

## Foundations of Human Physiology

PCB2099

### Syllabus

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If I do not answer office phone, do NOT leave a voice mail message. Please email me.

### Course Description And Purpose

This course assumes prior scientific knowledge of biology at the High School level, and thus serves for both pre-Nursing, pre-Pharmacy, and non-biology major students who wish to satisfy the Life Science requirement (lecture and separate lab) within the University Core Curriculum Natural Science category. PCB2099 may also serve as a prerequisite course for specific majors, such as Sports Therapy.

Physiology is the study of the body's functional mechanisms and their underlying regulation. As such the discipline spans from the molecular level to the level of the whole organism. The Human Physiology Course is divided into several blocks including Body Fluids & Compartments, Membranes & Transport, Acid-Base Balance, Muscle, Cardiovascular, Pulmonary, Renal, Gastrointestinal, and Endocrine systems.

### Natural Sciences

Our technologically dependent world requires an understanding of the processes that led us here. Learning the basic concepts and ideas of scientific fields provides contact with not just those fields but with how science is done. In these courses, students study the scientific method through examination of the foundational theories of modern scientific thought. Students apply scientific principles and theories to problem solving, evaluate scientific statements, and incorporate new information within the context of what is already known.

Emphasizing the essential connection between theory and experiment, the virtual laboratory experience found in the PCB2099 Lab provides the context for testing scientific theories of human physiological function. Students will be able to describe the scientific method through examination of the foundational theories of modern scientific thought.

### Course Objectives

Students will be able to:

- understand the functions of individual cells as the basis for understanding the functions of organs.
- identify the structures and functions of the systems of the human body;
- describe physiological functions in terms of physical and chemical laws;
- demonstrate the coordination of physiological processes that underlies homeostasis- the maintenance of a stable internal environment;
- explain the role of different organ systems in maintaining homeostasis; and
- apply knowledge of functional mechanisms and their regulation to explain the physiology underlying common diseases.

### **Teaching Methodology**

This course is divided into Units. Each Unit includes 1 or more Chapters of text from the Principles of *Human Physiology*, Cindy Stanfield, 5th edition. Students may substitute the 4th or 6<sup>th</sup> edition for the 5th edition of the text while being aware that the assigned reading's pages may not be an exact match. There will also be a "Guide to the Material" for each Chapter. These Guides will help to lead you through the concepts covered in each Chapter and may also include links to outside material that will enhance your learning experience. By utilizing the Guides and answering any included questions, you will be helping to prepare yourself for the Chapter Quiz and the Sectional Exam 1 (Units 1-4) and Exam 2 (Units 5-10).

### **Important Information**

#### **Policies**

Please review the [FIU's Policies](#) webpage. The policies webpage contains essential information regarding guidelines relevant to all courses at FIU, as well as additional information about acceptable netiquette for online courses.

As a member of the FIU community you are expected to be knowledgeable about the behavioral expectations set forth in the [FIU Student Code of Conduct](#).

While the on-line format of this course offers the student a degree of flexibility in when they participate in the work, **it requires self-discipline to stay on track through the semester**. You may receive Announcement emails indicating where you should be (ideally) in the work and how much you should have completed by that time and each student is responsible for **keeping up with their work**. The suggested work pattern is to do at least one Unit per week. If you choose to wait until the last few hours to complete your work, you are taking the chance of having something preventing you from completing the work, much to your unhappiness, since the work will *not* be reopened.

If you have a Quiz or Exam scheduling conflict, let me know. While I will **not** customize the course to fit your schedule, I may be able to open a Quiz or Exam early. **YOU MUST NOTIFY ME IN ADVANCE OF A CONFLICT, NOT AFTER THE EXAM HAS CLOSED!** You must provide specific information on why you need a schedule change and the Instructor has the right to either grant or deny the change based on the supporting information. Baring hurricanes and other natural disasters, there will be **no extensions** on the closing dates for the **Chapter quizzes or Exams** (please refer to the opening and closing dates seen below). Each student is allowed to take a Quiz or Exam 2 times. **But if they do take it two times, they receive the average of the two scores. There are NO proctored exams, either online or on campus.**

No material will be reopened except for an emergency that has impacted the FIU community. Any personal issues that impact your ability to complete work **MUST**:

- Prevent you from accessing the material (the last 3 weeks of the ~6 weeks for quizzes and assignments and the last 3 days for exams). The Instructor **MUST** be contacted (at least 2 weeks for Quizzes and 3 days for Exams) before the closing of the material. These circumstances must be supported with official documentation such as the official hospital records showing day of admittance and release or police records showing day or arrest and release.
- If you choose to wait till the last few days (or hours) to do the work and something prevents you from completing the work (including an emergency), the material **WILL NOT** be reopened. By making the choice to wait, you are also accepting the possibility that (Murphy's Law) "If anything can go wrong, it will" and always at the worst possible time.

### **Technical Requirements and Skills**

One of the greatest barriers to taking an online course is a lack of basic computer literacy. By computer literacy we mean being able to manage and organize computer files efficiently, and learning to use your computer's operating system and software quickly and easily. Keep in mind that this is not a computer literacy course; but students enrolled in online courses are expected to have moderate proficiency using a computer. Please go to the "[What's Required](#)" webpage to find out more information on this subject.

Please visit our [Technical Requirements](#) webpage for additional information.

### **Accessibility And Accommodation**

The Disability Resource Center collaborates with students, faculty, staff, and community members to create diverse learning environments that are usable, equitable, inclusive and sustainable. The DRC provides FIU students with disabilities the necessary support to successfully complete their education and participate in activities available to all students. If you have a diagnosed disability and plan to utilize academic accommodations, please contact the Center at 305-348-3532 or visit them at the Graham Center GC 190.

Please visit our [ADA Compliance](#) webpage for information about accessibility involving the tools used in this course.

For additional assistance please contact FIU's [Disability Resource Center](#).

### **Course Prerequisites**

Since this course is designed for primarily for pre-Nursing and pre-Pharmacy majors, there are no prerequisites. For this course to fulfill the UCC requirement, students must also take (at some point in time) the Lab component worth 1 credit. This is PCB2099L and can be taken online or in an actual lab environment on either campus. Any quizzes or Exams taken in this course have no impact on the PCB2099 Lab grade.

- Review the [Course Catalog](#) webpage for prerequisites information.

### **Academic Misconduct Statement**

Florida International University is a community dedicated to generating and imparting knowledge through excellent teaching and research, the rigorous and respectful exchange of ideas and community service. All students should respect the right of others to have an equitable opportunity to learn and honestly to demonstrate the quality of their learning. Therefore, all students are expected to adhere to a standard of academic conduct, which demonstrates respect for themselves, their fellow students, and the educational mission of the University. All students are deemed by the University to understand that if they are found responsible for academic misconduct, they will be subject to the Academic Misconduct procedures and sanctions, as outlined in the Student Handbook.

Academic Misconduct includes: **Cheating** – The unauthorized use of books, notes, aids, electronic sources; or assistance from another person with respect to examinations, course assignments, field service reports, class recitations; or the unauthorized possession of examination papers or course materials, whether originally authorized or not. **Plagiarism** – The use and appropriation of another's work without any indication of the source and the representation of such work as the student's own. Any student who fails to give credit for ideas, expressions or materials taken from another source, including internet sources, is responsible for plagiarism.

Learn more about the [academic integrity policies and procedures](#) as well as [student resources](#) that can help you prepare for a successful semester.

### **Textbook**

#### **Principles of Human Physiology**

Cindy L. Stanfield

Pearson; 5th Edition; 2012

ISBN-10: 0321819349

ISBN-13: 9780321859105

You may purchase your textbook online at the [FIU Bookstore](#).

## Expectations Of This Course

This is an online course, which means most (if not all) of the course work will be conducted online. Expectations for performance in an online course are the same for a traditional course. In fact, online courses require a degree of self-motivation, self-discipline, and technology skills which can make these courses more demanding for some students.

Fully online courses are not necessarily independent study courses. Depending on the requirements of your specific course, you may be expected to interact online with the professor and your fellow students; to do any assignments; to meet deadlines; and in many classes, to work in virtual groups. In some fully online courses, you may be required to come to campus to take midterms and exams, but in most, you will take your tests online (as it is for this course PCB2099). It is expected that interactive learning and teaching will enrich the learning experience of all students, and that each student will work in partnership with the professor to create a positive learning experience for all. Student engagement is a necessary condition for an effective learning experience, and includes contributions to debate and discussion (if any), positive interactive learning with others, and an enthusiastic attitude towards inquiry. Everyone is expected to be a positive contributor to the class learning community, and students are expected to share the responsibility of teaching each other.

### Students are expected to:

- Review the How to Get Started information located in the course content
- (Optional, not required) Introduce yourself to the class during the first week by posting a self-introduction in the appropriate discussion forum. This posting will NOT count towards the required 8 Article postings
- If offered, take the practice quiz to ensure that your computer is compatible with Canvas
- Take Student/Instructor Quiz as many times as necessary to earn a perfect score. This Quiz acts to certify your knowing the course rules and deadlines and your acceptance of said rules. **Taking this quiz and earning a perfect score is a requirement.**
- Interact online with instructor/s and peers
- Review and follow the course calendar for due dates and times. If you have a smart phone, put those dates and times with alerts in your phone so you do not miss them. Remember that in this course, **ALL material opens and closes at 9AM, NOT 11.59PM.**
- Log in to the course as many times as necessary to keep up with the work and complete scored material by the closing date and time
- Regularly check your registered FIU email and Canvas page for course Announcements

## The Instructor will:

- Log in to the course at least 3 times per week
- Respond to emails or messages within 72 hours

## Course Detail

### Course Communication

Communication in this course will take place via internal messages (found through Canvas Inbox) and announcements. You may also email me at my regular FIU email, walterm@fiu.edu. But be sure to put your name and course number in the subject line indicating you are an online student.

The course message feature is a private, internal Canvas only communication system. Users must log on to the Canvas system to send/receive/read messages.

The announcements are messages posted on your My Course page and sent to your registered email account. This is typically your FIU account email. If you do not check your registered email account, you will still be responsible for checking for announcements on the Course Canvas website. The announcement messages are very helpful because I may use this tool to inform the whole class about course issues such as material closing or any technology problems students have encountered. I will be sending out an announcement the first day of class.

I receive many messages throughout the semester. For some, I respond individually, but to others I will respond as a message to the whole class because I view it as an issue that everyone needs to know about. And for some messages, I do not respond at all. Some of these are the messages that request I reopen material that has closed. Since the course guidelines are very clear on this matter, and since all students will have taken the Student-Instructor quiz covering these guidelines, there is no reason for me to tell the student what they already know: the material will not be reopened.

I typically log in to the course 3 times a week, so you can expect to receive an answer to any messages within 72 hours. If it is an emergency or if you have not received a response to a message, send an email to my regular FIU email account.

Visit our [Writing Resources](#) webpage for more information on professional writing and technical communication skills.

### Discussion Forums

- The Discussion Forum will be used for class discussions and other postings of general interest that are directly related to the course. Keep in mind that forum discussions are public, and care should be taken when determining what to post.
  - **Articles taken primarily from the New York Times are included in the Course Modules. Read all the posted Articles. During the first half of the**

**semester: Choose 2 (different) of the available read Articles and post an original comment on each of the chosen Articles. Essentially, you will be entering in a conversation with the rest of the class about what you thought of the Article, what you found interesting, did you agree or disagree with the Article's points, etc. After students have made these original postings, you will choose 2 (different Articles) of other student's original postings and you will post a response to these 2 original postings. These postings can be on the Article postings you made or on another student's original postings. By the end of the first half of the semester, you will have posted at least 4 times **for 4 different Articles** (by the closing of Exam 1)... 2 original postings and 2 responses to other student's postings. You will duplicate this process during the second half of the semester so that at the end of the semester you will have a total of at least **8 postings for 8 different Articles** (by the closing of Exam 2). The 5% you earn for these postings is an 'all-or-nothing' opportunity. If you do not post **at least the 8 required postings for 8 different Articles**, you will receive **NO** points.**

#### **Discussion Forum Expectations:**

- Provide clear guidance on the expectations and requirements
- 3. The approximate length of a response is as long as is necessary for you to say what you wished to say. But if I see in your 8 minimum postings, a one sentence posting such as "This was a good Article." **I will deduct one of the 5 earned points for each such sub-par posting.** You may, obviously, make more than the 8 minimum postings for the 8 different Articles.
- 4. During each half of the semester, you will post 2 original comments about the 2 different Articles you chose. Do not recap the Article. You will also post 2 responses to other student's original comments for 2 different Articles. Think of it as engaging in a conversation with another student. (4 postings during each half, 8 postings total; **8 different Articles**)
- 5. I will be monitoring the postings during the semester and will assign the 5% of the grade at the end of the semester. **This 5% is an all or nothing score.** Students who do not make the required 8 (total)postings for 8 different Articles will receive **NO** points. So even if you post 7 times or do not make your 8 postings for 8 different Articles, you will receive **NO** points since it would be viewed as incomplete.
- 6. Because Canvas does not have a clear-cut way of compiling your Discussion postings, I have it set up as a graded activity with zero points. This is 'muted' in the gradebook because I have to retrieve and accumulate those points myself. It's just a way for me to keep track of how many postings you are doing. As mentioned before, I will not determine if you have done the mandatory 8 postings in 8 different Articles until Exam 2 closes. It is your responsibility to keep track of your postings.

#### **Assessments**

In order to mitigate any issues with your computer and online assessments, it is very important that you take the "Practice Quiz" from each computer you will be using to take your graded quizzes and exams. It is your responsibility to make sure your computer meets the minimum [hardware requirements](#).

Assessments in this course are not compatible with mobile devices and should not be taken through a mobile phone or a tablet. If you need further assistance please contact [FIU Online Support Services](#).

### Quiz and Exam Expectations:

- Please note that the semester is divided into two periods. You can see the dates and times below for the quizzes and Exams.

Quiz duration: 30 minutes

- Exam duration: 1 hour
- Details for results:
  1. Students will be able to see the results immediately after Quiz or Exam.
  2. Students will they be able to see the total earned score only.
  3. Students may take each Quiz or Exam 2 times. But if you choose to do so, you will receive **the average** of the two scores. Questions on the second attempt may be different from the first attempt.
- Each student will be required to enter into a "course contract" with the Instructor by taking the INSTRUCTOR-STUDENT CONTRACT QUIZ found on the Course Content page and under Assessments. This contract specifies that you have read the Syllabus and therefore understand the time frame for completion of the Exams, Quizzes, and Discussion Postings. You do not receive points for this quiz. **You may take the quiz as many times as is required for you to earn a perfect score.**

### Grading

Course Requirements	Number of Items	Points for Each	Total Points Available	Weight
Quizzes	20	10	200	45%
Exams	2	50	100	50%
Discussion/Participation	8			5%
<b>Total</b>				<b>100%</b>

Letter	Range (%)	Letter	Range (%)	Letter	Range (%)
A	93 or above	B	83 - 86	C	70 - 76
A-	90 - 92	B-	80 - 82	D	60 - 69



B+            87 - 89        C+            77 - 79        F            59 or less

### **Important Dates**

This course is designed in a format that divides the material (Chapters) in the 10 Units in half, with Units 1-4 open during the first half of the semester and then Units 5-10 open during the second half of the semester. This results in a work load of a bit more than one week per Unit. Each Unit contains one **or more** Chapters and each Chapter has its own Quiz. Exams 1 & 2 are like two Midterm Exams, with Exam 1 covering the material in Units 1-4 and Exam 2 the material in Units 5-10.

If you have a smart-phone, I suggest you now place in your Calendar app the closing days and time for the quizzes, exams, and Article Discussion postings.

Canvas has an area where it shows students their 'grade'. I have no apparent control or input for this area and as far as I can tell, it does not use the weights for the scored activities nor does it include work that is missing (therefore, earned a zero). So do NOT use that to determine your grade. It is your responsibility to keep track of all work and scores and you can run your own calculations for your average using the weights given above.