

PHYZ 58 Course Outline as of Fall 2025**CATALOG INFORMATION**

Dept and Nbr: PHYZ 58 Title: INTRO HUMAN PHYSIO
 Full Title: Introduction to Human Physiology
 Last Reviewed: 1/27/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	3.00	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	5.00		Contact Total	87.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00

Total Student Learning Hours: 157.50

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: PHYSIO 58

Catalog Description:

This is an introductory course in human physiology, organized around body systems and the theme of homeostasis. The course is designed for the beginning student preparing for these health-related fields: vocational nursing, radiologic technology; or those with a general interest in the function of the human body. This course will minimize bio-chemical and quantitative details taught in a general physiology course (e.g., PHYSIO 1), focusing on the fundamental concepts of physiology. (Not intended for nursing (RN), dental hygiene, or physical therapy majors.)

Prerequisites/Corequisites:**Recommended Preparation:**

Course Completion of CHEM 60 and Eligibility for ENGL 1A or equivalent

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

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Prerequisites/Corequisites:

Recommended: Course Completion of CHEM 60 and Eligibility for ENGL 1A or equivalent

Limits on Enrollment:

Transfer Credit: CSU;

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

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area		Effective:	Inactive:
	C	Natural Sciences	Fall 1997	
CSU GE:	Transfer Area		Effective:	Inactive:
IGETC:	Transfer Area		Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 1997	Inactive:
UC Transfer:		Effective:		Inactive:

CID:

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 functions of the organ systems of the body and how each organ system contributes to control of homeostasis.
2. Describe the physiological basis for a number of major diseases and disorders of the human body.

Objectives:

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

1. Define homeostasis and explain how feedback mechanisms function to maintain homeostasis.
2. Describe the function of the organ systems of the body, including the nervous, endocrine, muscular, circulatory, respiratory, digestive, urinary, immune, reproductive systems.
3. Identify the roles of the nervous and endocrine systems in regulation of other organ systems.
4. Compare and contrast the basic mechanisms by which organ systems of the body maintain homeostasis.
5. Explain how the structure and function of cells support the function of organ systems.
6. Conduct simple physiological experiments using standard laboratory equipment.

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 (adenosine triphosphate) and enzymes
- III. Control Systems: Nervous and Endocrine
 - A. neurons, membrane potentials, synapses
 - B. structure and function of CNS (central nervous system), PNS (peripheral nervous system), ANS (autonomic nervous system)
 - C. sensory receptors, transduction
 - D. endocrine glands, hormones
- IV. Muscle System
 - A. skeletal, cardiac, smooth muscle
 - B. 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. ventilation
 - B. gas exchange
 - C. regulation of respiratory rate
 - D. description of chronic obstructive pulmonary disease
- VII. Urinary System
 - A. 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 and molecules 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. homeostasis
 - B. osmosis
 - C. enzyme activity
 - D. reflex arc
 - E. senses
 - F. muscle contraction
 - G. cardiac function
 - H. pulmonary function
 - I. renal function
 - J. acid base balance

K. glucose tolerance test

Assignment:

Lecture-Related Assignments:

1. Read 25 - 40 pages of text per week
2. Written assignments (2 - 5)

Lab-Related Assignments:

1. Perform weekly laboratory experiments with data collection
2. Written laboratory reports (12 - 16)

Lecture- and Lab-Related Assignments:

1. Examinations: Four combined lecture and lab exams, a cumulative final exam

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 and written assignments

Writing
10 - 30%

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.

Exams and cumulative final exam

Exams
60 - 80%

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

Class participation

Other Category
0 - 10%

Representative Textbooks and Materials:

Essentials of Human Anatomy and Physiology. 12th ed. Marieb, Elaine. 2018

Mader's Understanding Human Anatomy and Physiology. 10th ed. Longenbaker, Susannah. 2019

Instructor prepared laboratory text

