

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION OF ATHLETICS

PE 1000 / PZ 2600 A2, 3
COURSE OUTLINE

79293

I. GENERAL INFORMATION

INSTRUCTOR: RAY KARDAS OFFICE: C418 TEL: 539-2990

CLASSES: FIRST SEMESTER:

PE1000 - M, W, F @ 11:00 - 11:50 AM. D208
PE2600 - M, W, F @ 10:00 - 10:50 AM. D208
ADDITIONAL LABS @ 9:00 - 9:50 AM. TBA

SECOND SEMESTER:

PE1000 - M, W, F @ 11:00 - 11:50 AM. D208
PE2600 - M, W, F @ 12:00 - 12:50 AM. D208
ADDITIONAL LABS @ 8:00 - 8:50 AM. TBA

COURSE
DESCRIPTION:

The University of Alberta has moved PZ 2600 to the first year of the BPE program, and GPRC has followed suit. However, at GPRC the PE 1000 semester course has been modified to extend throughout the full year of the 1st year program in an attempt to maximize the learning of anatomy and physiology. In a sense then, this is a new course and some modification may occur as the year progresses.

Keep in mind that you, the student, are registered in two separate courses and the series of tests (8) will reflect this reality. All 8 tests will have a Part A (anatomy) and a Part B (physiology) in order to facilitate the necessity of recording a grade. It is my hypothesis at this time that a student who receives a certain grade in one course will do equally as well in the other course. We'll see.

All LABS and TESTS are on either a Monday or a Wednesday so that ACAC athletes are unaffected by these two requirements of the course. Please understand that history has shown that this course is unforgiving to those that voluntarily choose to skip the class. Enough said at this point!!

II. COURSE SEQUENCE:

<u>DATE</u>	<u>TITLE</u>	<u>PAGES</u>
September		
2	Introduction to Anatomy and Physiology	
4	Introduction to the Human Body	6 - 27
7	Labour Day	
9	The Chemical Level of Organization	30 - 51
11	The Cellular Level of Organization	54 - 86
14	LAB #1	
16	The Cellular Level of Organization	54 - 86
18	Tissue Levels of Organization and Integument and Integument	92 - 115 120 - 134
21	LAB #2	
23	* <u>TEST #1</u>	
25	Skeletal Tissue	142 - 156
28	Axial Skeleton	160 - 188
30	LAB #3	
October		
2	Appendicular Skeleton/ Articulations	191 - 205 208 - 226
5	Muscle Tissue	230 - 255
7	Muscular System	260 - 325
9	Muscular System	260 - 325
12	THANKSGIVING DAY	
14	* <u>TEST #2</u>	
16	Nervous Tissue	332 - 352
19	The Spinal Cord and Spinal Nerves	356 - 380
21	Brain and Cranial Nerves	385 - 420
23	Brain and Cranial Nerves	385 - 420
26	LAB #4	
28	* <u>TEST #3</u>	
30	Sensory, Motor, and Integrative Systems	425 - 444
November		
2	Autonomic Nervous System	448 - 460
4	The Special Senses	462 - 492
6	The Special Senses	462 - 492
9	LAB #5	
11	REMEMBRANCE DAY	
13	The Endocrine System	496 - 537
16	The Endocrine System	496 - 537
18	The Endocrine System	496 - 537
20	TBA	
23	LAB #6	
25	Cardiovascular System: Blood	546 - 569
30	<u>Mid-Term Lab Exam</u>	

DATE	TITLE	PAGES
December		
2	Cardiovascular System: Blood	546 - 569
4	TBA	
7 *	<u>TEST #4</u>	
January		
4	Cardiovascular System: The Heart	573 - 601
6	Cardiovascular System: The Heart	573 - 601
8	Cardiovascular System: Vessels and Routes	606 - 650
11	Cardiovascular System: Vessels and Routes	606 - 650
13	LAB #7	
15	Lymphatic System and Immunity	655 - 685
18	Lymphatic System and Immunity	655 - 685
20	Lymphatic System and Immunity	655 - 685
22	AIDS	
25 *	<u>TEST #5</u>	
27	The Respiratory System	690 - 727
29	the Respiratory System	690 - 727
February		
1	The Respiratory System	690 - 727
3	The Digestive System	733 - 779
5	The Digestive System	733 - 779
8	The Digestive System	733 - 779
10	LAB #8	
12	Metabolism	785 - 821
15	Metabolism	785 - 821
17	Metabolism	785 - 821
19	TBA	
22-26	WINTER BREAK	
March		
1 *	<u>TEST #5</u>	
3	TBA	
5	The Urinary System	826 - 857
8	LAB #9	
10	The Urinary System	826 - 857
12	The Urinary System	826 - 857
15	Fluid, Electrolyte, and Acid-Base Dynamics	861 - 871
17 *	<u>TEST #6</u>	
19	Reproductive Systems	879 - 923
22	Reproductive System	879 - 923
24	Reproductive System	879 - 923
26	Reproductive System	879 - 923
29	LAB #10	
31 *	<u>TEST #7</u>	

April		
2	Further Exercise Applications	
5	<u>Final Lab Exam</u>	
7	Further Exercise Applications	
9	GOOD FRIDAY	
12	Further Exercise Application	
14	Further Exercise Application	
16 *	<u>TEST #8</u>	

III. COURSE EVALUATION

- Eight Class Tests (see *) for PE 1000

PE 1000 (8 x 8)	64%
Mid Term Lab Exam	15%
Final Lab Exam	15%
Quizzes (2)	<u>6%</u>
	100%
- Eight Class Tests (see *) for PZ 2600

PZ 2600 (8 x 11)	88%
Final Lab Test	<u>12%</u>
	100%
- The Learning Guide must be completed for the course.

IV. COURSE TEXT (PE 1000 and PZ 2600)

Tortora, Gerard J. and Nicholas P. Anagnostakos. Principles of Anatomy and Physiology, 6th Edition. New York, Harper/Collins, 1990.

Prezbindowski, K.S. and Tortora, Gerard J. Learning Guide for Tortora and Anagnostakos: Principles of Anatomy and Physiology, 6th Edition. New York: Harper/Collins, 1990