Prerequisite / Corequisite: none

Class Location: fully online (www.canvas.ubc.ca)

Days/Times: Monday / Wednesday 5 – 7 pm (synchronous lectures)

Course Instructor: Rob Langill (he/him/his)
Office: Osborne Centre, Unit 2, Room 125 (not in very often)
Contacts (phone / email): 604 822 6299 / rob.langill@ubc.ca

Other Instructional Staff
Teaching Assistant: Sobhan Mardan-Dezfouli (he/him/his)
Contact (email): sobhan.mardan-dezfouli@ubc.ca

Preferred Contact Mode
Questions posted to the Canvas site are going to be the preferred method. Posted questions will be left up so all students can benefit from the answers. For something more private you can email using the course name (kin 132 901) in the subject line.

Response time: Monday-Thursday will try to respond within 24 hours.

Course Description
Human physiology and anatomy is the science of the function and structure of the living human body. Study usually centers on the body “systems”, a group of organs working together to perform specific functions. In this course the focus will be on the cardiovascular, respiratory, urinary, digestive, reproductive, and immune systems.

Learning Outcomes
• Our study will establish foundational knowledge in the way our bodies function and are structured within the systems examined.
• From this base of general physiology and anatomy the role of kinesiology can be developed in future courses.

Learning Materials
• There are two options:
  1. A digital copy of the book and access to the connect site.
  2. A digital copy of the book and access to the connect site plus a printed copy.
     • For the digital option you can go through the bookstore (www.bookstore.ubc.ca/textbooks) or online (instructions are on the Canvas site).
     • For the option with a printed book it is best to go through the bookstore.
Course Structure
Useful abbreviations/definitions
• CV (cardiovascular), RS (respiratory), UR (urinary), DM (digestive / metabolism), RP (reproductive), IM (immune)
• Assume when times are given they mean the time at UBC (Vancouver, BC).
• Asynchronous = recorded ahead of time / Synchronous = done live

Asynchronous lectures
• On the Canvas site in mp4 format with each lecture corresponding to sections from the text.
• View the asynchronous lectures before they will be covered in a corresponding synchronous lecture (for example, asynchronous CV 12A and 12B will be covered in the synchronous lecture on Sep 14, 5-7 pm).
• There are 29 asynchronous lectures: 8 CV / 5 RS / 5 UR / 4 DM / 4 RP / 3 IM.

Reading comprehension
• On the Connect site.
• Involves reading textbook sections and answering questions to test how well you understand the material.
• Needs to be completed before a corresponding synchronous lecture (due at 5 pm the day before a corresponding synchronous lecture).
• The instructor will get a report on areas where comprehension is high and areas that need improvement.
• There are 18 reading comprehension assignments: 4 CV / 3 RS / 3 UR / 3 DM / 2 RP / 3 IM.

Pre-synchronous lectures tasks
• Reading comprehension and viewing asynchronous lectures should be completed at this point.
• Questions can be posted on the Canvas site before a synchronous lecture about the material covered in reading comprehension and viewing asynchronous lectures (1 pre question area per synchronous lecture).

Synchronous lectures
• In Collaborate Ultra on the Canvas site using power point slides.
• Synchronous lectures will be done live during class times; Mon-Wed 5-7 pm (these will be recorded and posted later in mp4 format).
• Comprehension, asynchronous lectures, and pre questions will be used to form each synchronous lecture.
• There are 18 synchronous lectures: 4 CV / 3 RS / 3 UR / 3 DM / 2 RP / 3 IM.

Post Synchronous lectures
• A follow up question area will be on the Canvas site after each synchronous lecture (1 post question area per synchronous lecture).

Anatomy
• Main focus is on labelling anatomical structures (occasionally some other information will be asked for).
• Welcome to work on the assignment together with other students (group work), but each student must submit their results individually.
• Orientation for the anatomy assignments will be included during some of the synchronous lectures.
• Needed information will be found in lectures, some in the text, but often you will need to seek out sources for the answers (the text is mostly physiology so it does not have a lot of anatomy material).
• Steps for completing an anatomy assignment:
  • View or download the Assignment PowerPoint.
  • Carefully read the instructions on the Basic Rules slide.
  • Download and complete the Answer Sheet.
  • To submit this assignment, click the Submit Assignment on the top-right of the Canvas page and upload your answer sheet.
• Assignments are due at 5 pm on Fridays.
• There are 8 anatomy assignments: 3 CV / 1 RS / 1 UR / 2 DM / 1 RP+IM.
Practice exams
- Done on the Connect site.
- Made available the week before exams so students have an opportunity to get some feel for tests.
- Includes several formats (multiple choice, true/false, labelling, animation viewing with questions, etc.) to help you prepare.

Exams
- Done on the Connect site with a 12 hour window of time for writing.
- Exams are open book, but must be done individually with no assistance from others.
- Tests will be in multiple choice and true/false formats.
- Note that exam days will have no synchronous lecture.
- There are 5 exams: 1 CV / 1 RS / 1 UR / 1 DM / 1 RP+IM.

Schedule of Topics:
Holidays
- No synchronous lecture: Labour Day Sep 7 (Monday); Thanksgiving Day Oct 12 (Monday); Remembrance Day Nov 11 (Wednesday).

Asynchronous lectures
CV
- For synchronous lecture Sep 14 view asynchronous CV 12A (text 12.1) and 12B (text 12.2/3).
- For synchronous lecture Sep 16 view asynchronous CV 12C (text 12.4/5) and 12D (text 12.6).
- For synchronous lecture Sep 21 view asynchronous CV 12E (text 12.8/9) and 12F (text 12.10/11).
- For synchronous lecture Sep 23 view asynchronous CV 12G (text 12.13/18) and 12H (text 12.23/24).

RS
- For synchronous lecture Sep 28 view asynchronous RS 13A (text 13.1) and 13B (text 13.2).
- For synchronous lecture Sep 30 view asynchronous RS 13C (text 13.3/4/5) and 13D (text 13.6).

UR
- For synchronous lecture Oct 14 view asynchronous UR 14A (text 14.1/2) and 14B (text 14.3).
- For synchronous lecture Oct 21 view asynchronous UR 14C (text 14.4/5/6/7/8).
- For synchronous lecture Oct 26 view asynchronous UR 14D (text 14.9/10/11/12) and 14E (text 14.16/17/18/19/20).

DM
- For synchronous lecture Nov 2 view asynchronous DM 15B (text 15.5).
- For synchronous lecture Nov 2/4 view asynchronous DM 15C (text 15.6).
- For synchronous lecture Nov 4 view asynchronous DM 15D (text 15.7/16.1).

RP
- For synchronous lecture Nov 16 view asynchronous RP 17A (text 17.1/2/4) and RP 17B (text 17.6/8/11).
- For synchronous lecture Nov 18 view asynchronous RP 17C (text 17.13/14) and RP 17D (text 17.15/16/19/21/24).

IM
- For synchronous lecture Nov 30 view asynchronous IM 18B (text 18.3).
- For synchronous lecture Dec 2 view asynchronous IM 18C (text 18.4/5/6).
Reading comprehension / Questions for synchronous lectures
CV
• For synchronous lecture Sep 14 (due 5 pm Sep 13).
• For synchronous lecture Sep 16 (due 5 pm Sep 15).
• For synchronous lecture Sep 21 (due 5 pm Sep 20).
• For synchronous lecture Sep 23 (due 5 pm Sep 22).

RS
• For synchronous lecture Sep 28 (due 5 pm Sep 27).
• For synchronous lecture Sep 30 (due 5 pm Sep 29).
• For synchronous lecture Oct 5 (due 5 pm Oct 4).

UR
• For synchronous lecture Oct 14 (due 5 pm Oct 13).
• For synchronous lecture Oct 21 (due 5 pm Oct 20).
• For synchronous lecture Oct 26 (due 5 pm Oct 25).

DM
• For synchronous lecture Oct 28 (due 5 pm Oct 27).
• For synchronous lecture Nov 2 (due 5 pm Nov 1).
• For synchronous lecture Nov 4 (due 5 pm Nov 3).

RP
• For synchronous lecture Nov 16 (due 5 pm Nov 15).
• For synchronous lecture Nov 18 (due 5 pm Nov 17).

IM
• For synchronous lecture Nov 25 (due 5 pm Nov 24).
• For synchronous lecture Nov 30 (due 5 pm Nov 29).
• For synchronous lecture Dec 2 (due 5 pm Dec 1).

Anatomy assignments
• CV1 overview during synchronous lecture Sep 14 (due 5 pm Sep 25).
• CV2 overview during synchronous lecture Sep 16 (due 5 pm Oct 2).
• CV3 overview during synchronous lecture Sep 21 (due 5 pm Oct 9).
• RS1 overview during synchronous lecture Sep 28 (due 5 pm Oct 16).
• UR1 overview during synchronous lecture Oct 14 (due 5 pm Nov 6).
• DM1 overview during synchronous lecture Oct 28 (due 5 pm Nov 13).
• DM2 overview during synchronous lecture Nov 2 (due 5 pm Nov 20).
• RP+IM1 overview during synchronous lecture Nov 16 (due 5 pm Dec 4).

Exams / Practice exams
• CV exam Oct 7 / Practice exam available Sep 28 – Oct 6.
• RS exam Oct 19 / Practice exam available Oct 12 – Oct 18.
• UR exam Nov 9 / Practice exam available Nov 2 – Nov 8.
• DM exam Nov 23 / Practice exam available Nov 16 – Nov 22.
• RP+IM exam during final exam period Dec 7 – 22 (Registrar scheduled) / Practice exam available Dec 2 – day before exam day.
Assessments of Learning
Material: will emphasize physiological function and anatomical structures.

- 5 exams: CV / RS / UR / DM / RP+IM.
  - Each is worth 10% (50% of overall mark).

- 18 Reading comprehension assignments: 4 CV / 3 RS / 3 UR / 3 DM / 2 RP / 3 IM.
  - Each is worth 1% (18% of overall mark).
  - To get each 1% reading comprehension must be done sufficiently and submitted on time (5 pm the day before a synchronous lecture).

- 8 anatomy assignments: 3 CV / 1 RS / 1 UR / 2 DM / 1 RP+IM.
  - Each assignment is worth 4% (32% of overall mark).

University Policies
UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise and so there are additional resources to access including those for survivors of sexual violence. UBC values respect for the person and ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is suppression of academic freedom. UBC provides appropriate accommodation for students with disabilities and for religious and cultural observances. UBC values academic honesty and students are expected to acknowledge the ideas generated by others and to uphold the highest academic standards in all of their actions.

Details of the policies and how to access support are available from the UBC Senate Website.

Other Policies
- Students are reminded that they must be available to write the exams when scheduled and that late assignments will not be accepted.
- Students who miss exams should email their instructor right away and:
  - Go to: https://kin.educ.ubc.ca/undergraduate/bkin/academic-concession and select either:
    - Academic Concession for In-Term Work.
    - Academic Concession for Final Exams.
  - Note if you are taking this course and a non-KIN student you need to request Academic Concession through your home faculty advising, not the link above.
- Instructors are not required to make allowance for any missed exam/assignment that is not satisfactorily accounted for. Do not assume illness, disability, family obligations, or other similar commitments will be accommodated.
- Any known conflicts should be discussed with the instructor a minimum of two weeks ahead or preferably at the start of term.
- The student is responsible for:
  - All material covered in lectures or available in the textbook no matter what form it is presented in or whether you choose to be in attendance (this includes all announcements if changes need to be made).
  - Academic integrity is a core value of the University of British Columbia. Academic integrity is the foundation of the development and acquisition of knowledge and is based on values of honesty, trust, responsibility, and respect. We expect members of our community to act with integrity.

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