

**Subject: Human Physiology****I. General information**

Organization unit	Faculty of Physical Education Department: Physiology and Sports Medicine Supervisor: Dr hab. Ryszard Zarzeczny, prof. AWF
Course name	Human Physiology
Subject code	7/2/I/PE
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	bachelor
Study year	2
Semester	3
ECTS points	5
Teacher/e-mail	Dr Piotr Żmijewski piotr.zmijewski@awf.edu.pl
Studies program in which the subject is realized	PHYSICAL EDUCATION
Method of realization (stationary/ distance learning)	stationary
Prerequisites	Basic knowledge of human biology, anatomy and biochemistry

II. Detailed Information**Course aims and objectives**

A1	to give students a theoretical basis of principal mechanisms of body's systems functioning
A2	to understand how different cells and organs influence the total body functioning
A3	to provide a knowledge of basic mechanisms allowing to maintain the body

	homeostasis
A4	to introduce students to basic physiological measurements

Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
K_W01	Knows the basic physiological mechanisms and their terms
K_W03	Knows how physiological systems function
K_W10	Knows the physiological effects of physical activity
K_W19	Knows the basic methods and procedures to assess one's exercise ability
Skills	
K_U01, K_U03	Demonstrates knowledge to solve the problems of homeostasis disturbance caused by physical exercise
K_U02	Applies the basic tools and equipment commonly used in general physiology
K_U09	Demonstrates the ability to administer and interpret body's responses to exercise
Social Competences	
K_K05	Synthetically judges gained knowledge and skills
K_K07, K_U08	Respects safety issues during physiological tests

Syllabus contents

No	Title
Classes/ Practical classes	
SC1	Electrophysiology
SC2	Skeletal muscle physiology
SC3	The nervous system
SC4	The autonomic nervous system and smooth muscle
SC5	Endocrinology and temperature regulation
SC6	Energetics and metabolic rate
SC7	Physiology of the blood
SC8	Physiology of the heart
SC9	Circulation
SC10	Respiration
SC11	Exercise capacity and fatigue
SC12	Physiological effects of exercise training

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

TYPES OF CLASSES	HOURS
Contact hours	30
Self study	120
Total = 150 hours = 5 ECTS	