

# BIOLOGY 72: HUMAN PHYSIOLOGY ONLINE SYLLABUS

Fall 2020: Section 203, Reg ID #104008 and Section 204, Reg ID #104009  
Evergreen Valley College  
Dr. Hays

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## **Class Time/Location:**

### **MONDAYS 6:00-9:00PM ON ZOOM**

Meeting ID: 917 8787 8355 Password: FUNPhysio

### **Tuesdays 11:45 - 2:50PM on Zoom**

Meeting ID: 952 6663 6841 Password: PhysioFUN

**LECTURE PROFESSOR NAME/CONTACT:** Dr. Hays, email in Canvas or [lisa.hays@evc.edu](mailto:lisa.hays@evc.edu)

**LAB PROFESSOR NAME/CONTACT:** Dr. Chen, email in Canvas or [wenyi.chen@evc.edu](mailto:wenyi.chen@evc.edu)

**OFFICE HOURS:** Make an appointment for a time to meet on Zoom

## **TEACHING PHILOSOPHY:**

My philosophy is to provide you with a comfortable learning environment where you can not only listen, but speak. I want to be an enthusiastic teacher, share my love for science and inspire you to do your best in this course. I am open to hearing your concerns and needs and will respect your ideas.

## **ABOUT THE COURSE:**

This class is a human physiology course for students entering the medical professions. You will leave this class with a better understanding of how the body works to maintain homeostasis. You should already have learned the anatomical features of the body and you will now be introduced to the physiology of the body. Physiology is a challenging topic. With your dedication and participation in lecture and laboratory, you will be able to succeed.

## **COURSE CONTENT:**

Cell physiology, neurophysiology, muscle, endocrine, sensory, circulatory, immunity, digestive, respiratory, urinary, acid/base balance, and reproductive physiology.

## **STUDENT LEARNING OUTCOMES:**

Upon completion of this course, the student will be able to:

1. Explain the homeostatic mechanisms, controls, and specific functions of the systems of the human body.
2. Design, construct, and quantify experimental methods to evaluate human physiological systems.
3. Interpret data and present findings of physiology laboratory experiments.
4. Analyze and explain medical and health science-related scenarios of physiological system disruptions.

- Evaluate information concerning selected topics within the theme of homeostasis and human physiology.

### CANVAS LOGIN INFORMATION

Student Login Instructions: How to [Log in to Canvas](#). A free Canvas app is available for you to connect to Canvas page with your mobile device. Here are the complete instructions for the [Canvas App](#). Technical Support: Mon-Fri, 7:00 a.m. to 5:30 p.m., contact the District Help Desk at [helpdesk@sjeccd.edu](mailto:helpdesk@sjeccd.edu) or **(408) 270-6411**. After Hour Technical Support: Mon-Fri, 5:00 p.m. to 8:00 a.m. and weekends (24x7), contact Canvas Support Hotline: EVC call **844-303-5596** or email: [support@instructure.com](mailto:support@instructure.com) **Please Note:** To prevent problems, make sure your email address on file in Admissions and Records and in MyWeb is correct. For more information, contact the Help Desk for technical support at telephone 408 270-6411, or email [helpdesk@sjeccd.edu](mailto:helpdesk@sjeccd.edu).

### ORIENTATION

Students are required to watch the online orientation video, participate in the orientation discussion, complete the orientation quiz, and submit a signed cheating and plagiarism agreement before they can begin the online class. **Mandatory Orientation Module Completion Due Thursday Sep 3.**

### ACADEMIC HONESTY POLICY:

All homework must be your original thoughts and work. Do NOT copy from the textbook, other students, lecture notes or the Internet. We will be using turnitin.com to find similarities.

**CHEATING:** I will not tolerate cheating. I know the tricks of the trade having been a student for many years. It's a big problem if students don't learn the material. If this class is to train you to be in the medical field, it may be someone's life that is damaged due to the lack of knowledge.

**WARNING:** If I catch a student cheating, I will **automatically drop** them from the class and report the incident to EVC administration.

Please read the academic honesty page in the orientation module on Canvas, and then sign the agreement.

### GRADING:

You determine your grade. I will make the exams fair and challenging. It is up to you to work hard and learn what I am teaching. Your grades will reflect the effort that you put into the class. There is no extra credit with this grading scale.

The grading scale will be based as follows:

90.00 - 100% = A  
80.00 - 89.99% = B  
70.00 - 79.99% = C  
60.00 - 69.99% = D  
below 60% = F

Grades are posted on Canvas. Please check them every week.

## STUDENTS' ASSIGNMENTS:

There are 3 ways to get points in this class. Exams, lab homework and on-line discussions.

### 1. EXAMS

There will be 4 exams worth 100 points. The lab portion of the exam will be all multiple choice questions. The lecture portion will be a combination of multiple choice and short answer questions.

#### Tips on how to take the online exam

Study hard! Learn the material as best as you can. Whatever you have trouble remembering should go on **one** piece of paper.

With a time limit of 2 hours, do not plan on using the book, or lecture notes, or web searches to find answers. Students who try to use these resources typically fail to finish the exam. They spend too much time browsing through material. It's best to study the material like an on campus class.

There will be **no make up exams**.

### 2. LAB HOMEWORK

There are **two lab manuals** for the course.

- A. The first is PhysioEx 10 which contains lab simulations using the publisher's website. On days when we use PhysioEx, students will write up a summary of Activity 1 experiments (**2 points**). You will take the pre-lab quiz, experiment, post-lab quiz, and review questions and then write your own summary of what you learned. This homework takes some time, so do not wait until the last minute.

After you complete the Activity 1 summary report, you will then complete the remaining activities. You do not have to make a report for these. You will save all data for your records. You should take the pre-lab quiz, perform the experiment, take the post-lab quiz, and complete the review questions for the remaining activities. Keep a copy for yourself, you do not turn this in. Once all the activities are complete, you will answer the handout and submit using Turnitin.com through our class Canvas page. The handout is worth another **2 points**.

#### HOW TO COMPLETE YOUR FIRST AND SUBSEQUENT ACTIVITY 1 SUMMARY REPORTS

Log into your PhysioEx account and follow these steps to complete the Activity 1 Summary homework:

1. Click on "PhysioEx 10.0 Laboratory Simulations in Physiology" to get started. A new window will open.
2. Click on the appropriate Exercise Activity. We will begin with Exercise 1 Cell Transport.
3. Read the Objectives and Introduction to gain a better understanding of the lab.
4. Complete and save the Pre-Lab Quiz. You will NOT turn this in. This is to help you learn and is a good tool when you review/study.
5. Complete the Experiment by following the directions on the left-hand side of the window. Answer the questions along the way.

- Save your data to be used in the Activity 1 Summary.
6. Once you are finished collecting the experimental data, review your results, complete the Post-lab Quiz, and Review Sheet and **save for your records**.
  7. Then complete the Activity 1 summary report. **You must use the following format for the Activity 1 summary lab report.**

#### WHAT IS AN ACTIVITY 1 LAB SUMMARY?

1. Activity 1 Title and your name
  2. Experimental procedures – a simplified version of the manual. One paragraph max.
  3. Results – tables or graphs either drawn by you or from the website. This section is for data only. No interpretation of the results here.
  4. Physiology analysis – This is the main section of your report. It usually requires 2-3 paragraphs. This is where you show your critical thinking skills and how well you learned the topic. Make sure to fully explain the physiology concepts. What do the results mean? Did you see any trends? Explain the results with examples of data to support your statements.
  5. Terms/Definitions – list and define all new terms from this activity.
- B. The second is a custom lab manual from the EVC Bookstore. It contains only the experiments we would normally perform in lab on campus. This semester, faculty will be finding alternative videos and providing additional handouts (**4 points**) to supplement the lab manual.

#### **Late homework will not be accepted.**

Grades from lab will be added to lecture for a grand total using the grading scale on the previous page.

#### **3. Online Discussions**

Since this course is on-line, you are required to participate in weekly discussions using our class Canvas page. I will post Discussion topics for lecture and lab and you are required to post a comment to my topic or reply to another student to get credit. Students are also required to read all posts.

Each Friday at noon (starting the second week of school) I will grade the Discussion Boards. You may post to any discussions that are open. You must participate each calendar week (Friday to Friday). Any postings after noon will be considered as part of the next week's participation points.

**4 points** - TWO or more substantial postings each week, original and thoughtful analysis, and clear, fluent writing. Asking an advanced question is also worthy of points. Answering a question also gets points.

**2 points** - ONE substantial posting each week, original and thoughtful analysis, and clear, fluent writing. Asking an advanced question is also worthy of points. Answering a question also gets points.

**0 points** - short/minimal postings, no postings, or asking basic questions

Only 2 posts are required by each Friday deadline but you can write more if you like. The maximum points possible at each due date is 4. Most students get the full 4 points

simply by participating. If your post is not reaching the standard that I expect, I will send you an email to let you know.

Points are not given for repeating information already provided by another student. However, you can reply to another student to add to the topic.

If you want to share a link to a video or website, you must first summarize it in 3-4 sentences. Then post the link for those who want to learn more.

As part of our on-line etiquette, please be careful when posting links to websites. Sometimes websites have good information, but the advertisements on the page are inappropriate. Remember that the whole class will be directed to the site and we need to avoid spam and viruses.

## CLASSROOM ETIQUETTE

**DIVERSITY:** Together, we will make our classroom a “safe” place to be. We all need to be aware of the diversity of the students in our class and the issues that may need to be addressed. Issues that are apparent to me are: gender equity, cultural diversity, learning and physical disabilities, international students, and re-entry students. What this means is that we must all have respect for one another and be aware of how our behavior will affect those around us.

**NETIQUETTE (PROPER ONLINE CONDUCT):** Any student who posts a message that is deemed by the instructor to be derogatory, abusive, threatening, sarcastic, rude, inflammatory or otherwise offensive shall immediately have his or her Discussion Forum removed, receive a zero on the assignment, and discussion privileges suspended pending an investigation into the matter. Further postings of a like nature shall be punishable under the conditions specified in the Code of Conduct on the entry page of Canvas.

## STUDENTS' RESPONSIBILITIES

**COMMUNICATION:** Since we do not meet on campus, it is important that we keep a discussion going between the students and professor. Using Canvas, students can post questions to each other or to the professor. If you want to reach me directly, please send an email to me using Canvas. I usually answer within 24 hours, but not on the weekend.

You will be kept inform if I am attending any conference out of town or missing class because I am sick.

If you prefer, we can set up a time to chat using Zoom.  
I will address questions and comments submitted with assignments and assessments at the time the assignments are due. Grades are updated approximately 3-4 days after the due date.

**COMMITMENT:** Each student who is enrolled in this class should be committed to doing their best in the course. With this commitment, you will succeed in the course and find that you will be proud of yourself for putting out your best effort.

This is a 5 unit course. As a general guideline, it is expected that each unit of a college level course will require 3 hours of your study time each week. This means that you will spend 15 hours/week studying for this course. Some students require more and others less. In either case, I want you to be aware that you will need to devote ample time to learning this material.

**DISABILITIES:** If you have a learning or physical disability, be sure to contact the Disabilities Support Program to begin the proper paperwork – 408-270-6447 - then come and discuss your accommodations with me.

**DROPPING THE COURSE:** If you decide to drop this class, you must use MyWeb to remove yourself from this course. I will not be dropping students. Students who stop coming to class and yet continue to stay enrolled will potentially receive an F in the course.

**PREREQUISITE:** You must have successfully passed one semester of college chemistry, intermediate algebra, plus a semester of anatomy to take this course. You are expected to remember detailed human anatomy. The Science Dean will be checking pre-reqs. If you did not take anatomy, you will be dropped.

**STUDYING:** This course will require many hours of studying time outside of the lecture time. The key is how to use your time wisely. You need to decide what topics have priority because with our busy schedules, study time is often limited. You also need to analyze the type of learner you are: audio, visual, or hands-on. You can try this website to give you ideas: <http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml>

I can help you learn how to study with more efficiency. Please read the “How to Study” guide on my webpage [www.doctorhays.com](http://www.doctorhays.com). This guide was written by my favorite university professor.

Finally, read the chapter before watching the lecture and find other students to study with.

## COURSE MATERIALS

### LECTURE MATERIALS AND NOTES

All of the lectures are recorded with my voice and PowerPoint presentation. Watch them regularly as if you were taking the class on campus. This will help you to stay on top of the class material.

Students will receive a username and password during the first week of school to access the lecture materials on [www.doctorhays.com](http://www.doctorhays.com). Please do not share it with other students and friends. It is for our class only.

### REQUIRED CLASS MATERIALS

1. Lab: Fox, S.I., *Human Physiology Laboratory Guide*, Custom edition for EVC (paper edition only available from EVC bookstore) ISBN: 978-1-30723081-9

- a. An eBook is available at <https://create.mheducation.com/shop/> and search for Lisa Hays ISBN: 9781307627053
2. Lab: Zao, P, and T Stabler, *PhysioEx 10*, 2021 ISBN: 978-0-13-644765-8  
(Purchase instant access at [physioex.com](http://physioex.com))
3. Lecture: I recommend you also buy a physiology textbook. All lectures are written following Fox's Human Physiology textbook ISBN: 978-1260092844
4. Canvas: Announcements, discussions, labs and homework will be available each week in the module on Canvas.
5. Simple calculator
6. Reliable high-speed Internet (see [Canvas Computer Specifications](#))
7. Fairly recent Mac or PC (not more than three years old) with a current operating system
8. Up-to-date Chrome browser
9. Microsoft word or other word processor. Students have access to Microsoft Word when you set up their Office 365 account. Each EVC student can have an EVC email address through the EVC website ([register for email address](#)). Then you have access to the Microsoft Office suite.

**Note:** Students are **required** have a computer/laptop with a webcam and microphone. All exams will be proctored with **Zoom** and submitted using **Turnitin.com** through our Canvas page. See class schedule for exam details. Students are expected to **turn on video** for all Zoom meetings. EVC is loaning laptops and Wi-Fi hotspots to students for the semester ([Virtual Campus for Students](#)).