

**UNIVERSITY OF BRITISH COLUMBIA
SCHOOL OF KINESIOLOGY**

COURSE: KIN 131 001 – Systems Physiology I, 2024W Term 1

CLASS LOCATION:

CLASS TIMES:

LAB TIMES:

LAB LOCATION:

Instructor: Paige Jackson

Contact Information: paige.jackson@ubc.ca

Office Hours: TBA

Teaching Assistants (TAs): Katelyn Eisner, Braden Reed

TA Office Hours:

Land Acknowledgement

UBC's Point Grey Campus is located on the traditional, ancestral, and unceded territory of the xwm̓əθkwəy̓əm (Musqueam) people. The land it is situated on has always been a place of learning for the Musqueam people, who for millennia have passed on in their culture, history, and traditions from one generation to the next on this site.

Course Description

KIN 131 is an introductory physiology course and covers the key principles of physiology as well as the skeletal, muscular, nervous, integumentary, and endocrine systems and how these systems interact. This knowledge will provide a base from which you will be able to investigate further and expand your understanding of how the body responds to exercise, injury, and environment.

Resources & Readings

All lecture and tutorial material will be available to students through Canvas. Lecture content will be posted to Canvas at least 24 hours in advance of each class.

Course materials are made available to students for personal use only. Students may not distribute or reproduce the materials for commercial purposes without the instructor's written consent.

There is no required textbook for this course. However, some students may find benefit from the support of a text. The text associated with this course is:

Recommended Text: Vander's Human Physiology 16th Edition (by Widmaier, Raff, Strang; McGraw-Hill Canada) – with Connect.

- Students have access to review questions through the textbook's Connect program

The text is available online through the McGraw-Hill Education platform. There are instructions in Canvas for how to access this option. A copy is also kept on reserve with UBC Libraries and students can sign up to use the text to study at the library for a couple of hours at a time.

Format & Procedures

This course includes a variety of approaches to learning such as lecture, small group discussion, and team-based activities. There are optional readings and review questions for you to work through individually or with others.

The course consists of three 50-minute classes every week. These will be lectures predominantly but may also involve small group discussion and individual activities. Attendance is not taken though regular attendance is encouraged. Students are responsible for any information given in the course whether they have attended class or not. This includes any notes, readings, and assignments, as well as any information relating to the course outline, labs, and exams.

Lab/Tutorials

There are five tutorial sections associated with this class. Students should have signed up for a section when they registered for the course. Please contact KIN Advising if you have not been admitted to a lab/tutorial section. Tutorials are two hours in length and are not held every week, please see calendar below for details. Attendance is mandatory and will be taken.

Important Dates (Fall 2024)

First day of class	September 4
Last day to withdraw from courses without a standing of W on academic record	Sept. 16
UBC Closed (no classes)	Sept 30, Oct. 14, Nov. 11 – 13
Midterm Exams	Oct. 11, Nov. 8
Days to withdraw from courses with a standing of W on academic record	Sept. 17 – Oct 25
Last day of class	December 6
Final Exam Period	Dec 10 - 21 inclusive (KIN 131 Exam date will be released later in the term)

Tentative Schedule

Week	Dates	Lectures	Textbook Chapters	Assessments & Tutorials
1	Sept. 4 – 6	Course Introduction & Introduction to Physiology	1	
2	Sept. 9 - 13	Skeletal Bone & Calcium Homeostasis	11.17, 11.20-11.22	Quiz 1 – Sept. 13/14
3	Sept. 16 – 20	Skeletal Muscle Structure & Types	9	Tutorial 1

4	Sept. 23 – 27	Muscle Function	9	Quiz 2 – Sept. 27/28 Tutorial 2
5	Sept. 30 – Oct. 4	Muscle Function & Adaptation to Training	9	
6	Oct. 7 -11	Mid-term Exam #1 Wednesday Oct. 9 Oct. 11 – Intro to Nervous System		Mid-term Exam 1 Wed. Oct. 9
7	Oct. 14 – 18	The Nervous System & Neurophysiology	6,10	Quiz 3 – Oct. 18/19
8	Oct. 21 – Oct. 25	The Central Nervous System & Sub-Cortical Areas	6,10	Tutorial 3
9	Oct. 28 – Nov. 1	The Peripheral Nervous System & Neuroplasticity	6,10	Quiz 4 – Nov 1/2 Tutorial 4
10	Nov. 4 – Nov. 8	Autonomic Nervous System Mid-term Exam # 2 Friday Nov. 8	6,10	Mid-term Exam 2 Fri. Nov. 8
11	Nov. 11 – Nov. 15	MID-TERM BREAK Nov. 11-13 inclusive Endocrine System	11	
12	Nov. 18 – Nov. 22	Endocrine System	11, 14, 16.2	Tutorial 5
13	Nov. 25 – Nov. 29	Endocrine & Integumentary System	11, 14, 16.2	Quiz 5 – Nov. 27/28 Tutorial 6
14	Dec. 2 – Dec. 6	Integumentary System		

Policies & Expectations

Attendance

Formal attendance is not taken at lectures; however, it is strongly recommended that students attend all classes. Students are responsible for completing work, gathering notes, and getting any information they may miss if they are not able to attend class for any reason. Lectures will not be recorded for viewing later. Students who know they will be away during the midterm exam must contact the instructor as soon as possible to make alternate arrangements. All students are expected to be present for the final exam during the official exam period. Do not make travel arrangements until the schedule has been released. Any student who cannot attend the final exam must contact the UBC School of Kinesiology Academic Advising Office as soon as possible and apply for Academic Concession. Students whose claims are accepted will be granted an alternate date for writing the final exam. Please note that depending on scheduling needs, it may take place in the next available exam period later in the year.

Attendance at tutorials is mandatory and will be taken. Students who are unable to attend one of their scheduled tutorials must contact their TA as soon as possible to make alternate arrangements.

Contacting the instructor and TAs

We strive to be approachable and respectful as instructors and tutors. Students are welcome to email us at any time, however, we may not respond to emails outside of working hours – before 8am or after 5pm on weekdays, or on weekends. Please expect at least 48 hours for a response.

Students are expected to behave in a respectful and professional manner in classes and tutorials. Disruptive, disrespectful, and abusive behaviour and language will not be tolerated.

Questions about course content or format should be asked during tutorials or classes. If students have a personal concern (for example, a question about a mark, missing a tutorial, etc.) they should contact their TA or the course instructor directly via email. Please treat the Canvas messaging system as another form of email and use courteous and professional language when communicating.

24 hour policy

Please wait 24 hours after any marks have been released before contacting myself or one of the TA's. We will not respond to any messages received about the exam or project during that window.

Illness & COVID

COVID-19 remains a circulating virus and can have significant impact for some people. It is important to be conscious of your own health and safety as well as that of your classmates. If you are feeling sick, stay home. If you test positive for COVID-19, please follow the BC CDC guidelines.

If illness prevents you from attending a tutorial, presentation, or exam, please contact the course instructor directly and accommodations will be made. You will be encouraged to reach out to your peers to obtain any course notes and information that is missed.

If you are sick on the day of the final exam, please contact the course instructor and KIN Advising as quickly as possible.

Grading and Evaluations

Course Evaluation

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| • Quizzes (5 @ 3% each, on Canvas) | 15% |
| • Tutorial Participation | 5% |
| • Mid-term Exam 1 (in person in class) | 20% |
| • Mid-term Exam 2 (in person in class) | 20% |
| • Final Exam (in person during final exam period) | 40% |

You must attend and complete any assignments in all tutorials to receive the 5% participation mark. There are no late submissions for online Canvas quizzes. Students who miss exams due to an unauthorized or unapproved absence will receive a grade of zero.

Students who know in advance that they will be unable to attend an exam must appeal for special accommodation from the instructor as early in the term as possible to determine how

missed graded work will be completed. A minimum of two weeks notification is expected, and documentation required.

Where prior notification of absence from graded work is not possible (for example, illness or family crisis), students should contact the instructor as soon as possible. Supportive documentation and an application to the KIN Advising Centre may be requested.

Any student who cannot attend the final exam must contact the UBC School of Kinesiology Academic Advising Office as soon as possible and apply for Academic Concession. Students whose claims are accepted will be granted an alternate date for writing the final exam. Please note that depending on scheduling needs, it may take place in the next available exam period later in the year.

UBC accommodates students whose religious obligations require them to miss scheduled assessments and examinations. Accommodation requests should be communicated early in the term to the course instructor.

Examinations

There are two midterm exams and one final exam with this course. Exams will be a mix of multiple choice and written questions. The midterm exams will take place during class time and the final exam will be in the final exam period. Final exam schedules are released in the middle of term and are set by the school. All exams are to be written in black or dark blue ink and multiple-choice selections in pencil.

Quizzes will be completed online via the Canvas portal. These quizzes are open book and are to be done independently. Each quiz is time limited at 15 minutes. Quizzes will be available for 24 hours on the Friday at 1pm to Saturday at 1pm, and students are given one chance to submit.

Academic Integrity

UBC students are expected to be familiar with and follow UBC's policies for academic integrity and misconduct. This includes practices around plagiarism, referencing and citations, and copyright. Failure to follow these policies and rules may result in disciplinary action.

All work submitted by students must be original and contain accurate references to sources used within assignments. Submitted assignments become the property of UBC and are stored to be used to check against past, present, and future cases of academic misconduct.

Student Declaration:

<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,285,0,0>

Academic Honesty and Standards:

<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,286,0,0>

Student Conduct during Examinations:

<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,41,90,0>

Copyright

All materials of this course (course handouts, lecture slides, assessments, course readings, etc.) are the intellectual property of the Course Instructor or licensed to be used in this course by the copyright owner. Redistribution of these materials by any means without permission of the copyright holder(s) constitutes a breach of copyright and may lead to academic discipline.

Technology (including course analytics)

Laptops and tablets are allowed in class for notetaking and following along with lecture slides. Students are reminded to not get distracted by other programs, games, or information on their devices while in class. Class participation is encouraged and supports student learning and comprehension of course material. Students will be asked to put away any devices that are overly distracting or disruptive to the class environment or that inhibit the learning of other students.

Cell phones are not allowed during lectures or labs. They are not to be visible and must be off or in silent and do not disturb modes. If there is an extenuating need to have access to a phone, please step out of the room to use it. Students who are seen using their phones during class will be asked to put it away and may be asked to leave the room.

Smart watches, phones, tablets, and other devices are not permitted to be in the room during examinations.

Recording of lectures and labs/tutorials is not permitted by students. Instructors may choose to record a lecture to post on Canvas for later access.

Analytics

Data about learners is collected and analyzed to improve teaching and learning. This course uses the Canvas learning technologies. This program captures information about your activity including to: view class progress, track progress on assignments, review statistics on access of course content, and to track and assess participation in the course.

Accessibility

UBC's Centre for Accessibility is available to support students who have any challenges that may impact their success in their schooling. The CfA will provide tailored accommodations to support each student appropriately based on their individual needs. Website:

<https://students.ubc.ca/about-student-services/centre-for-accessibility>

UBC Policies

UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise. 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 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 on [the UBC Senate website](#).