Tentative Outline

Course: Introduction to Human Physiology, BI 121, 04 cr (CRN 41354) MTWRFSU (00 WEB) + strongly encouraged, but optional Zoom Lecture Discussions MTWR (10:00 – 11:50 am, US Pacific Daylight Time/PDT) and strongly encouraged, but optional Zoom Lab Discussions TR (1:00 – 1:50 pm, US PDT), Summer, 2020.

Website: https://canvas.uoregon.edu/courses/151684

Lecturer & Lab Instructor: Office; Hours; Phone; E-Mail: V. Pat Lombardi; WEB; Zoom appointments by e-mail; 541-346-6055 (office/message); lombardi@uoregon.edu


OR


1st Supplemental Text: Readings listed in [ ] below:


+See many supplemental reserved texts/resources in Science Library or web listing: http://libweb.uoregon.edu/

Click on the Course Reserves tab, then sign in with U of O ID and password & type in BI 121.

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Jul 21 (T)  Lab 1. Introduction to Anatomy & Physiology. Readings: pp 1-1 to 1-10 (LM). Activity: Lab 1 Worksheet. Submit on Canvas by 11:59:59 pm, US PST.


Jul 24 (F) **Quiz 1 on Canvas.** Covers Lectures 1 – 4 and Labs 1 & 2. Open 12 n until 11:59:59 pm, US PDT.


Jul 28 (T) **Lab 3. Nutrition Analyses.** Record your diet for at least one day on p 3-7 and analyze it using the Diet Controller//Diet Organizer or ASA 24 National Cancer Institute Calorie Counter & Food Diary/Cronometer Nutrition Tracker, HealthyOut, My Fitness Pal or Other Smart Phone Software. **Readings:** pp 3-1 to 3-20 (LM). **Activity:** **Lab 3 Worksheet.** Submit on Canvas by 11:59:59 pm, US PST, by Saturday, Aug 1st, 2020.

Jul 29 (W) **Lecture 7. Cardiovascular System.** I. Circulatory: Cardiovascular & Lymphatic. II. Cardiac Physiology: Anatomy, Adult Heart & Fetal Blood Flow. **Readings:** ch 9, pp 228-234; ch 10, pp 281-7 (LS); Module 4, pp 25-29; 33-34 (DC). **Active Learning Questions Lecture 7.** Submit on Canvas by 11:59:59 pm, US PST.

Jul 30 (R) **Lecture 8. Atherosclerosis & Cardiovascular Diseases.** I. Atherosclerosis. II. Cardiovascular Diseases (CVDs): What’s a Heart Attack (AMI)? Stroke (CVA)? Peripheral Vascular Disease (PVD)? Hypertension (HTN)? III. CVDs Risk Reduction: What Can I Do to Lower My Risk? IV. Heart Rate & Blood Pressure? **Readings:** ch 9, pp 252-259; ch 10, pp 266-270, 287-295 (LS); Module 4, pp 29-33 (DC). **Active Learning Questions Lecture 8.** Submit on Canvas by 11:59:59 pm, US PST.

Jul 30 (R) **Lab 4. Heart Rate, Blood Pressure & Cardiovascular Disease Risk.** **Readings:** pp 4-1 to 4-8 (LM). **Activity:** **Lab 4 Worksheet.** Submit on Canvas by 11:59:59 pm, US PST.

Jul 31 (F) **Quiz 2 on Canvas.** Covers Lectures 5 – 8 and Labs 3 & 4. Open 12 n until 11:59:59 pm, US PDT.


Aug 4 (T) **Lab 5. Blood Chemistry: Blood Glucose & Blood Typing.** **Readings:** pp 5-1 to 5-6 (LM). **Activity:** **Lab 5 Worksheet.** Submit on Canvas by 11:59:59 pm, US PST.


Aug 6 (R)  No Lab! Take a break to study for Quiz 3! Best of luck! :)

Aug 7 (F)  **Quiz 3 on Canvas.** Covers Lectures 9 – 12 and Lab 5. Open 12 n until 11:59:59 pm, US PDT.


Aug 11 (T)  **Lab 6: Pulmonary Function Tests.** **Readings: pp 6-1 to 6-8 (LM) (WEB).**


Aug 13 (R)  **Quiz 4 on Canvas.** Covers Lectures 13 – 15 and Lab 6. Open 12 n until 11:59:59 pm, US PDT.

**Grading:** 10% Lecture Attendance & Active Learning Questions submitted on Canvas 10% Lab Attendance & Worksheets submitted on Canvas 80% 4 Weekly Quizzes on Canvas each worth 20%

😊 ...We ♥ Human Physiology!!!