BIOL3210
Advanced Human Physiology
Session 1, Weekday attendance, North Ryde 2021
Department of Biological Sciences

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Disclaimer
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Notice
As part of Phase 3 of our return to campus plan, most units will now run tutorials, seminars and other small group activities on campus, and most will keep an online version available to those students unable to return or those who choose to continue their studies online.

To check the availability of face-to-face activities for your unit, please go to timetable viewer. To check detailed information on unit assessments visit your unit's iLearn space or consult your unit convenor.
General Information

Unit convenor and teaching staff
Convener
Jane AL Kouba
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Contact via email

Co-convener
Simon Griffith
simon.griffith@mq.edu.au
Contact via email

Credit points
10

Prerequisites
[(BIOL2220 or BIOL247) and ((BIOL2230 or BIOL257) or (MEDI2300 or MEDI204) or (admission to BHumanSc))] and 20cp at 2000 level including BIOL2220 or BIOL247

Corequisites

Co-badged status

Unit description
This unit follows on from BIOL2230 and BIOL2220. We will investigate the interaction of the renal and respiratory systems in the control of body pH. The next topic is the control of blood pressure leading to a discussion of hypertension and exercise. We continue with endocrinology discussing signal transduction and messenger pathways, and the role of hormones in the regulation of blood chemistry. A discussion of neuroendocrine systems and function of thyroid, sex, growth, mineralocorticoid and glucocorticoid hormones leads into a discussion of stress and the stress hormones. The immune system will be introduced to develop an understanding of immunity and health problems associated with autoimmune responses. As obesity is currently a major threat to human health we will consider energy balance and the neurological basis for homeostatic and hedonic control of appetite before investigating other factors involved in weight control including genetics, foetal programming, protein leverage and the gut microbiota. Guest lectures will showcase important aspects of physiology in a clinical and research perspective. Practical classes will make use of laboratory experiments to measure physiological parameters such as blood pressure during exercise, and acid and base levels in the urine. In these classes students will act both as investigators and experimental subjects.
Important Academic Dates
Information about important academic dates including deadlines for withdrawing from units are available at https://students.mq.edu.au/important-dates

Learning Outcomes
On successful completion of this unit, you will be able to:

ULO1: Explain how the cardiovascular, renal, and respiratory systems contribute to homeostasis
ULO2: Identify the components of the neural and endocrine systems that maintain energy balance in the human body
ULO3: Perform measurements of physiological responses safely in human subjects
ULO4: Identify the components, mechanisms and consequences of an immune response
ULO5: Analyse experimental data and interpret physiological significance
ULO6: Synthesise information from the scientific literature for presentation in written and oral formats, individually and in groups
ULO7: Evaluate and synthesize information on contemporary topics in human physiology

General Assessment Information
Academic Honesty – please read, as this is very important

Presenting the work of another person as one’s own is a serious breach of the University’s rules and carries significant penalties. The University’s Academic Honesty Policy can be found at http://www.mq.edu.au/policy/docs/academic_honesty/policy.html

In this unit, we will be checking written work for plagiarism using TURNITIN. Penalties for plagiarism may include a zero mark for the assignment or in more extreme cases, failure of the unit. Plagiarism WILL be noted on your academic record. Full details of penalties can be found at http://www.mq.edu.au/policy/docs/academic_honesty/schedule_penalties.html

Extensions, penalties and disruptions to studies

Late assignments will attract a penalty of 10% of the total marks allocated to the exercise per day. You may hand in your work after the due date and escape penalty only if you have an acceptable reason (usually a medical certificate). Discuss your problem with the Lecturer as early as possible before the due date, however note that all requests for extensions MUST be submitted using the online form: ask.mq.edu.au.

Information about the Disruptions to Studies policy and procedure is online at Policy Central: http
Assessment Tasks

<table>
<thead>
<tr>
<th>Name</th>
<th>Weighting</th>
<th>Hurdle</th>
<th>Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Formal exam</td>
<td>50%</td>
<td>Yes</td>
<td>Exam Period</td>
</tr>
<tr>
<td>Case study quizzes</td>
<td>10%</td>
<td>No</td>
<td>Week following Case Study Presentations (3 or 4 in total)</td>
</tr>
<tr>
<td>Essay</td>
<td>20%</td>
<td>No</td>
<td>30/04/2021</td>
</tr>
<tr>
<td>Quizzes on Laboratory content and outcomes</td>
<td>10%</td>
<td>No</td>
<td>Weekly, a day after Practical Class</td>
</tr>
<tr>
<td>Seminar</td>
<td>10%</td>
<td>No</td>
<td>Week 9 &amp; 10</td>
</tr>
</tbody>
</table>

Formal exam

Assessment Type 1: Examination  
Indicative Time on Task 2: 45 hours  
Due: Exam Period  
Weighting: 50%  
This is a hurdle assessment task (see assessment policy for more information on hurdle assessment tasks)

An invigilated exam will be held during the final exam period. All the lecture and practical material is examinable. A non-programmable scientific calculator will be required in the exam but dictionaries are not allowed.

On successful completion you will be able to:

- Explain how the cardiovascular, renal, and respiratory systems contribute to homeostasis
- Identify the components of the neural and endocrine systems that maintain energy balance in the human body
- Perform measurements of physiological responses safely in human subjects
- Identify the components, mechanisms and consequences of an immune response
• Analyse experimental data and interpret physiological significance
• Synthesise information from the scientific literature for presentation in written and oral formats, individually and in groups
• Evaluate and synthesize information on contemporary topics in human physiology

Case study quizzes
Assessment Type 1: Quiz/Test
Indicative Time on Task 2: 10 hours
Due: Week following Case Study Presentations (3 or 4 in total)
Weighting: 10%

Quizzes will be administered to support learning outcomes around the four guest lectures delivered as part of the lecture material. These quizzes will help you to evaluate and synthesise information on contemporary content in the field. The quizzes will be administered through ilearn and be multiple choice format.

On successful completion you will be able to:
• Synthesise information from the scientific literature for presentation in written and oral formats, individually and in groups
• Evaluate and synthesize information on contemporary topics in human physiology

Essay
Assessment Type 1: Essay
Indicative Time on Task 2: 30 hours
Due: 30/04/2021
Weighting: 20%

You will write an essay on a topic chosen from the list on the iLearn site. The essay must be written in your own words. The main criterion for marking will be the physiological content but writing style will also be considered. The rubric used to mark the essay is on the iLearn site.

On successful completion you will be able to:
• Explain how the cardiovascular, renal, and respiratory systems contribute to homeostasis
• Identify the components of the neural and endocrine systems that maintain energy balance in the human body
Perform measurements of physiological responses safely in human subjects
• Identify the components, mechanisms and consequences of an immune response
• Synthesise information from the scientific literature for presentation in written and oral formats, individually and in groups
• Evaluate and synthesize information on contemporary topics in human physiology

Quizzes on Laboratory content and outcomes
Assessment Type 1: Lab report
Indicative Time on Task 2: 5 hours
Due: Weekly, a day after Practical Class
Weighting: 10%

The laboratory content will be assessed by submission of a quiz either during, or shortly after the practical session. The quizzes will be administered through iLearn and will be partly multiple choice questions, and partly the submission of data or outcomes of data analysis from experiments.

On successful completion you will be able to:
• Explain how the cardiovascular, renal, and respiratory systems contribute to homeostasis
• Identify the components of the neural and endocrine systems that maintain energy balance in the human body
• Identify the components, mechanisms and consequences of an immune response
• Analyse experimental data and interpret physiological significance

Seminar
Assessment Type 1: Presentation
Indicative Time on Task 2: 10 hours
Due: Week 9 & 10
Weighting: 10%

The seminar topics will be the same as your essay topic. You will present your seminar as part of a team of three students. Each seminar is of 15 minutes duration with an extra 5 minutes of question time. There will be time during the practical sessions for you to decide on the distribution of tasks between team members. All three students must present part of the seminar and answer questions from the audience. The main criterion for marking will be the quality of presentation although the physiological content will also be considered and the rubric used to mark the seminar is included on the ilearn site.
On successful completion you will be able to:

- Analyse experimental data and interpret physiological significance
- Evaluate and synthesize information on contemporary topics in human physiology

1 If you need help with your assignment, please contact:

- the academic teaching staff in your unit for guidance in understanding or completing this type of assessment
- the Learning Skills Unit for academic skills support.

2 Indicative time-on-task is an estimate of the time required for completion of the assessment task and is subject to individual variation

**Delivery and Resources**

The Lectures will be delivered online only this year, and the lecture notes, and recordings will all be available through iLearn.

The Practical Classes will be held on campus. There is NO online delivery for the practical material, so you must attend these classes.

**Unit Schedule**

There are two lectures to be held each week. The times are Monday 10am and Tuesday 1pm. Lectures will be delivered online.

Practical Classes are held on either Monday afternoon, or Tuesday morning or afternoon. You must attend the Practical Class that you have enrolled in.

The Practical Classes will be held across Rooms 102, 105, or 110 in 4 Wallys Walk.

**Lecture Course Content (the order of the lectures will vary a little and be given in iLearn)**

<table>
<thead>
<tr>
<th>Lecture title</th>
<th>Module</th>
<th>Module name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Blood pressure</td>
<td>1</td>
<td>CVS &amp; Renal</td>
</tr>
<tr>
<td>2. Muscle metabolism</td>
<td>1</td>
<td>CVS &amp; Renal</td>
</tr>
<tr>
<td>3. CVS under stress</td>
<td>1</td>
<td>CVS &amp; Renal</td>
</tr>
<tr>
<td>4. pH regulation</td>
<td>1</td>
<td>CVS &amp; Renal</td>
</tr>
<tr>
<td>5. pH disturbances</td>
<td>1</td>
<td>CVS &amp; Renal</td>
</tr>
</tbody>
</table>
### Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central](https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central). Students should be aware of the following policies in particular with regard to Learning and Teaching:

- Academic Appeals Policy
- Academic Integrity Policy
- Academic Progression Policy
- Assessment Policy

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<table>
<thead>
<tr>
<th>Unit</th>
<th></th>
<th>Credits</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>1. Cell messengers</td>
<td>2</td>
<td>Endocrinology</td>
</tr>
<tr>
<td>7</td>
<td>2. Neuroendocrinology</td>
<td>2</td>
<td>Endocrinology</td>
</tr>
<tr>
<td>8</td>
<td>3. Glucose regulation</td>
<td>2</td>
<td>Endocrinology</td>
</tr>
<tr>
<td>9</td>
<td>1. Energy balance</td>
<td>3</td>
<td>Energy balance</td>
</tr>
<tr>
<td>10</td>
<td>2. Control of appetite</td>
<td>3</td>
<td>Energy balance</td>
</tr>
<tr>
<td>11</td>
<td>3. Reward systems</td>
<td>3</td>
<td>Energy balance</td>
</tr>
<tr>
<td>12</td>
<td>6. Protein</td>
<td>3</td>
<td>Energy balance</td>
</tr>
<tr>
<td>13</td>
<td>1. Microbiome I</td>
<td>4</td>
<td>Microbiome</td>
</tr>
<tr>
<td>14</td>
<td>2. Microbiome II</td>
<td>4</td>
<td>Microbiome</td>
</tr>
<tr>
<td>15</td>
<td>3. Microbiome III</td>
<td>4</td>
<td>Microbiome</td>
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<tr>
<td>16</td>
<td>Sexes differences</td>
<td>5</td>
<td>Sex and reproduction</td>
</tr>
<tr>
<td>17</td>
<td>Guest Lecture CS 3 - Reproduction</td>
<td>5</td>
<td>Sex and reproduction</td>
</tr>
<tr>
<td>18</td>
<td>Immune I</td>
<td>6</td>
<td>Immunology</td>
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<tr>
<td>19</td>
<td>Immune II</td>
<td>6</td>
<td>Immunology</td>
</tr>
<tr>
<td>20</td>
<td>Immune III</td>
<td>6</td>
<td>Immunology</td>
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<tr>
<td>21</td>
<td>Guest lecture CS 1 – Blood Pressure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>Guest lecture CS 2 – Heatwaves</td>
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</tbody>
</table>
Students seeking more policy resources can visit the Student Policy Gateway (https://students.mq.edu.au/support/study/student-policy-gateway). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

If you would like to see all the policies relevant to Learning and Teaching visit Policy Central (https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central).

Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: https://students.mq.edu.au/admin/other-resources/student-conduct

Results

Results published on platform other than eStudent, (eg. iLearn, Coursera etc.) or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in eStudent. For more information visit ask.mq.edu.au or if you are a Global MBA student contact globalmba.support@mq.edu.au

Student Support

Macquarie University provides a range of support services for students. For details, visit http://students.mq.edu.au/support/

Learning Skills

Learning Skills (mq.edu.au/learningskills) provides academic writing resources and study strategies to help you improve your marks and take control of your study.

• Getting help with your assignment
• Workshops
• StudyWise
• Academic Integrity Module

The Library provides online and face to face support to help you find and use relevant information resources.

• Subject and Research Guides
• Ask a Librarian
Student Enquiry Service

For all student enquiries, visit Student Connect at ask.mq.edu.au

If you are a Global MBA student contact globalmba.support@mq.edu.au

Equity Support

Students with a disability are encouraged to contact the Disability Service who can provide appropriate help with any issues that arise during their studies.

IT Help

For help with University computer systems and technology, visit http://www.mq.edu.au/about_us/offices_and_units/information_technology/help/.

When using the University’s IT, you must adhere to the Acceptable Use of IT Resources Policy. The policy applies to all who connect to the MQ network including students.

Changes from Previous Offering

We have slightly modified the content of the course to incorporate new material on the immune system, and sexual reproduction.

We have altered the assessment of practicals so that assessment better captures engagement across the multiple classes.

We have introduced some Case Studies that will focus on contemporary research and clinical issues, for example, heatwaves, and blood pressure and emerging technology. These case studies will be delivered through guest lectures and be assessed in the final exam and also through ongoing assessments administered through iLearn.

Changes since First Published

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>07/02/2021</td>
<td>I have just changed the date of the seminars to Week 9 and 10, instead of Week 8 and 9.</td>
</tr>
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