

**PHYSIO 1 Course Outline as of Fall 2021****CATALOG INFORMATION**

Dept and Nbr: PHYSIO 1 Title: HUMAN PHYSIO

Full Title: Human Physiology

Last Reviewed: 5/8/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	5.00	Lecture Scheduled	4.00	17.5	Lecture Scheduled	70.00
Minimum	5.00	Lab Scheduled	3.00	8	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	7.00		Contact Total	122.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 140.00

Total Student Learning Hours: 262.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

Study of the function of the human body with a focus on mechanisms of homeostasis at the biochemical, cellular, and systemic levels. Laboratory experiments are conducted to illustrate major principles associated with these systems. (Intended for pre-nursing and pre-dental hygiene students.)

**Prerequisites/Corequisites:**

Course completion of ENGL 1A (OR ESL 10); AND

Completion of BIO 10 or higher (V7); AND

Completion of CHEM 60, CHEM 3A, or CHEM 1A, or higher (V6)

**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Study of the function of the human body with a focus on mechanisms of homeostasis at the biochemical, cellular, and systemic levels. Laboratory experiments are conducted to illustrate major principles associated with these systems. (Intended for pre-nursing

and pre-dental hygiene students.) (Grade or P/NP)

Prerequisites/Corequisites: Course completion of ENGL 1A (OR ESL 10); AND

Completion of BIO 10 or higher (V7); AND

Completion of CHEM 60, CHEM 3A, or CHEM 1A, or higher (V6)

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>		<b>Effective:</b>	<b>Inactive:</b>
	C	Natural Sciences	Fall 1981	
<b>CSU GE:</b>	<b>Transfer Area</b>		<b>Effective:</b>	<b>Inactive:</b>
	B2	Life Science	Fall 1981	
	B3	Laboratory Activity		
<b>IGETC:</b>	<b>Transfer Area</b>		<b>Effective:</b>	<b>Inactive:</b>
	5B	Biological Sciences	Fall 1981	
	5C	Fulfills Lab Requirement		
<b>CSU Transfer:</b>	Transferable	<b>Effective:</b>	Fall 1981	<b>Inactive:</b>
<b>UC Transfer:</b>	Transferable	<b>Effective:</b>	Fall 1981	<b>Inactive:</b>
<b>CID:</b>				
CID Descriptor:	BIOL 120B	Human Physiology with Lab		
SRJC Equivalent Course(s):		PHYZ1		

### **Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Describe the function of the organ systems of the body.
2. Describe in detail the biochemical and cellular mechanisms that maintain homeostasis.

### **Objectives:**

In order to achieve these learning outcomes, during the course the students will:

1. Describe the characteristics of the scientific method and how it forms the basis of all modern scientific research.
2. Define homeostasis and explain how feedback mechanisms function to maintain homeostasis.
3. Explain relationships between structure and function at the molecular, cellular, and systems level of biological organization.
4. Explain how the structures of proteins and cells support the function of organ systems.
5. Compare and contrast the basic mechanisms by which cells, organs, and systems of the body carry out their specific physiological functions and maintain homeostasis.
6. Describe and evaluate the body's response to some major physiological stressors such as exercise, fasting, severe temperature extremes, injury, hemorrhage, infection, and diarrhea.
7. Apply knowledge about the function of the body to understanding the physiological basis for

- some of the major diseases and disorders of the human body.
8. Conduct physiological experiments that elucidate the functions of the body's organ systems.

## **Topics and Scope:**

- I. Introductory Concepts
  - A. Scientific method
  - B. Levels of biological organization
  - C. Homeostasis
- II. Cell Structure and Function
  - A. Macromolecules
  - B. Organelles
  - C. Cell membranes
  - D. ATP and enzymes
- III. Control Systems: Nervous and Endocrine
  - A. Neurons, membrane potentials, synapses
  - B. Structure and function of central, peripheral and autonomic divisions of nervous system
  - C. Sensory receptors, transduction
  - D. Endocrine glands, hormones
- IV. Muscle System
  - A. Skeletal, cardiac, smooth muscle
  - B. Mechanism and control of muscle contraction
- V. Circulatory System
  - A. Basic plan of circulation
  - B. Cardiac cycle
  - C. Blood vessels and blood pressure
  - D. Regulation of cardiac output, blood pressure
  - E. Basis for heart attack, hypertension, atherosclerosis
- VI. Respiratory System
  - A. Mechanisms of ventilation, gas exchange, gas transport
  - B. Regulation of respiratory rate
  - C. Description of chronic obstructive pulmonary disease
- VII. Urinary System
  - A. Mechanism of formation of urine
  - B. Regulation of salt and water balance
  - C. Regulation of acid-base balance
- VIII. Digestive System
  - A. Organs and enzymes of digestion
  - B. Factors that affect absorption
- IX. Immune System
  - A. Injury and infection
  - B. Organs, cells, molecules and mechanisms that provide immune defense
- X. Reproductive System
  - A. Organs and hormones involved in sperm production
  - B. Organs and hormones of menstrual cycle, pregnancy, parturition, lactation
- XI. Laboratory Exercises
  - A. Acid-base balance
  - B. Blood chemistry
  - C. Cardiac function
  - D. Enzyme activity

- E. Glucose tolerance test
- F. Homeostasis
- G. Muscle contraction
- H. Pulmonary function
- I. Reflex arc
- J. Renal function
- K. Senses

## Assignment:

### Lecture Related Assignments:

1. Reading in text (30-60 pages per week)
2. Research paper may be required (1-5 pages), requires library research
3. Quizzes (0-17)
4. Exams (3-4) including objective, essay, and lab material questions
5. Comprehensive final exam including objective and essay questions

### Lab Related Assignments:

1. Lab reports (18) which may include fill-in questions, short answer questions, data calculation and graphing

## Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Lab reports, research paper

Writing  
10 - 20%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

Skill Demonstrations  
0 - 0%

**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes, exams, and comprehensive final exam

Exams  
75 - 90%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category  
0 - 5%

**Representative Textbooks and Materials:**

Human Physiology. 14th ed. Fox, Stuart. McGraw-Hill. 2015

Human Physiology. Derrickson, Bryan. Wiley. 2016

Instructor prepared lab manual textbook.