancellation information. In all emergency situations, however, we rely on individuals to make the best decision for themselves about their safety.

### **Department 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.

## **University Policies**

### **ACADEMIC INTEGRITY**

All students are expected to adhere to the standards of academic honesty. Any student engaged in cheating, plagiarism, or other acts of academic dishonesty would be subject to disciplinary action. Any student suspected of violating this obligation for any reason during the semester will be required to participate in the procedural process, initiated at the instructor level, as outlined in the University Guidelines on Academic Integrity <http://www.provost.pitt.edu/info/ai1.html>. This may include, but is not limited to the confiscation of the examination of any individual suspected of violating the University Policy.

### **DISABILITY SERVICES**

If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and Disability Resources and Services (DRS), 140 William Pitt Union, (412) 648-7890, [drsrecep@pitt.edu](mailto:drsrecep@pitt.edu), (412) 228-5347 for P3 ASL users, as early as possible in the term. DRS will verify your disability and determine reasonable accommodations for this course.

### **STATEMENT ON CLASSROOM RECORDING**

To address the issue of students recording a lecture or class session, the University's Senate Educational Policy Committee issued the recommended statement on May 4, 2010. While it is optional, the Committee recommends that faculty consider adding the statement to all course syllabi.

“To ensure the free and open discussion of ideas, students may not record classroom lectures, discussion and/or activities without the advance written permission of the instructor, and any such recording properly approved in advance can be used solely for the student’s own private use.”

### **Student Opinion of Teaching Surveys**

Students in this class will be asked to complete a Student Opinion of Teaching Survey. Surveys will be sent via Pitt email and appear on your CourseWeb landing page during the last three weeks of class meeting days. Your responses are anonymous. Please take time to thoughtfully respond, your feedback is important to me. Read more about Student Opinion of Teaching Surveys.

### **Diversity and Inclusion**

The University of Pittsburgh does not tolerate any form of discrimination, harassment, or retaliation based on disability, race, color, religion, national origin, ancestry, genetic information, marital status, familial status, sex, age, sexual orientation, veteran status or gender identity or other factors as stated in the University’s Title IX policy. The University is committed to taking prompt action to end a hostile environment that interferes with the University’s mission. For more information about policies, procedures, and practices, see: <http://diversity.pitt.edu/affirmative-action/policies-procedures-and-practices>.

I ask that everyone in the class strive to help ensure that other members of this class can learn in a supportive and respectful environment. If there are instances of the aforementioned issues, please contact the Title IX Coordinator, by calling 412-648-7860, or e-mailing [titleixcoordinator@pitt.edu](mailto:titleixcoordinator@pitt.edu). Reports can also be filed online: <https://www.diversity.pitt.edu/make-report/report-form>. You may also choose to report this to a faculty/staff member; they are required to communicate this to the University’s Office of Diversity and Inclusion. If you wish to maintain complete confidentiality, you may also contact the University Counseling Center (412-648-7930).

**Schedule for HPA 1033**  
 \*Subject to change\*  
 University of Pittsburgh, Fall Term 2019

<b>8/27</b>	Course Housekeeping Biology Review, BIOENERGETICS (Ch 4.3)	<b>8/29</b>	METABOLISM (Ch 5)
<b>9/3</b>	CELL SIGNALS (Ch 6)	<b>9/5</b>	NERVOUS SYSTEM (Ch7)
<b>9/10</b>	CENTRAL NERVOUS SYSTEM (Ch8)	<b>9/12</b>	CENTRAL NERVOUS SYSTEM (Ch8)
<b>9/17</b>	NERVOUS SYSTEM LAB	<b>9/19</b>	EXAM 1
<b>9/24</b>	AUTONOMIC NERVOUS SYSTEM (Ch9)	<b>9/26</b>	SENSORY SYSTEM (Ch10)
<b>10/1</b>	SENSORY SYSTEM LAB	<b>10/3</b>	ENDOCRINE SYSTEM (Ch11)
<b>10/8</b>	ENDOCRINE SYSTEM (Ch11)	<b>10/10</b>	EXAM 2
<b>10/15</b>	MUSCLE PHYSIOLOGY (Ch12)	<b>10/17</b>	MUSCLE PHYSIOLOGY (Ch12)
<b>10/22</b>	CARDIOVASCULAR (Ch 13)	<b>10/24</b>	CARDIOVASCULAR (Ch 13/14)
<b>10/29</b>	CARDIOVASCULAR (Ch 13/14)	<b>10/31</b>	EXAM 3
<b>11/5</b>	RESPIRATORY SYSTEM (Ch 16)	<b>11/7</b>	RESPIRATORY SYSTEM (Ch 16)
<b>11/12</b>	KIDNEY PHYSIOLOGY (Ch 17)	<b>11/14</b>	DIGESTIVE SYSTEM (Ch 18)
<b>11/19</b>	DIGESTIVE SYSTEM (Ch 18)	<b>11/21</b>	EXAM 4
<b>11/26</b>	No Class (Thanksgiving)	<b>11/28</b>	No Class (Thanksgiving)
<b>12/3</b>	<i>TEAM PROJECTS</i>	<b>12/5</b>	<i>TEAM PROJECTS</i>
<b>12/10</b>	<i>Finals Week</i>	<b>12/12</b>	<i>Finals Week</i>