



The University of Southern Queensland

Course specification

Description: Cardiorespiratory and Sports Physiology						
Subject	Cat-nbr	Class	Term	Mode	Units	Campus
BIO	3333	54262	2, 2006	ONC	1.00	Toowoomba

Academic group:	FOSCI
Academic org:	FOS002
Student contribution band:	2
ASCED code:	010999

STAFFING

Examiner: Andrew Hoey

REQUISITES

Pre-requisite: BIO2203

RATIONALE

The aim of this course is to provide an in-depth understanding of the cardiorespiratory system of the human body and gain knowledge regarding adaptations to the human body as a consequence of acute and chronic exercise

SYNOPSIS

This course builds on the foundations obtained in the course BIO2203 (Systems Physiology). The first components of this course extends the students' knowledge of the structure and function of the cardiac, vascular and respiratory systems in health and disease. Subsequent components will examine physiological and anatomical adaptations to acute and chronic exercise.

OBJECTIVES

On completion of this course students will be able to:

1. discuss the physiology of cardiac muscle and its conduction system;
2. describe the mechanisms regulating regional blood flow;
3. explain regulation of cardiac output and blood pressure
4. discuss the major aspects of pulmonary ventilation and perfusion;
5. explain how the blood, respiratory and renal systems regulate acid:base balance;
6. describe the major changes in cardiovascular, respiratory, renal, skeletal muscle, blood and skeletal systems adapt during acute term and chronic exercise;
7. explain the importance of sports psychology to optimising competitive performance;
8. demonstrate effective skills for searching databases and electronic resources;
9. demonstrate skills and knowledge required to perform laboratory experiments safely with appropriate equipment, including computer software and hardware for data acquisition and analysis.

10. demonstrate skills and knowledge required to perform laboratory experiments safely with appropriate equipment.

TOPICS

	Description	Weighting (%)
1.	Regulation of cardiac signal conduction and contractility	12.00
2.	Mechanisms regulating regional blood flow	12.00
3.	Regulation of cardiac output and blood pressure	12.00
4.	Control of arterial blood gases concentrations and ventilation: perfusion matching	12.00
5.	Regulation of acid:base balance	12.00
6.	Adaptation of the body to acute exercise and recovery from acute exercise	12.00
7.	Adaptation of the body resulting from chronic exercise	16.00
8.	Sports Psychology	12.00

TEXT and MATERIALS required to be PURCHASED or ACCESSED

ALL textbooks and materials are available for purchase from USQ BOOKSHOP (unless otherwise stated). Orders may be placed via secure internet, free fax 1800642453, phone 07 46312742 (within Australia), or mail. Overseas students should fax +61 7 46311743, or phone +61 7 46312742. For costs, further details, and internet ordering, use the 'Textbook Search' facility at <http://bookshop.usq.edu.au> click 'Semester', then enter your 'Course Code' (no spaces).

Guyton, AC & Hall, JE *Textbook of Medical Physiology*, 11th edn, Elsevier, Philadelphia (ISBN: 0721602401).

REFERENCE MATERIALS

Reference materials are materials that, if accessed by students, may improve their knowledge and understanding of the material in the course and enrich their learning experience.

Berne, RM & Levy, MN 2000, *Berne, RM & Levy, MN*, 3rd edn, Mosby, St Louis.

Bray, JJ et al 1999, *Lecture Notes on Human Physiology*, 4th edn, Blackwell Science, Malden.

Guyton, AC & Hall, JE 2000, *Textbook of Medical Physiology*, 10th edn, Saunders, Philadelphia.

STUDENT WORKLOAD REQUIREMENTS

ACTIVITY	HOURS
Examinations	3.00
Laboratory or Practical Classes	18.00
Lectures	26.00
Private Study	105.00

ASSESSMENT DETAILS

Description	Marks out of	Wtg(%)	Due date
REPORT	50.00	15.00	25 Jul 2006 (see note 1)
2000 WORD ESSAY	50.00	15.00	25 Jul 2006 (see note 2)
3 HR RESTRICTED EXAM	125.00	70.00	END S2 (see note 3)

NOTES

1. Lecturer will advise due date of report.
2. Lecturer will advise due date of essay.
3. Examination dates will be available during the semester. Please refer to the examination timetable when published.

IMPORTANT ASSESSMENT INFORMATION

- 1 Attendance requirements:
It is the students' responsibility to attend and participate appropriately in all activities (such as lectures, tutorials, laboratories and practical work) scheduled for them, and to study all material provided to them or required to be accessed by them to maximise their chance of meeting the objectives of the course and to be informed of course-related activities and administration.
- 2 Requirements for students to complete each assessment item satisfactorily:
To satisfactorily complete an assessment item a student must achieve at least 50% of the marks or a grade of at least C-. Students do not have to satisfactorily complete each assessment item to be awarded a passing grade in this course. Refer to Statement 4 below for the requirements to receive a passing grade in this course.
- 3 Penalties for late submission of required work:
If students submit assignments after the due date without prior approval then a penalty of 10% of the total marks available for the assignment will apply for each working day late.
- 4 Requirements for student to be awarded a passing grade in the course:
To be assured of receiving a passing grade a student must achieve at least 50% of the total weighted marks available for the course. Students who have undertaken all of the required assessments in a course but who have failed to meet the minimum requirements for a passing grade within the normally prescribed time may be awarded the temporary grade: IM (Incomplete-Makeup). An IM grade will only be graded when, in the opinion

of the examiner, a student will be able to meet the minimum requirements for a passing grade after a period of non-directed personal study.

- 5 Method used to combine assessment results to attain final grade:
The final grades for students will be assigned on the basis of the aggregate of the weighted marks obtained for each of the summative assessment items in the course.
- 6 Examination information:
Candidates are allowed access only to specific materials during a Restricted Examination. The only materials that candidates may use in the restricted examination for this course are: writing materials (non-electronic and free from material which could give the student an unfair advantage in the examination); calculators which cannot hold textual information (students must indicate on their examination paper the make and model of any calculator(s) they use during the examination); Students whose first language is not English, may, with the Examiner's approval, take an appropriate non-electronic translation dictionary (but not technical dictionary) into the examination. Students who wish to use a translation dictionary MUST request and receive written approval from the Examiner at least one week before the examination date. Translation dictionaries will be subject to perusal and may be removed from the candidate's possession until appropriate disciplinary action is completed if found to contain material that could give the candidate an unfair advantage.
- 7 Examination period when Deferred/Supplementary examinations will be held:
Any Deferred or Supplementary examinations for this course will be held during the next examination period.
- 8 University Regulations:
Students should read USQ Regulations 5.1 Definitions, 5.6. Assessment, and 5.10 Academic Misconduct for further information and to avoid actions which might contravene University Regulations. These regulations can be found at the URL <http://www.usq.edu.au/corporateservices/calendar/part5.htm> or in the current USQ Handbook.

ASSESSMENT NOTES

- 9 In order to attend laboratory classes, students must provide and wear appropriate personal protective equipment. This shall include a laboratory coat, closed in shoes, and safety glasses. Such equipment must be approved by supervising staff. Failure to provide and wear the appropriate safety equipment will result in students being excluded from classes.
- 10 Students who, for medical, family/personal, or employment-related reasons, are unable to complete an assignment or to sit for an examination at the scheduled time may apply to defer an assessment in a course. Such a request must be accompanied by appropriate supporting documentation. One of the following temporary grades may be awarded IDS (Incomplete-Deferred Examination); IDM (Incomplete Deferred Make-up); IDB (Incomplete - Both Deferred Examination and Deferred Make-up).
- 11 The due date for an assignment is the date by which a student must despatch the assignment to the USQ. The onus is on the student to provide proof of the despatch date, if requested by the Examiner. In accordance with University Policy, the Examiner may grant an extension of the due date of an assignment in extenuating circumstances. The Faculty will normally only accept assessments that have been written, typed or printed on paper-based media. The Faculty will NOT accept submission of assignments by facsimile. Students may be required to provide a copy of assignments submitted for assessment purposes. Such copies should be dispatched to the USQ within 24 hours of receipt of a request to do so.