Class time and location
Monday: 10:40-11:30, Communicore CG-11
Tuesday: 3:00-3:50 Online using Zoom (or Communicore C1-04)
Friday 10:40-11:30, Online using Zoom
*note exception on schedule.

Primary Instructors
Sean Forbes, PhD
Email: scforbes@ufl.edu
Office: CTRB, Room 2216
Phone: 352-273-6111

Andrew Judge, Ph.D.
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David Fuller, PhD
E-mail: dfuller@phhp.ufl.edu

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Teaching Assistant
Pratiksha Awale, PT, MSc.
E-mail: awalep@ufl.edu

Course Purpose
The purpose of this course is for first year physical therapy students to learn the fundamentals of human physiology and the acute and chronic responses to exercise. This will provide a foundation for subsequent courses in the physical therapy curriculum. Accordingly, the intent is for students to gain a basic understanding of physiology of different systems and how the body attempts to maintain “homeostasis” in light of disturbances caused by exercise. Lectures will provide an overview of the various physiological systems (e.g. respiratory, renal, etc.). In general, the lectures will follow the textbook chapters both in content and order of presentation. Please see the next page of the syllabus for a detailed list of lecture topics.
**Overall course objectives**

Upon successful completion of this course, students should be able to:

1. **Understand the general principles of physiology.**

2. **Understand how homeostasis is maintained, and how physiological responses are altered during exercise to maintain homeostasis.**

3. **Describe the levels of the structural components and organization of the human body, including:**
   a. cell types and functions of the organelles
   b. tissues, organs, and organ systems
   c. genetic code

4. **Understand how genes regulate protein synthesis and genetic variability.**

5. **Understand how physiological systems are integrated at rest and during exercise. Understand how molecules move in the body and concepts related to metabolic pathways, receptors, and signaling.**

6. **Describe the control and function of each of the following physiological systems:**
   a. Nervous system
      i. Voluntary/Autonomic
      ii. Sensory nervous system
   b. Muscle/neuromuscular junction
   c. Bone
   d. Endocrine
   e. Cardiovascular
   f. Respiratory
   g. Renal
   h. Digestive
      i. Immune/lymphatic
         i. Innate
         ii. Adaptive
      j. Integumentary system

7. **Describe and understand the responses of the major physiological systems to exercise.**

8. **Communicate effectively with patients and colleagues on appropriate exercise prescription. Learn appropriate physiology terminology to communicate with colleagues and patients and to recognize the normal range of key physiological values.**

9. **Apply the principles of physiology to the understanding of pathophysiology. Demonstrate effective written communication of physiology concepts and how a physiology principle is altered in a clinical situation.**

**Course Materials and Technology**

2) Visible Body Courseware®, student subscription (2021), [https://courseware.visiblebody.com](https://courseware.visiblebody.com)
Course link: [https://courseware.visiblebody.com/courses/27406/join?join_course_token=rt7GcbSt35S2AJArWansGwnk&site_license=false](https://courseware.visiblebody.com/courses/27406/join?join_course_token=rt7GcbSt35S2AJArWansGwnk&site_license=false)


For technical support for this class, please contact the UF Help Desk at:
• helpdesk@ufl.edu
• (352) 392-HELP - select option 2
• [https://helpdesk.ufl.edu/](https://helpdesk.ufl.edu/)

**Topical Outline**
A detailed outline of the course is provided on the next page.
<table>
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<tr>
<th>Weekday</th>
<th>Date</th>
<th>Lecture</th>
<th>Exam</th>
<th>*Reading assignment</th>
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<tr>
<td>Monday</td>
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<td>Introduction</td>
<td>1</td>
<td>Chapter 1</td>
<td>Forbes</td>
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<tr>
<td>Tuesday</td>
<td>24-Aug</td>
<td>General Principles and Homeostasis</td>
<td>1</td>
<td>Chapter 1</td>
<td>Forbes</td>
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<tr>
<td>Friday</td>
<td>27-Aug</td>
<td>Cell Structure &amp; Organelles</td>
<td>1</td>
<td>Chapter 3, A</td>
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<tr>
<td>Monday</td>
<td>31-Aug</td>
<td>Genetic Code &amp; Protein Synthesis</td>
<td>1</td>
<td>Chapter 3, B</td>
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<tr>
<td>Tuesday</td>
<td>3-Sep</td>
<td>Metabolism/Metabolism</td>
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<td>Chapter 3, D, E</td>
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<tr>
<td>Monday</td>
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<td>Labor Day, Mitosis</td>
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<tr>
<td>Tuesday</td>
<td>7-Sep</td>
<td>Movement of Molecules</td>
<td>1</td>
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<td>Nair</td>
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<tr>
<td>Monday</td>
<td>13-Sep</td>
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<tr>
<td>Tuesday</td>
<td>14-Sep</td>
<td>Neurotransmitter and Membrane Potentials</td>
<td>1</td>
<td>Chapter 6</td>
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<tr>
<td>Friday</td>
<td>17-Sep</td>
<td>Neurotransmitter and Membrane Potentials</td>
<td>1</td>
<td>Chapter 6</td>
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<tr>
<td>Monday</td>
<td>20-Sep</td>
<td>Neurotransmitter and Membrane Potentials</td>
<td>1</td>
<td>Chapter 6</td>
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<tr>
<td>Tuesday</td>
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<td>Neurotransmitter and Membrane Potentials</td>
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<td>Chapter 6</td>
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<tr>
<td>Friday</td>
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<td>Mid-term Exam</td>
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<td>Exam 1</td>
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<td>Monday</td>
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<td>Sensory Physiology</td>
<td>2</td>
<td>Chapter 7</td>
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<tr>
<td>Tuesday</td>
<td>28-Sep</td>
<td>Sensory Physiology</td>
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<td>Chapter 7</td>
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<tr>
<td>Friday</td>
<td>1-Oct</td>
<td>Clinical Correlate: Pain</td>
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<td>Monday</td>
<td>4-Oct</td>
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<tr>
<td>Tuesday</td>
<td>5-Oct</td>
<td>Skeletal Muscle</td>
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<tr>
<td>Monday</td>
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<td>Cardiac Muscle, Smooth muscle</td>
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<tr>
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<td>Endocrine</td>
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<td>Friday</td>
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<td>Monday</td>
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<td>Exercise and Aging</td>
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<td>Cardiavascular</td>
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<td>Circulatory/CV Responses to Exercise</td>
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<td>Plasticity of the Microvascular Mitochondrial Unit with Exercise Training</td>
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<td>Respiratory</td>
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<td>Chapter 13</td>
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<td>Quiz 2 Due</td>
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<td>Respiratory</td>
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<td>Respiration during Exercise</td>
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<td>Tuesday</td>
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<td>Friday</td>
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<td>Thanksgiving Holiday - No Class</td>
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<td>Monday</td>
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<td>Immune</td>
<td>3</td>
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<td>Monday</td>
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Final Exam Date and Time TBD

* 15th edition of textbook

Exam 3
Policy Related to Class Attendance
The instructors will not routinely monitor attendance. However, attendance during the Clinical Correlate lectures is required. Attendance during the Clinical Correlate lecture’s may be monitored by the students signing an attendance sheet during class. An unexcused absence of a “Clinical Correlate” lecture may result in a 2% deduction from the final grade.

Absence or late arrival to an exam will result in a grade of zero, unless there is an extraordinary circumstance.

Excused absences must be consistent with university policies in the Graduate Catalog (http://gradcatalog.ufl.edu/content.php?catoid=10&navoid=2020#attendance) and require appropriate documentation. Additional information can be found here: https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx

Policy Related to Guests attending Class:
Only registered students are permitted to attend class. However, we recognize that students who are caretakers may face occasional unexpected challenges creating attendance barriers. Therefore, by exception, a department chair or his or her designee (e.g., instructors) may grant a student permission to bring a guest(s) for a total of two class sessions per semester. This is two sessions total across all courses. No further extensions will be granted. Please note that guests are not permitted to attend either cadaver or wet labs. Students are responsible for course material regardless of attendance. For additional information, please review the Classroom Guests of Students policy in its entirety. Link to full policy: http://facstaff.phhp.ufl.edu/services/resourceguide/getstarted.htm

Policy Related to Make-up Exams
In extraordinary circumstances it may be possible to take an exam early or late. If for any reason you are unable to attend an exam at the last minute, you must notify the instructor as soon as possible. Personal issues with respect to exams will be handled on an individual basis.

Inclusive Learning Environment
We embrace The University of Florida’s Non-Discrimination Policy, which reads, “The University shall actively promote equal opportunity policies and practices conforming to laws against discrimination. The University is committed to non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, gender identity and expression, marital status, national origin, political opinion or affiliations, genetic information and veteran status as protected under the Vietnam Era Veterans’ Readjustment Assistance Act.” We are committed to fostering an open and inclusive environment in our College, where every student, guest instructor and contributor feels valued. If you have questions or concerns about your rights and responsibilities for inclusive learning environment, please see your instructor or refer to the Office on Multicultural & Diversity Affairs Website: http://www.multicultural.ufl.edu/.

Accommodations for students with disabilities
If you require classroom accommodation because of a disability, it is strongly recommended you register with the Dean of Students Office http://www.dso.ufl.edu within the first week of class or as soon as you believe you might be eligible for accommodations. The Dean of Students Office will provide documentation of accommodations to you, which you must then give to me as the instructor of the course to receive accommodations. Please do this as soon as possible after you receive the letter. Students with disabilities should follow this procedure as early as possible in the semester. The College is committed to providing reasonable accommodations to assist students in their coursework.

Counseling and Student Health
Students sometimes experience stress from academic expectations and/or personal and interpersonal issues that may interfere with their academic performance. If you find yourself facing issues that have the
potential to or are already negatively affecting your coursework, you are encouraged to talk with an instructor and/or seek help through University resources available to you.

- **The Counseling and Wellness Center** 352-392-1575 offers a variety of support services such as psychological assessment and intervention and assistance for math and test anxiety. Visit their web site for more information: [http://www.counseling.ufl.edu](http://www.counseling.ufl.edu). On line and in person assistance is available.

- **U Matter We Care** website: [http://www.umatter.ufl.edu/](http://www.umatter.ufl.edu/). If you are feeling overwhelmed or stressed, you can reach out for help through the You Matter We Care website, which is staffed by Dean of Students and Counseling Center personnel.

- **The Student Health Care Center** at Shands is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at Shands offers a variety of clinical services. The clinic is located on the second floor of the Dental Tower in the Health Science Center. For more information, contact the clinic at 392-0627 or check out the web site at: [https://shcc.ufl.edu/](https://shcc.ufl.edu/)

- Crisis intervention is always available 24/7 from: Alachua County Crisis Center: (352) 264-6789 [http://www.alachuacounty.us/DEPTS/CSS/CRISISCENTER/Pages/CrisisCenter.aspx](http://www.alachuacounty.us/DEPTS/CSS/CRISISCENTER/Pages/CrisisCenter.aspx)

- **University Police Department**: Visit UF Police Department website or call 352-392-1111 (or 9-1-1 for emergencies).

- **UF Health Shands Emergency Room / Trauma Center**: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; [Visit the UF Health Emergency Room and Trauma Center website](https://www.ufhealth.org/locations/new-center/emergency-room/).

Do not wait until you reach a crisis to come in and talk with us. We have helped many students through stressful situations impacting their academic performance. You are not alone so do not be afraid to ask for assistance.

**Office hours**
Please call or email the instructor to set up an appointment.

**Website**
We will use the UF Canvas E-Learning System accessed at [https://lss.at.ufl.edu/](https://lss.at.ufl.edu/).

**Professional Expectations and Academic Integrity**
Professional behavior is critical for a successful transition from the classroom to the clinical setting. The faculty recognizes the importance of this by incorporating the development and evaluation of professional behavior into each academic course. Professional Behavior is described in the Student Handbook that each student receives and acknowledges reading/understanding upon beginning the DPT program. Professional behavior is expected at all times; including during scheduled class. Cheating, lying, misrepresentation, or plagiarism in any form is unacceptable and inexcusable behavior.

Furthermore, students are expected to act in accordance with the University of Florida policy on academic integrity (see Student Conduct Code, the Graduate Student Handbook or these web sites for more details: [https://sccr.dso.ufl.edu/students/student-conduct-code/](https://sccr.dso.ufl.edu/students/student-conduct-code/) [https://sccr.dso.ufl.edu/process/students-rights-responsibilities/](https://sccr.dso.ufl.edu/process/students-rights-responsibilities/) [http://www.graduateschool.ufl.edu/media/graduate-school/pdf-files/handbook.pdf](http://www.graduateschool.ufl.edu/media/graduate-school/pdf-files/handbook.pdf)
Students may be referred to the Professionalism Committee if they exhibit behavior not in accordance to these standards/expectations.

**Laptop & Smartphone policy**
Laptops, tablets, etc. are permitted for taking notes. However, texting, emailing, etc. during class is not permitted.

**Dress Code**
Please review the policies for lecture attire in your Student Handbook.

**Online classes and audio/visual recordings**
Our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

**Professionalism and COVID**
As students pursuing a path in the health professions, it is crucial to demonstrate professional behaviors that reflect integrity and commitment to the health of patients, fellow health professionals, and to populations we serve. To accomplish this, a strong responsibility for the well-being of others must be evident in our decisions, along with accountability for our actions. Professionalism in the health disciplines requires adherence to high standards of conduct that begin long before graduation. This is particularly true during times of health emergencies such as the COVID pandemic, given our professional habits can have a direct impact upon the health of persons entrusted to us.

If you are not vaccinated, please consider getting vaccinated. Vaccines are readily available at no cost and have been demonstrated to be safe and effective against the COVID-19 virus. Visit this link for details on where to get your shot, including options that do not require an appointment: https://coronavirus.uhealth.org/vaccinations/vaccine-availability/. Students who receive the first dose of the vaccine somewhere off-campus and/or outside of Gainesville can still receive their second dose on campus.

In response to COVID-19, the following professional practices are in place to maintain your learning environment, to enhance the safety of our in-classroom interactions, and to protect the health and safety of ourselves, our patients, our neighbors, and our loved ones.

- You are required to wear approved face coverings at all times while in Health Science Center classrooms and within Health Science Center buildings even if you are vaccinated.
- If you are sick, stay home and self-quarantine. Please visit the UF Health Screen, Test & Protect website about next steps, retake the questionnaire and schedule your test for no sooner than 24 hours after your symptoms began. Please call your primary care provider if you are ill and need immediate care or the UF Student Health Care Center at 352-392-1161 (or email covid@shcc.ufl.edu) to be evaluated for testing and to receive further instructions about returning to campus. UF Health Screen, Test & Protect offers guidance when you are sick, have been exposed to someone who has tested positive or have tested positive yourself. Visit the UF Health Screen, Test & Protect website for more information.
- Continue to follow healthy habits, including best practices like frequent hand washing.
- Avoid crowded places (including gatherings/parties with more than 10 people)
Sanitizing supplies are available in the classroom if you wish to wipe down your desks prior to sitting down and at the end of the class. Hand sanitizing stations will be located in every classroom.

Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work. If you are withheld from campus by the Department of Health through Screen, Test & Protect you are not permitted to use any on campus facilities. Students attempting to attend campus activities when withheld from campus will be referred to the Dean of Students Office.

Continue to regularly visit coronavirus.UFHealth.org and coronavirus.ufl.edu for up-to-date information about COVID-19 and vaccination.

COVID-19 SYMPTOMS
See https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html for information about COVID-19 symptoms, which may include fever, cough, shortness of breath or difficulty breathing, fatigue, chills, muscle or body aches, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, and loss of taste or smell.

Exams and scoring
This course will be graded according to the departmental guidelines located in the student handbook. We will follow the standard grading scale listed below. Exams will consist primarily of multiple choice questions but may also contain short written answers, fill-in-the-blank, and/or diagrams.

Summary of grading
Exam 1: 20%
Exam 2: 20%
Exam 3: 20%
Quizzes: 15%
Assignment 1: 10%
Assignment 2: 15%

Exams (60% of final grade; three exams each worth 20%): Exams will consist primarily of multiple choice questions but may also contain short written answers, fill-in-the-blank, and/or diagrams. Exams must be done independently without any assistance from others and without any resources (textbooks, websites, etc.).

Exams will be written online using the Canvas LockDown Browser and Respondus Monitoring System

LockDown Browser Requirement
This course requires the use of LockDown Browser for online exams. Watch this video to get a basic understanding of LockDown Browser:

Download Instructions
Download and install LockDown Browser from this link:
https://download.respondus.com/lockdown/download.php?id=364713981

Once Installed
- Start LockDown Browser
- Log into to Canvas
- Navigate to the exam

Note: You won't be able to access an exam that requires LockDown Browser with a standard web browser. If this is tried, an error message will indicate that the test requires the use of LockDown Browser. Simply start LockDown Browser and navigate back to the exam to continue.
Guidelines
When taking an online exam follow these guidelines:
• Select a location where you won't be interrupted
• Before starting the test, know how much time is available for it, and also that you've allotted sufficient time to complete it
• Turn off all mobile devices, phones, etc. and don't have them within reach
• Clear your area of all external materials - books, papers, other computers, or devices
• Remain at your desk or workstation for the duration of the test
• LockDown Browser will prevent you from accessing other websites or applications; you will be unable to exit the test until all questions are completed and submitted

Getting Help
Several resources are available if you encounter problems with LockDown Browser:
• The Windows and Mac versions of LockDown Browser have a "Help Center" button located on the toolbar. Use the "System & Network Check" to troubleshoot issues. If an exam requires you to use a webcam, also run the "Webcam Check" from this area
• Respondus has a Knowledge Base available from support.respondus.com. Select the "Knowledge Base" link and then select "Respondus LockDown Browser" as the product. If your problem is with a webcam, select "Respondus Monitor" as your product
• If you're still unable to resolve a technical issue with LockDown Browser, go to support.respondus.com and select "Submit a Ticket". Provide detailed information about your problem and what steps you took to resolve it

Quizzes (15% of final grade, three quizzes each worth 5%)
Three quizzes will be taken using VisibleBody Courseware and will be worth a total of 15%. These will be “open book” quizzes that you can use your notes, textbook, and other resources to help answer the questions. Questions will be multiple choice, short written answers, fill-in-the-blank, and/or diagrams. These quizzes must be done independently.

Assignment 1 – 10% of final grade
Group presentations (in groups of no more than 5) on topics outlined below (or another topic approved by the primary instructors) will determine 10% of the final grade. Students will self-select a group that will create a short PowerPoint-based educational presentation video for the rest of the class (maximum of 30 mins). Potential topics include:

Appropriate Physical Activity for:
Weight Loss and Weight Management
Flexibility and Muscular Strength
Cardiorespiratory Fitness
Developing and Maintaining Fitness
Older Adults
Children
Bone Health
People with Coronary Artery Disease
People with Hypertension
Pregnant women
People with Diabetes
People with COPD
People with Cancer
Exercise and Fluid Replacement

There are Medicine and Science in Sports & Exercise (MSSE) position statements that cover some of these topics. However, you are encouraged to explore other reliable
resources and have the freedom to present the information you believe is important and that will be of value to you and your class. Presentations must be professional, however. Video presentations can be submitted to the instructors at any time, but no later than the Monday before Thanksgiving.

**Assignment 2 – 15% of final grade**

Choose one of the “General Principles of Physiology” and apply it to an individual/patient you have been in contact with this fall semester through your REACH group, Putting Families First, Equal access clinic, etc. The person may or may not have a diagnosed medical condition. **The objective of this assignment is to demonstrate an understanding of the “General Principles of Physiology” covered in class and the textbook, and to apply one of these principles to a clinical situation.** The written assignment is to be completed independently by each student and should be a **maximum of one page, double spaced** (not including the list of references). Figures/diagrams can also be included as an appendix.

The grade will be based on the following:
- 1) Briefly describing the individual/patient and condition/pathology, if applicable (3 marks). Please do not use any personal identifying information (e.g., name).
- 2) Choosing one of the “general principles of physiology” and describing how it is relevant to the individual/patient (12 marks).

The assignment is due the **Monday before Thanksgiving.** Each day it is late, a 1 mark deduction will be incurred.

**Scale**
- 93-100% = A 4.0 grade point
- 90-92% = A- 3.67 grade point
- 87-89% = B+ 3.33 grade point
- 83-86% = B 3.0 grade point
- 80-82% = B- 2.67 grade point
- 70-79% = C 2.0 grade point
- 60-69% = D 1.0 grade point
- < 60% = E 0 grade point

**Learning objectives**

Most chapters will be accompanied by specific learning objectives. These objectives are provided to help you focus your studying. While the exams may cover material not specifically addressed in the learning objectives, the majority of the exam questions will be covered in these objectives.

**Powerpoint**

PDF files of the lecture slides will be provided after each class.

**How to study for this course?**

1. Read the assigned chapters, preferably prior to class.
2. Review the learning objectives for each chapter. Also, answer the relevant review questions and exam questions at the end of the chapter.
3. To best distill knowledge from the lectures, you should make drawings and/or outlines. These drawings/outlines will help you organize your notes and integrate knowledge.

**Course evaluations**

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at https://gatorevals.aa.ufl.edu/students/. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via https://ufl.bluera.com/ufl/. Summaries of course evaluation results are available to students at https://gatorevals.aa.ufl.edu/public-results/.
The schedule, policies, and assignments described in this syllabus are subject to change in the event of extenuating circumstances or by mutual agreement between the instructor and the students.