

## Subject: Human Physiology

### GENERAL INFORMATION

<b>Organization unit</b>	Faculty of Physical Education Chair of Biomedical Sciences Chairman: prof. Andrzej Mastalerz
<b>Course name</b>	Human Physiology
<b>Subject code</b>	7/2/I/PE
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	Obligatory
<b>Level of studies (eg. bachelor, master)</b>	Bachelor
<b>Study year</b>	2 year
<b>Semester</b>	3 semester
<b>ECTS points</b>	5
<b>Professor</b>	Dr hab Piotr Żmijewski, prof. AWF
<b>Studies program in which the subject is realized</b>	2024-2026
<b>Method of realization (stationary/ distance learning)</b>	Stationary
<b>Prerequisites</b>	Basic knowledge of human biology, anatomy and biochemistry

### DETAILED INFORMATION

#### Course aims and objectives

To provide students with a theoretical foundation in the fundamental mechanisms governing the functioning of human body systems.  
To develop an understanding of how individual cells and organs interact to influence overall body function.  
To equip students with knowledge of the basic mechanisms that maintain physiological homeostasis.  
To introduce students to key physiological measurements and methods used to assess body function.

#### Main topics



No	Topic
Lectures/classes	
1.	Electrophysiology
2.	Skeletal muscle physiology
3.	The nervous system, The autonomic nervous system and smooth muscle
4.	Endocrinology and temperature regulation
5.	Energetics and metabolic rate
6.	Physiology of the blood, Physiology of the heart
7.	Circulation
8.	Respiration
9.	Exercise capacity and fatigue
10.	Physiological effects of exercise training

#### CONDITIONS FOR PASSING CLASSES:

The completion of all outstanding work resulting from absence from classes is mandatory. Missed content must be made up by preparing a summary or presentation covering the topics discussed during the missed classes. The final grade is based on an assessment of knowledge and skills.

**1 ECTS point = 30 hours students work (contact + self study)**

TYPES OF CLASSES	HOURS
1. Contact classes	30
2. Students' preparations of the presentations	30
3. Self study as preparation to the written exam	60
4. Self study as reading text prepared by the teacher	30
<b>Total = 150 hours- ECTS points 5</b>	

<b>Author of the class card:</b>	<b>Name, surname and email</b>
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