Queen's University School of Kinesiology and Health Studies



Course Name:	Course Instructor:	Contact Hours:
KNPE 125/3.0 Introduction to Human Physiology	ТВА	Lectures: 3 x 1 hr / week
		Proroquisito:
		Level 1 or above in a HLTH or KINE Plan.
		Exclusions: No more than one course from IDIS 150/6.0; or (PHGY 215/3.0 or PHGY 216/3.0); PHGY 210/6.0; PHGY 212/6.0; PHGY 214/6.0
Course Description:		Course Texts:
Course Description: This course provides an introduction to human physiology from the cellular to the systemic level with special emphasis on the systems that adapt to exercise stress. The following areas will be covered: the cell, nervous system, skeletal muscle system, respiratory system, cardiovascular system, neuroendocrine system, renal system and reproductive physiology.		KNPE125 Course Pack (required) The course pack will be available on OnQ. This course pack contains readings and activities to help you learn a conceptual framework of flow to predict how physiological systems adapt in response to a disturbance in the system (i.e. human movement) (learning outcome 3). The information from the course pack will be tested in the following components of the course: 1. Unit tests 2. The final exam Textbook (Optional) Principles of Human Physiology. 6th ed. Cindy L. Stanfield. Pearson, Toronto. This textbook can be purchased at the Online Book Store here: https://www.campusbookstore.com/textbooks/access- code-search-engine Search for: KNPE 125 This text is used primarily as a supplement to the information presented in lecture, exams will be based on lecture material only.
Learning Outcomes:		Course Evaluation:
 Describe the basic strucharacteristics of types organs (e.g. blood ves relevant to human move. Accurately recite the control (both the equation for for will be used in this courted) 	actural and functional s of cells (e.g. neural, muscle), sels, lungs) and organ systems vement. onceptual framework of flow flow and the flow model) which rse to understand the	UNIT 1 Online Quizzes 1-3 Optional Unit 1 Test - Phase 1 – 18% Unit 1 Test - Phase 2 - 2% UNIT 2 Online Quizzes 4-6 Unit 2 Test - Phase 1 – 18% Unit 2 Test - Phase 2 - 2%

underlying causal chain of events that constitute physiological function.

•	Apply the conceptual framework of flow to predict
	how physiological systems adapt in response to a
	disturbance in the system (i.e. human movement).

 UNIT 3

 Online Quizzes 7-9

 Unit 3 Test - Phase 1 – 18%

 Unit 3 Test - Phase 2 - 2%

 Final Exam
 40%

Course Outline		
Cell Metabolism	Muscle Physiology	
Cell Membrane Transport	Cardiovascular System	
Chemical Messengers	Respiratory System	
The Endocrine system - endocrine glands, hormone action, metabolism, growth, and reproduction	Renal Physiology	
Nerve Cells	Gastrointestinal Physiology	
Synaptic Physiology	Reproductive Systems	
Central Nervous System	Immune System Physiology	
Autonomic and Motor Nervous System		