

FACULTY OF HEALTH  
KINESIOLOGY AND HEALTH SCIENCE

## HH/KINE 2011 3.00 Human Physiology I

FALL 2018

### COURSE OUTLINE

**This document has 13 pages. It is your responsibility to read it entirely**

**You will have to complete an ONLINE MOODLE QUIZ (4% of your FINAL grade) about your understanding of the course outline.**

The Quiz will be open on Moodle on the first day of class (**September 05 at noon**) and will remain open for three weeks (**until September 26 at noon**).

It is **YOUR responsibility** to complete this quiz within this timeframe window (Sept. 05 12pm - Sept. 26 12pm). Do not wait for the last minute, **there will be no extension**.

#### COURSE DESCRIPTION

The focus of this course is on basic principles of physiology from the sub-cellular to cellular components including their functions and their mechanisms of function.

KINE 2011 provides students with a sound basis for understanding the cellular basis of human physiology. KINE 2011 provides the background necessary for understanding the complexity of human health and disease covered in subsequent courses. KINE 2011 covers the following subject matter in depth: Cell physiology, plasma membrane potentials, muscle physiology, neuronal pathways, blood and its components.

#### Prerequisite / Co-requisite

Honours Standing must be met.

**Term:** Fall 2018

## COURSE LEARNING OBJECTIVES

- 1) **Brief statement of the purpose:** To understand how the human body works.
- 2) **Brief list of specific learning objectives of the course:**

Graduates will demonstrate an understanding of the research on the human body influencing human health and performance. The students will be able to transfer the knowledge gained to other Health Science areas, and to communicate their knowledge orally and in writing with both professionals or lay people. The skills acquired include the ability to apply high school arithmetic to understand human physiology concepts and the ability to read and understand complex concepts in the working of the human body. As this is a large format lecture class (average is 450 per section) and as it covers many concepts in the working of the human body, the student will become used at reading ahead, time management, and self-study. This knowledge and study methods will transfer to any course at University and in life.

Specifically, the students will be able to use their knowledge and skills to advocate for the fundamentals of human health, from general to specific situations. They will use appropriate academic terminology and notation when preparing and presenting information. They will understand and appreciate the dynamic and uncertain nature of information in the discipline and will develop strategies to maintain or enhance their knowledge in the KAHS field.

## COURSE DIRECTORS & INSTRUCTORS

Dr. Ali ABDUL-SATER

Dr. Olivier BIROT

### Contact:

Do **NOT** email professors directly on their personal YorkU email addresses.

Email [kine2011@yorku.ca](mailto:kine2011@yorku.ca) and clearly indicate in your message your **last name**, **first name**, **student number**, and your **section** (A or B) as well as who your email is directed to (Dr. Abdul-Sater, Dr. Birot, the TA team).

**Any message not respecting this format or directly sent to the professors' personal email addresses will not be replied to.**

## COURSE MODULES

**Human Physiology KINE 2011 is divided into 4 modules:**

**Module #1 (Dr. Abdul-Sater) - Cell physiology** includes basic cell structure, cell organelles, basic metabolism, cytoskeleton elements, cell adhesion, membrane transport systems.

**Module #2 (Dr. Abdul-Sater) - Blood and the immune system** includes blood component structure and function, overview of the immune system organization and function.

**Module #3 (Dr. Birot) - Intercellular communication - Focus on neural communication, and Peripheral nervous system - Focus on the somatic system.** The nervous system and neuromuscular junction includes equilibrium potentials, graded potentials, action potentials, electrical conduction, neurotransmitters, neuromodulators, neuropeptides, chemical and electrical synapses, inhibitory and excitatory synapses, synaptic integration, presynaptic inhibition and facilitation, nervous system organization, autonomic nervous system, parasympathetic and sympathetic neural pathways, somatic neural pathway, adrenal medulla, adrenergic receptors and neuromuscular junction structure and function.

**Module #4 (Dr. Birot) - Muscle physiology** includes muscle structure, excitation-contraction coupling, sarcomere structure, sliding filament mechanisms.

## COURSE FORMAT

### Lectures:

There are **three (1-hour) lectures a week**; there are no required laboratories. It is expected that each student will review the material to be presented in the class *before class*.

MWF 8:30-9:30am for **Section A** in LAS A

MWF 9:30-10:30am for **Section B** in LAS A

**Note: You must attend the section you are registered in (A or B). If fire code violations occur (too many students in the room, students sitting in the stairway) class will be cancelled and you will be responsible for covering that day's course material that will be considered as part of tested exam material.**

## MATERIAL AND RESOURCES

- Audio-recording of lectures (mp3 format) will be available on Moodle. Note that there is **NO** mandatory requirement for instructors to provide audio-recordings for each lecture. This is courtesy only. Recordings CANNOT be uploaded to public websites or otherwise shared publicly. Students in violation of these policies may have legal action taken against them.
- No video-capture (this is not an online course).
- Slides are posted as PDF files on Moodle.
- Textbook: Human Physiology: From Cells to Systems. 4<sup>th</sup> Canadian Edition. Authors: Sherwood, Kelly and Wards. Publisher: Nelson.
- Tutorials (TA sessions): Tutorial hour sessions are **optional but highly recommended**. The students bring questions or concepts about which they need more information, and the Teaching Assistants (TAs) work to clarify the concepts for the students. In-person TA sessions on **Mondays 11am-1pm** and **Wednesdays 2-4pm, Chemistry Building 125**. Online TA support also available (Email to kine2011@yorku.ca + Chat session on Wed. 2-4pm).
- **PASS and KHASO**: These programs are **NOT** under professors' supervision and responsibility. Any outdated material or outdated mock evaluation format from PASS/KAHSSO is **NOT** under the professors' supervision and responsibility.

## COURSE EVALUATION

All tests are **mandatory**.

**Note: the material tested at the exam includes all information covered by professors in class including additional slides, information displayed on the chalkboard, verbal information.**

### **FINAL GRADE BREAKDOWN:**

* Online Moodle Quiz about the Course Outline	4%
* In-Class Test 1	29%
* In-Class Test 2	19%
* In-Class Test 3	29%
* In-Class Test 4	19%

Read the detail information next page.



### COURSE OUTLINE QUIZ (4% TOTAL GRADE)

- Opens online on Moodle from **Sept. 05 at Noon until Sept. 26 at Noon** (3 weeks). **No extension.**
- The first **completed** attempt will be marked.
- Duration to complete the Quiz: no time limit.
- Format: Multiple Choice questions (20 questions).
- Grades: Automatically reported into your Grade book on Moodle.
- Exam viewing: No.

### IN-CLASS TEST 1 (29% FINAL GRADE)

- Covers **Module #1**, Lectures 1 to 9. (*see calendar at the end of this document*).
- **Friday September 28.**
- Duration: 35 minutes.
- Location: TBA.
- Format: 40 multiple choice questions.
- Grades: Automatically reported into your Grade book on Moodle.
- Exam viewing: Yes, once grades have been received and entered into the grade book on Moodle, **two exam viewing sessions** (Monday & Wednesday) will be hold during the regular TA sessions.

### IN-CLASS TEST 2 (19% FINAL GRADE)

- Covers **Module #2**, Lectures 10 to 15. (*see calendar at the end of this document*).
- **Monday October 22.**
- Duration: 35 minutes.
- Location: TBA.
- Format: 40 multiple choice questions.
- Grades: Automatically reported into your Grade book on Moodle.
- Exam viewing: Yes, once grades have been received and entered into the grade book on Moodle, **two exam viewing sessions** (Monday & Wednesday) will be hold during the regular TA sessions.

### IN-CLASS TEST 3 (29% FINAL GRADE)

- Covers **Module #3**, Lectures 16 to 24. (*see calendar at the end of this document*).
- **Wednesday November 14.**
- Duration: 35 minutes.
- Location: TBA.
- Format: 40 multiple choice questions.
- Grades: Automatically reported into your Grade book on Moodle.
- Exam viewing: Yes, once grades have been received and entered into the grade book on Moodle, **two exam viewing sessions** (Monday & Wednesday) will be hold during the regular TA sessions.

### IN-CLASS TEST 4 (19% FINAL GRADE)

- Covers **Module #4**, Lectures 25 to 30. (*see calendar at the end of this document*).
- **Friday November 30.**
- Duration: 35 minutes.
- Location: TBA.
- Format: 40 multiple choice questions.
- Grades: Automatically reported into your Grade book on Moodle.
- Exam viewing: Yes, in **January 2019** after the deferred exam.

## IMPORTANT INFORMATION REGARDING IN-CLASS TESTS

### (1) You must bring at the exam:

- \* a **good pencil**,
- \* a **good eraser**,
- \* a **valid ID** (YorkU card, driving license).
- \* No calculator, no smartphone, no smartwatch.

### (2) Exam time and location

Students are usually dispatched between two exam rooms (specified later in the term via a Course Announcement on Moodle). Usually last names **A to L** in one room and last names **M to Z** in another one. **You must go to the correct location and at the correct time** (8:30am for section A and 9:30am for section B).

\* Showing up at the wrong location and/or time might result in the **inability to write the test** (for example not enough seats or exam copies): **In that case the student will receive 0% at the test (this is clearly explained in the present document and in class so no exceptions will be made).**

\* In case you show up at the wrong location and/or time but you can still write the test (enough seats and exam copies), **you will receive a 5% penalty on the test.**

### (3) Labelling of examination documents

You will receive two documents:

- \* **Exam Booklet** - This is the document containing all questions.
- \* **Scantron**

**You must “bubble” your student ID correctly on the Scantron.** This is very important!! Not doing it might result in the inability of the scantron machine to automatically identify your scantron. As a result, your grade will not be automatically reported to your Moodle grade book. You will have to come to the exam viewing session to manually retrieve your scantron (among 1,000 ones) so it can be marked manually. **Not bubbling your student ID will result in a 5% penalty on the test.**

**You must clearly indicate on BOTH documents:**

- \* Last name
- \* First name
- \* Student ID
- \* Section (A or B)
- \* Version of the test (indicated on the first page of the booklet)

**Not filling fully and properly these two documents will result in 5% penalty on the test.**

**IMPORTANT - You must give back BOTH documents (not only the scantron). Keeping the exam booklet results in 0% and will be considered as a breach of academic honesty.**

# How to properly label your documents:

## BOOKLET

**YORK UNIVERSITY - FACULTY OF HEALTH  
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE**

**KINE 2011 - HUMAN PHYSIOLOGY**

Dr. Ali ABDUL-SATER & Dr. Olivier BIROT

**In-class TEST 1 (29% of final grade)**

Friday XX, XXXX

Duration: 35 minutes - 40 questions

No supporting documentation and no calculator authorized

**IMPORTANT**

(1) INDICATE BELOW ON THIS PAGE AS WELL AS ON YOUR SCANTRON THE FIVE (5) FOLLOWING PIECES OF INFORMATION: (1) YOUR LAST NAME, (2) YOUR FIRST NAME, (3) YOUR STUDENT NUMBER, (4) YOUR SECTION, AND (5) THE VERSION OF THE EXAM.

INCOMPLETE LABELLING OF ANY YOUR DOCUMENTS (THIS BOOKLET AND/OR YOUR SCANTRON) WILL RESULT IN **5% PENALTY**.

(2) MAKE SURE YOU GIVE BACK BOTH SCANTRON AND THIS BOOKLET AT THE END OF EXAM. MISSING ANY OF THEM WILL AUTOMATICALLY RESULT IN RECEIVING ZERO AS A GRADE.

**YOU HAVE VERSION 1**

LAST NAME: **John**

FIRST NAME: **SMITH**

STUDENT NUMBER: **111 222 333**

SECTION (A or B): **A (8:30)**

VERSION OF THE EXAM: **1**

1

## SCANTRON

YORK UNIVERSITY

Section **(A)**

Version **(1)**

NAME SMITH John

SUBJECT KINE 2011 DATE Friday 22/2018

STUDENT NUMBER 111 - 222 - 333

0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9

**EXAMPLE**

0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9

**IMPORTANT**

USE HB PENCIL ONLY

- USE HB PENCIL
- EXAMPLE (A) B (●) D (E) F (G) H
- ERASE COMPLETELY TO CHANGE

101.	A	B	C	D	E	F	G	H
102.	A	B	C	D	E	F	G	H
103.	A	B	C	D	E	F	G	H
104.	A	B	C	D	E	F	G	H
105.	A	B	C	D	E	F	G	H
106.	A	B	C	D	E	F	G	H
107.	A	B	C	D	E	F	G	H
108.	A	B	C	D	E	F	G	H

## FREQUENTLY ASKED QUESTIONS

### 1. I did not complete the Online Quiz about the Course Outline (4%) within the original 3-week window. What's next?

It was your responsibility to complete the Quiz that was open online for three weeks. There is no accommodation. You receive 0%.

### 2. I missed only one of the first three in-class tests (TEST-1, TEST-2, or TEST-3). What's next?

You do **NOT** have to submit any documentation.

You will have to write the missed test on **Monday December 03** at the normal class location and time of the section you are enrolled in.

*For example, you missed TEST 1 on Friday Sept. 28 for any personal reason. You are enrolled in Section A (8:30am). You will have to write it on Monday December 03 at 8:30am in LAS-A.*

### 3. I missed only the in-class TEST-4 on Friday November 30. What's next?

Either you will write it on **Monday December 03** or you will write it in January 2019 during the Deferred exam session.

### 4. I missed more than one in-class test. What's next?

You will have to write a **CUMULATIVE Deferred exam later in January 2019**. This deferred exam will weigh the same % and the missed tests but it will be cumulative of all 4 modules (not only the modules corresponding to the missed tests).

You also have to submit a **Deferred Standing Agreement form** to the course directors (see [http://myacademicrecord.students.yorku.ca/pdf/deferred\\_standing\\_agreement.pdf](http://myacademicrecord.students.yorku.ca/pdf/deferred_standing_agreement.pdf))

*For example, you missed TEST-1 (29%) and TEST-4 (19%). You will write a deferred exam in January 2019, weighting 48% and cumulative of all four modules.*

*Note that the scheduling of a deferred exam has priority on regular classes. You cannot miss the deferred exam because a schedule conflict. This would not be an acceptable excuse and would result in 0% at the test.*

**5. I missed only one test. I was supposed to write it on December 03 but I could not be present again. What's next?**

That is considered as missing two tests. You will have to write the **cumulative deferred exam in January 2019**.

*Note that the scheduling of a deferred exam has priority on regular classes. You cannot miss the deferred exam because a schedule conflict. This would not be an acceptable excuse and would result in 0% at the test.*

**6. I have to write the cumulative deferred exam in January but I cannot be present on that day. What's next?**

There is no deferred-deferred exam... You will receive 0% at the test and you will have to file a petition.

**7. TEXTBOOK - Can I use any other textbook or should I buy the 4th Edition? Can I use an older edition?**

Our lectures are based on the textbook referenced in the course outline (4th Edition). However, you can use any other edition but it is your responsibility to ensure that you have all the material covered in class.

**8. IN-CLASS EVALUATION - I am registered in one section (Section A at 8:30am for example). Can I show up to write my evaluation with the next section (B at 9:30am)?**

No. This was explained previously in the present document. We do not use "attendance signing sheet". Instead we use a printout of the class list indicating student sections and exam rooms. So if you show up at the wrong time (for example at 9:30am instead of 8:30am) or at the wrong location (there will be two exam rooms), your name will **NOT** be on the attendance sheet. In addition, too many people showing up at the wrong time and/or location could lead to a shortage in the number of seats and tests available. **5% PENALTY or 0% if unable to write.**

**9. IN-CLASS EVALUATION - I don't have any ID. What will happen?**

You will be asked to write down your last name and first name, and you will be asked if you accept to be photographed. You will have to bring your student ID to the professor at the next class, he will verify your ID. After verification, the photograph will be deleted.

*"I do not want to be photographed"...* We respect your privacy and it is your right not to be photographed. In that case, you will be asked to leave the room and will receive 0% at the test. It is your responsibility to be on time at the correct location with your ID.

## 10. BAD WEATHER, BAD TRANSIT/ROAD TRAFFIC, AND RELIGIOUS ACCOMMODATION

Missing an evaluation due to **weather conditions** will be excused **ONLY** if the University closes/cancels classes. In all other cases, **it is YOUR responsibility to get to class on time.** Transit and/or traffic issues are never an excuse to miss exams. Plan to be at exams early (University policy).

Religious accommodations must be arranged **at least 3 weeks** prior to the midterm or exam period (University policy).

## ACCOMMODATIONS

York senate policy on Academic Accommodation for Students with Disabilities:

<http://www.yorku.ca/secretariat/policies/document.php?document=68> *“York University shall make reasonable and appropriate accommodations and adaptations in order to promote the ability of students with disabilities to fulfill the academic requirements of their programs”*

Students with learning, mental health, physical, sensory and medical disabilities who require accommodations in teaching style or evaluation methods should discuss the matter with **Counselling and Disability Services (CDS - N110 Bennett Centre;** <http://www.yorku.ca/cds/>).

**It is the students' responsibility to give to the Course Directors, with enough notice, a copy of their CDS letters. It is also their responsibility to make arrangement with the Alternate Exam Center to secure a seat to write their tests.**

## ACADEMIC HONESTY

York's policy on Academic Honesty can be found here:

<http://www.yorku.ca/secretariat/policies/document.php?document=69>

**Note: If students gain unpermitted access to, use, facilitate access to, distribute or make any attempt to attain previous midterms and exams this constitutes a breach of academic honesty and will be taken seriously. No previous midterms or exams have been officially released.**

**ANY suspected violations of academic honesty will be taken seriously and immediately referred to the Dean's Office.**

## ADDITIONAL UNIVERSITY POLICIES

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents) -

<http://www.yorku.ca/univsec/senate/committees/ascp/documents/CourseInformationForStudentsAugust2012.pdf>

York's Academic Honesty Policy and Procedures/Academic Integrity Website

Ethics Review Process for research involving human participants

Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities

Student Conduct Standards

Religious Observance Accommodation

**It is your responsibility to familiarize yourself with all York Senate Policies.**

## COURSE COMMUNICATION POLICIES

Moodle will be used to communicate information to the class. You should check Moodle often.

**Email:** the course email address is [kine2011@yorku.ca](mailto:kine2011@yorku.ca); your professors and TAs will regularly check this email address when the course is running.

**Expect an average response time of 48-72 hours.** Email will not routinely be replied to on weekends or holidays.

Please **do not** email the instructor/TAs asking for your grades – they will be posted to Moodle as soon as possible.

Please **do not** email the instructor asking for grade 'bumping' or 'curving'. It is unethical to individually alter a student's grade. All such emails will be ignored.

Please **do** read your syllabus before emailing; many common questions on course policies/administration can be answered by reading the syllabus.

Please **do** treat email as a professional communication; rude emails may not be answered. Harassment is unacceptable and violates numerous student codes of conduct. All instances of harassment will be reported.



## FALL 2018 - KINE 2011 - CALENDAR

MONDAY	WEDNESDAY	FRIDAY
-	<b>SEPT 05 COURSE PRESENTATION</b>	SEPT 07 Module 1 - Lecture 1 Dr. Abdul-Sater
SEPT 10 Module 1 - Lecture 2 Dr. Abdul-Sater	SEPT 12 Module 1 - Lecture 3 Dr. Abdul-Sater	SEPT 14 Module 1 - Lecture 4 Dr. Abdul-Sater
SEPT 17 Module 1 - Lecture 5 Dr. Abdul-Sater	SEPT 19 Module 1 - Lecture 6 Dr. Abdul-Sater	SEPT 21 Module 1 - Lecture 7 Dr. Abdul-Sater
SEPT 24 Module 1 - Lecture 8 Dr. Abdul-Sater	SEPT 26 Module 1 - Lecture 9 Dr. Abdul-Sater	<b>SEPT 28 IN-CLASS TEST 1 29%</b>
OCT 01 Module 2 - Lecture 10 Dr. Abdul-Sater	OCT 03 Module 2 - Lecture 11 Dr. Abdul-Sater	OCT 05 Module 2 - Lecture 12 Dr. Abdul-Sater
<b>OCT 08 THANKSGIVING READING WEEK</b>	<b>OCT 10 READING WEEK</b>	<b>OCT 12 READING WEEK</b>
OCT 15 Module 2 - Lecture 13 Dr. Abdul-Sater	OCT 17 Module 2 - Lecture 14 Dr. Abdul-Sater	OCT 19 Module 2 - Lecture 15 Dr. Abdul-Sater
<b>OCT 22 IN-CLASS TEST 2 19%</b>	OCT 24 Module 3 - Lecture 16 Dr. Birot	OCT 26 Module 3 - Lecture 17 Dr. Birot
OCT 29 Module 3 - Lecture 18 Dr. Birot	OCT 31 Module 3 - Lecture 19 Dr. Birot	NOV 02 Module 3 - Lecture 20 Dr. Birot
NOV 05 Module 3 - Lecture 21 Dr. Birot	NOV 07 Module 3 - Lecture 22 Dr. Birot	NOV 09 Module 3 - Lecture 23 Dr. Birot <b>DROP DEADLINE</b>



NOV 12 Module 3 - Lecture 24 Dr. Birot	NOV 14 <b>IN-CLASS TEST 3</b> 29%	NOV 16 Module 4 - Lecture 25 Dr. Birot
NOV 19 Module 4 - Lecture 26 Dr. Birot	NOV 21 Module 4 - Lecture 27 Dr. Birot	NOV 23 Module 4 - Lecture 28 Dr. Birot
NOV 26 Module 4 - Lecture 29 Dr. Birot	NOV 28 Module 4 - Lecture 30 Dr. Birot	NOV 30 <b>IN-CLASS TEST 4</b> 19%
DEC 03 <b>IN-CLASS DEFERRED</b> <i>(If missed one test only)</i>	-	-

**END**