

**APPLIED HUMAN PHYSIOLOGY W/ LAB**

APK 2105C ~ 4 CREDITS ~ FALL 2021

**INSTRUCTOR:** Linda Nguyen, Ph.D  
 Office: FLG 144  
 Email: [linda.nguyen@ufl.edu](mailto:linda.nguyen@ufl.edu)  
*Currently enrolled students: please use CANVAS email*

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

**LECTURE TIME/LOCATION:** Lectures are held in-person MWF Period 2 (8:30-9:20am) in NPB 1001

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.

**LAB TIME/LOCATION:** Students meet for lab in-person once a week for two periods:

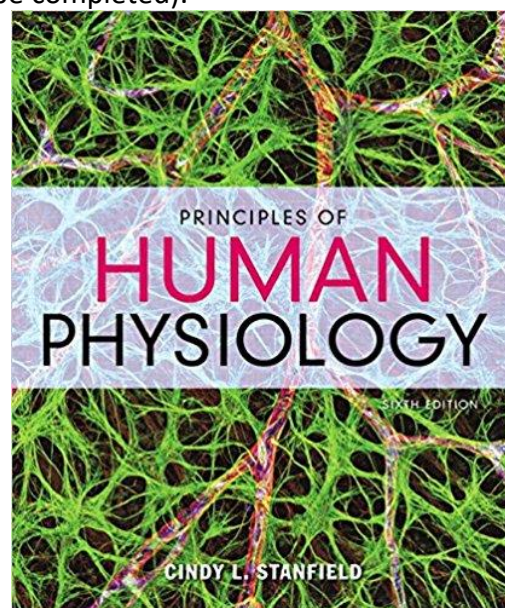
CLASS #	LAB DAY AND MEETING TIME	LOCATION
10642	M   Period 4-5 (10:40am-12:35pm)	FLG 107E
10643	T   Period 2-3 (8:10-10:25am)	FLG 107E
10644	T   Period 6-7 (12:50-2:45pm)	FLG 107E
10649	R   Period 2-3 (8:30-10:25am)	FLG 107E
10650	T   Period 4-5 (10:40am-12:35pm)	FLG 107E
10651	R   Period 4-5 (10:40am-12:35pm)	FLG 107E
10652	M   Period 6-7 (12:50-2:45pm)	FLG 107E

**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 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 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
<p><b>Content:</b> Demonstrate competence in the terminology, concepts, methodologies and theories used within the discipline.</p>	<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>
<p><b>Communication:</b> Communicate knowledge, ideas, and reasoning clearly and effectively in written or oral forms appropriate to the discipline.</p>	<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>
<p><b>Critical Thinking:</b> Analyze information carefully and logically from multiple perspectives, using</p>	<ul style="list-style-type: none"> <li>• Predict how perturbations (e.g., disease, experimental manipulations) will alter physiological function and identify the mechanisms of action involved</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture exams</li> <li>• Online lab modules</li> <li>• Lab reports</li> </ul>

discipline specific methods, and develop reasoned solutions to problems.	<ul style="list-style-type: none"> <li>• Generate and interpret various graphical representations and results of physiological data</li> </ul>	
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## COURSE AND UNIVERSITY POLICIES:

**UF STUDENT COMPUTING REQUIREMENTS:** As a course with some online components (i.e. online PhysioEx labs, etc.) 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 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. *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.*

**LAB:** Attendance will be taken in lab, however, no points are associated with 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, please make arrangements with your TA to attend another lab section that week. You must also fill out a lab make-up form (posted in CANVAS as part of your lab materials), provide medical documentation (if absence is due to illness) and have the TA of the lab section you attended instead of your own sign it and return it to your TA. **More than one un-made-up lab will result in a partial letter grade penalty of your final grade.** 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. The following are not appropriate excuses for missing lab (but not limited to): work, volunteer position, vacation.

**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 WEB section of APK2105c only. These links are not for you; you are in the LIVE 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>.

**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 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 taken within 24 hours** of the original exam time or with a **40% penalty if taken within 48 hours** of the original exam time. If a student is unable to take the exam within 48 hours of the original exam time, this will result in a **zero grade for that exam.**

**UNIVERSITY POLICY ON 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 at the DRC. I strongly recommend that you **submit all [exam requests](#) through the DRC in the first week of classes/after the drop-add period to ensure that they are approved in a timely manner.** It is the DRC students' responsibilities to submit their request in accordance to the DRC policies and failure to do so results in an inability for the student to take their lecture exam at the DRC and may have to test with the regular class without their accommodations.

**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.

## 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](mailto:Learning-support@ufl.edu). <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

## INCLUSION, DIVERSITY, EQUITY, AND ACCESSIBILITY (IDEA) RESOURCES

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

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

- Dr. Linda Nguyen, APK IDEA Liaison, [linda.nguyen@ufl.edu](mailto:linda.nguyen@ufl.edu)
- Dr. Rachael Seidler, APK Graduate Coordinator, [rachaelseidler@ufl.edu](mailto:rachaelseidler@ufl.edu)
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, [jahlgren@ufl.edu](mailto:jahlgren@ufl.edu)

## GRADING:

The following table outlines the point-accruing components of the course. To calculate the final grade, total points earned in the course will be summed and divided by 535.

Evaluation Components	Points Possible (out of 535)	% of Total Grade
Lecture Exams (4)	50 pts X 4 exams = 200 pts	200 / 535= 37.4%
Lab Quizzes (10)	10pts X 10 quizzes = 100pts	100 / 535= 18.7%
Lab Modules (PhysioEx) (7)	10 pts X 7 modules = 70 pts	70 / 535 = 13.0%
Homework (4)	40 pts X 4 assignments = 160 pts	160 / 535 = 29.9%
Syllabus Quiz (1)	5 pts X 1 quiz = 5 pts	5/ 535 = 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.** It is recommended that students complete the quiz as soon as possible to access the material. **Students that fail to complete the syllabus quiz by Exam 1, will receive a zero grade for the syllabus quiz.**

**Lecture 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 and the majority of focus should be



given to the lecture notes **and student learning objectives (SLOs) from each chapter** when studying (i.e. not the textbook). All lecture exams are held in-class during normal class time in the same room where normal lectures are held. Students will be allowed a class period (i.e. 50 minutes) to complete the exam. ***If you are 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 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. An announcement on CANVAS will be made when exam reviews will start. 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 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*** – ***Homework due dates are posted in Mastering as well as in the course schedule at the end of the syllabus.*** Homework assignments are graded on the accuracy of your answers, NOT on completion. Homework assignments will be **open from the very beginning of the semester.** ***It will be the student's responsibility to know the due dates and to complete the homework assignment in a timely manner (all deadlines are in EST).*** Students are able to complete the homework assignments on a rolling basis, i.e., students can complete and submit answers to homework questions a few questions at a time until they complete the assignment by the deadline. It is highly recommended that students complete their homework assignment early than waiting last minute (i.e., the night it is due). Homework assignments can be accessed through Mastering A&P on CANVAS. Homework problems are multiple choice, true/false, fill in the blank, and matching. These questions are specific to the textbook, so that should be your primary resource for answering those questions. ***For the fill in the blank questions, spelling and proper tense of the word counts.*** **These assignments are NOT intended to be used as the primary study tool for preparing for the exams.** The function of the homework assignments is to (a) get students more familiar with the textbook, and (b) to get students eased into answering physiology questions. This is a reinforcement tool of the concepts introduced in lecture. It is **not** prudent to complete the homework at the last minute as a “practice test.”

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

- You may open/close an assignment as many times as you wish until it is due.

- For multiple choice and fill-in-the-blank questions, you are penalized 50% if you miss on the first attempt and 100% if you miss on the second attempt. For true/false questions, you are penalized 100% if you miss on the first attempt.
- You are penalized a small fraction for opening a hint if one is available.
- *You are encouraged to complete questions as you go (i.e. complete questions as you complete each chapter on a weekly basis).*
- **Late submissions of homework will be penalized 25% for every 24 hours after the deadline.** Submissions 96 hours (i.e. 4 days) after the deadline will not be accepted and will receive a zero.
  - E.g. If the deadline is on Monday at 8:30am EST and a student submits their Homework assignment on Monday at 9:00am EST there will be a 25% penalty.

**MasteringA&P Labs (PhysioEx Labs)** – Each lab module is a PhysioEx lab that can be accessed through MasteringA&P through CANVAS. **PhysioEx Labs are due prior to your lab section.** The deadline for each lab section has been set in accordance to the start of their lab time (i.e. if your lab time is Mondays at 10:40am, then you need to complete your PhysioEx before then, and the deadline for the PhysioEx module is at 10:40am Mondays). *It is imperative for you 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 to complete each lab module and accompanying questions; however, these should not take longer than 2 hours each. *If you miss the submission deadline, you will not be allowed to complete the lab for credit (partial or full).* Once you open the lab, you can close it and return to complete it, but the timer will not stop...so please plan to 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.

**Lab Quizzes** – Each lab quiz is worth 10 points, consists of 10 questions and will be a combination of multiple choice, true/false, fill in the blank, matching or multiple answers and will be taken in Canvas. Students are expected to bring their laptops/smart tablets to lab to take their lab quiz. The lab quiz will only be accessible to students during their designated lab times; TAs will provide the appropriate passcode to access the quiz during your lab time. In the event a student is unable to take their quiz electronically, the TA will have physical copies of the quiz as back-up on hand. *The quizzes are based on the content of the previous week's lab.* These quizzes will be closed-book individual quizzes, there will be no collaboration between students. Quiz questions are pulled from a question bank and students will randomly receive 10 questions of varying difficulty and level of inquiry.

**GRADING SCALE:** All grades will be posted directly into the CANVAS gradebook. Any discrepancies with points displayed in gradebook should be pointed out to the instructor before the last day of class. **There is no curve for this course and final grades will not be rounded up.** See the UF undergraduate catalog web page for information

regarding current UF grading policies: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/> . *Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.*

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

Letter Grade	Points Needed to Earn Each Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	481.50-535	90.00-100%	4.0
B+	465.45-481.49	87.00-89.99%	3.33
B	428.00-465.44	80.00-86.99%	3.0
C+	411.95-427.99	77.00-79.99%	2.33
C	374.50-411.94	70.00-76.99%	2.0
D+	358.45-374.49	67.00-69.99%	1.33
D	321.00-358.44	60.00-66.99%	1.0
E	0-320.99	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 a blue instructor icon associated with these highlighted sections to denote these highlights have been done by the course instructor. The sections are highlighted in blue (unfortunately, I cannot change the color the instructor highlight).

**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 Topic	Lab Activities/Quizzes
<b>Week 1</b>	Aug 23 – Aug 27	Intro to Physiology Cell Structure & Function	<b>No labs</b>
<b>Week 2</b>	Aug 30 – Sep 3	Cell Structure & Function Cell Metabolism	<b>Lab 1</b> – Intro to Lab/Graphs/Reports (2hrs)

<b>Week 3</b>	Sep 6 – Sep 10	Cell Metabolism <i>Mon. Sep.6<sup>th</sup> is a holiday...no class or labs</i>	<b>Lab 2</b> –Transport Mechanisms <b>Quiz 1 (Graphs, Data)</b> <i>Complete PhysioEx 1 on your own prior to your lab</i> <i>Mon labs attend a different section</i>
<b>Week 4</b>	Sep 13 – Sep 17	<b>Exam 1 – Chapters 1, 2, and 3 – Mon. Sept. 13<sup>th</sup> at 8:30am in NPB 1001</b> <b>HW 1 due Mon. Sept.13 at 8:30am EST</b> Cell Membrane Transport	<b>Lab 3</b> – Enzyme Kinetics (2hrs) <b>Quiz 2 (Transport Mech)</b>
<b>Week 5</b>	Sep 20 – Sep 24	Chemical Messengers Endocrine System	<b>Lab 4</b> – Metabolism (2hrs) <b>Quiz 3 (Enzyme Kin)</b>
<b>Week 6</b>	Sep 27 – Oct 1	Endocrine System Neural Signaling	<b>Lab 5</b> – Endocrine Phys <i>Complete PhysioEx 4 on your own prior to your lab</i> <b>Quiz 4 (Metabolism)</b>
<b>Week 7</b>	Oct 4 – Oct 8	Neural Signaling Neural Integration <i>Fri. Oct. 8<sup>th</sup> is Homecoming...no classes or labs</i>	<b>Lab 6</b> – Neurophys. <b>Quiz 5 (Endocrine)</b> <i>Complete PhysioEx 3 on your own prior to your lab</i> <i>Fri labs attend a different section</i>
<b>Week 8</b>	Oct 11 – Oct 15	Neural Integration <b>Exam 2 – Chapters 4, 5, 6, 7, and 8 – Fri. Oct. 15<sup>th</sup> at 8:30 am in NPB 1001</b> <b>HW 2 due Fri. Oct. 15 at 8:30am EST</b>	<b>Lab 7</b> – Neuromuscular (2hrs)
<b>Week 9</b>	Oct 18 – Oct 22	Muscle Physiology	<b>Lab 8</b> – Muscle Phys. <b>Quiz 6 (Neuro)</b> <i>Complete PhysioEx 2 on your own prior to your lab</i>
<b>Week 10</b>	Oct 25 – Oct 29	Cardiac Function	<b>Lab 9</b> – Cardiovascular Phys. (2hrs) <b>Quiz 7 (Muscle)</b>
<b>Week 11</b>	Nov 1 – Nov 5	Vessels & Pressure	<b>Lab 10</b> – Cardiovascular Function <i>Complete PhysioEx 5 on your own prior to your lab</i>
<b>Week 12</b>	Nov 8 – Nov 12	Vessels and Pressure <b>Exam 3 – Chapters 12, 13, and 14 – Wed. Nov. 10<sup>th</sup> at 8:30am in NPB 1001</b> <b>HW 3 due Wed. Nov. 10<sup>th</sup> at 8:30am EST</b> <i>Thurs. Nov. 11<sup>th</sup> is a holiday...no classes or labs</i> Pulmonary Ventilation	<b>Lab 11</b> – Pulmonary Function (2hrs) <b>Quiz 8 (CV)</b> <i>Thurs. labs attend a different section</i>
<b>Week 13</b>	Nov 15 – Nov 19	Pulmonary Ventilation Gas Exchange	<b>Lab 12</b> – Acid-Base Physiology <b>Quiz 9 (Pulmonary)</b> <i>Complete PhysioEx 10 on your own prior to your lab</i>

<b>Week 14</b>	Nov 22 – Nov 26	Gas Exchange <i>Wed-Fri, Nov. 27-29 is a holiday...no classes or labs</i>	<b>No Labs</b> – <i>Wed-Fri is a holiday</i>
<b>Week 15</b>	Nov 29 – Dec 3	Renal Function	<b>Lab 13</b> – Renal Physiology <b>Quiz 10 (Renal)</b> <i>Complete PhysioEx 9 on your own prior to your lab</i>
<b>Week 16</b>	Dec 6- Dec 8	Fluid/Electrolyte Balance <b>HW 4 due Fri. Dec. 8 at 11:59pm</b> <i>Dec. 7<sup>th</sup> and 8<sup>th</sup> are reading days</i>	<b>No Labs</b> – due to reading days on Thurs/Fri
		<b>Exam 4 – Chapters 16, 17, 18, and 19</b> <b>Fri. Dec. 17<sup>th</sup> 10am-12pm – NPB 1001</b>	

## 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 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 bone tissue, 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. 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.

