

# P215 Basic Human Physiology

## Fall 2009

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### Objective

Basic Human Physiology introduces you to the fundamental functional processes that sustain human life. The lecture, discussion and lab sessions gradually draw a picture of how our organ systems, working unceasingly in concert throughout each moment of our life, strive to maintain a stable internal environment that allows our cells (and therefore us) to live. The focus shifts from organ systems to cells, from normal function to disease and from the big concepts to small but important details. Throughout it all, it's our hope that you'll gradually begin to understand and appreciate the basic functions that make human life possible.

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### Staff

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Dr. Ritika Bhawal and James McKenzie, associate instructors

Jillian Badell, Chelsea Bird, Kayla Dawson, Danielle DeGreeter, Monica Idstein, Anna Thomas, undergraduate teaching assistants

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### Course Components

Lecture: 8:00 – 8:50 Monday, Tuesday, Thursday and Friday Fine Arts 015

Labs: Monday, Tuesday, Wednesday and Thursday Classroom Office Building 120

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### Texts

Lecture: *Principles of Human Physiology*, 3rd edition (2nd IU edition) by Stanfield and Germann

Labs: *P215 Laboratory Guide, Fall 2009*

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### Web Pages

P215 web page: [www.indiana.edu/~phys215](http://www.indiana.edu/~phys215)

**Lecture outlines will be available on the P215 web page.**

**It is strongly suggested that you print out the lecture outlines and bring them with you to lecture.**

Text publisher's web site: [www.physiologyplace.com](http://www.physiologyplace.com)

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### Exams

1. There are **four** exams given on the following dates: September 25th, October 23rd, November 20th and December 18th. Everyone must take **all** four exams. No exam scores will be dropped.
  2. Exams cover material from the lecture and laboratory sessions. The final exam in December is not cumulative. However, basic concepts extend throughout the course.
  3. Exams consist of multiple choice and short answer questions. Each exam is worth 125 points.
  4. Scores will be posted on Postem. Everyone is welcome to go over a test with the instructors. Appeals for correction of perceived errors in scoring or interpretation will be considered during the week following the posting of the scores. No other retroactive regrading will be considered.
  5. Alternative exams due to conflicts with important, scheduled events related to education (school/job interview, field trip, IU team travel) will be considered. The reason for rescheduling an exam must be documented and should be done at least one week before the exam. Contact Jw Ramsey.
  6. Absence from an exam will be allowed only under exceptional circumstances (for example, a severe illness or death of a family member). If an exam is missed due to such circumstances, contact Jw Ramsey within 24 hours. **Acceptable and verifiable documentation must be provided.** A decision will then be made regarding offering a make up exam. A score of "0" will be recorded for a missed exam.
  7. Makeup exams will be given in a format and at a time determined by the instructors. The final exam (December 18th) is not eligible for makeup and will not be given early. Make plans accordingly.
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### Labs

1. There are 14 labs sessions during the semester.
2. Lab work, lab quizzes and a lab paper contribute to the overall class score.
3. Some lab points are based on attendance. Coming after the lab begins or leaving before the lab ends mean a loss of points. Some of the lab points come from assignments handed in. Assignments need to be handed in on time to receive credit.
4. The five-page lab paper must be an original work for this class. All versions of the lab paper, early draft(s) as well as the final form, must be submitted to Turnitin.com. A "similarity index" from Turnitin.com higher than 20% for any version of the paper is considered to be a case of plagiarism. Such a paper receives no points and may not be resubmitted for credit.

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## Weekly Quizzes

1. There are 14 weekly quizzes during the semester.
  2. Questions come in a variety of forms and are based on primarily on lectures.
  3. Questions are viewed online and answers are submitted online.
  4. Questions for each week can usually be viewed and answered for a period of seven days - from Friday afternoon to Friday afternoon. The deadline for answering the questions is Friday at 5:00PM. There are no extensions.
  5. During the seven days each set of questions is available, problems can be remedied. Problems occurring shortly before the deadline often cannot be made right before the deadline passes. It's wise not to wait until the last moment.
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## Points and Grades

1. Final grades will be based upon total points accumulated. Here's the point distribution.

<b>Lecture Exams (4 @ 125 points)</b>	<b>500 points</b>
<b>Online Weekly Quizzes (14 @ 5 points)</b>	<b>70 points</b>
<b>Laboratory Work/Quizzes (11 @ 15 points</b>	
<b>+ 5 points for library lab)</b>	<b>170 points</b>
<b>Laboratory Physiology Paper</b>	<b>100 points</b>
<b>Maximum Total Possible</b>	<b>840 points</b>

2. Bonus Points **approximately 30 points**

These points can be earned by participating in unannounced quizzes, problems or questions given during lectures throughout the semester. To qualify for the points, you must be in lecture on the day it is given. Bonus points are added to your cumulative course score and have the potential of improving the final grade.

3. No extra credit papers or projects to raise the final grade will be accepted.

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### Grade Scale

Grades are assigned on an objective basis of points earned without regard to the identity of the student or the requirements of other departments or programs. Students will be given information regarding their standing in the course after each exam. It is the responsibility of students to see that their course grades are above any minimum requirements mandated by their respective programs.

Letter Grade	Points Earned	Approx Percent of Total Possible (840)
A	840 - 772	100.00 - 92%
A-	771 - 756	91.99 - 90%
B+	755 - 739	89.99 - 88%
B	738 - 688	87.99 - 82%
B-	687 - 672	81.99 - 80%
C+	671 - 655	79.99 - 78%
C	654 - 604	77.99 - 72%
C-	603 - 588	71.99 - 70%
D+	587 - 571	69.99 - 68%
D	570 - 520	67.99 - 62%
D-	519 - 504	61.99 - 60%
F	503 - 0	59.99 - 0%

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### Incomplete (I)

The grade of "I" (incomplete) indicates that the student's work is satisfactory (of passing quality) as of the end of the semester, but has not been completed. The grade of "I" will be given only if the student meets **all** of the following requirements:

1. The student must have completed a substantial part of the course work.
2. The completed work must be of passing quality. Incomplete are not given to students who are failing the course.
3. The student must demonstrate the existence of hardship that renders it unjust to hold the student to the time limits previously fixed for the completion of the work.

When a grade of "I" is given, the instructor's record of the student's class work remains until the student completes the course work. Previously completed work (prior to receiving the "I") is then considered with the final work in assigning the a course grade. The grade of "I" **does not** erase all previous work in the course; rather, it allows the student to repeat the course without paying additional credit-hour and laboratory fees. The grade of "I" simply extends the time allowed for completion of the **remaining** work in the course.

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### Withdrawal

Wednesday, October 28th is the last day to drop a course or to withdraw from all courses with an automatic "W." After the automatic withdrawal period, a student may withdraw only with the permission of his or her dean. This approval is normally given only for urgent reasons related to extended illness or equivalent distress.

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### Academic Honesty

We adhere to University guidelines in all cases of personal and academic misconduct such as cheating, plagiarism and interference with another student's work. Penalties for misconduct can include a failing grade in the course.

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## Lecture and Exam Schedule

<b>Week of</b>	<b>Topic</b>	<b>Text Chapters</b>
August 31	Introduction	1
	Foundations of Physiology/Homeostasis	1
	Negative Feedback	1
	Cell Membranes, Organelles, Nucleus	1
September 7	Enzymes and Energy	3
	Nucleic Acids, Protein Synthesis	2
	Cell Metabolism	3
September 14	Membrane Transport	4
	Membrane Potential	7
September 21	Basic Neurophysiology	7
	Synapses and Integration	8
	Central Nervous System	9
Friday, September 25	3:30 - 4:50	Exam 1
September 28	Central Nervous System	9
	Sensory Physiology	10
October 5	Sensory Physiology	10
	Muscle Physiology	12
October 12	Muscle Physiology	12
October 19	Autonomic Motor Physiology	11
	Endocrine Physiology	6
Friday, October 23	3:30 - 4:50	Exam 2
October 26	Circulatory Physiology	13
November 2	Circulatory Physiology	14
November 9	Circulatory Physiology	15
	Immune System	23
November 16	Immune System	23
	Renal Physiology	18, 19
Friday, November 20	3:30 - 4:50	Exam 3
November 23	Renal Physiology	19
	Respiratory Physiology	17
November 30	Respiratory Physiology	17
December 7	Digestive Physiology	20
Friday, December 18	8:00 - 9:20	Exam 4

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Some words of advice:

This is a 5-credit class that is considered to be challenging by the majority of students who take it. All pre-allied health programs (nursing, physical therapy, etc.) consider grades received in this course to be an important indication of a student's potential for success in those fields.

Every point in this class is equal. Give yourself the chance to earn every point you can.

Last spring, 11.5% of students were within 3 points of the next higher grade. Many of them missed on-line quizzes or bonus opportunities that would have earned them a higher grade.

Formula for success in P215:

1. Prepare

- read ahead in the book- focus on topics in the lecture notes
- study material from the previous lecture

2. ATTEND EVERY LECTURE!

3. BE AN ACTIVE PARTICIPANT

- actively listen
- take good notes
- ask questions if something doesn't make sense
- think about the answers to ALL questions

4. Prior to the next lecture, look over your notes and make sure EVERYTHING still makes sense to you and that you UNDERSTAND the concepts. If you have questions, ASK us to review it.

5. After we complete a set of lecture notes, make an outline of the topics covered or print off a new copy and complete them WITHOUT using the notes you took during lecture. If you can't, then that means you need to study that material until you can.

6. Attend office hours (which are right after every lecture) if you need help.

7. Do NOT wait until the week before an exam to start studying. Keep up consistently!

8. Do NOT try to memorize your notes because most test questions will assess whether you actually understand the concepts.

9. Work hard on the lab paper and follow the formatting rules!  
- it is worth 12% of all the available points

10. Finally, if you have questions about anything, ask as soon as you can.