

# Course Regulations

## 6-YEAR MD PROGRAM

### Summer Semester and Fall Semester 2019-20

#### Course Organization

1. The course of Human Physiology takes place according to the schedule and comprises: lectures, seminars, practical classes, problem-based-learning (PBL), e-learning sessions, review tests, retake tests, and final examination test.
2. The course takes place in
  - Collegium Anatomicum: Department of Physiology and Room 16 – seminars, practical classes, review tests, PBL
  - lecture rooms of PUMS – lectures
  - OLAT-” Center for Innovative Education Techniques”, 2 Parkowa Street – selected review tests, retake tests, final examinations.
3. The detailed schedule, the list of students, seminar and practical classes groups, attendance and the results of review and retake tests (points) are available on the Department of Physiology web page: [www.kzf.amp.edu.pl](http://www.kzf.amp.edu.pl)
4. The students are asked to follow the Department of Physiology web page: [www.kzf.amp.edu.pl](http://www.kzf.amp.edu.pl).
5. For an additional clarification or any other problems the students are requested to contact
6. **The course coordinator assoc. prof. Edyta Mądry MD, PhD** personally, by facebook (6yMD-2019-20-PHYSIOLOGY ) or email: [edytamadry@gmail.com](mailto:edytamadry@gmail.com).  
In case of email contact, the student is asked to wait up to 3 days for the answer.
7. If necessary, students may contact their teachers by personally or e-mails (appropriate addresses are available on the Department of Physiology web page: [www.kzf.amp.edu.pl](http://www.kzf.amp.edu.pl)).
8. **The course coordinator assoc. prof. Edyta Mądry has right to make a decision in difficult situations, which may appear during the Course.**

#### Course Curriculum

The course comprises of:

Summer Semester		
9 Lectures:	7 Seminars:	3 Practical Classes:
<ol style="list-style-type: none"> <li>1. Introduction to Physiology Course</li> <li>2. Nutrition 1</li> <li>3. Nutrition 2</li> <li>4. Lymphocytes</li> <li>5. Pain</li> <li>6. Neurophysiological Basis of Behavior</li> <li>7. Circulatory System 1</li> <li>8. Circulatory System 2</li> <li>9. Acid-Base Homeostasis 1</li> </ol>	<ol style="list-style-type: none"> <li>1. Nervous System</li> <li>2. Gastrointestinal System</li> <li>3. Blood Cells and Coagulation</li> <li>4. Serology and Basis of Immunity</li> <li>5. Circulatory System</li> <li>6. Hypothalamus – Pituitary – Adrenals</li> <li>7. Thyroid Gland and Regulation of Calcium Level</li> </ol>	<ol style="list-style-type: none"> <li>1. Circulatory System</li> <li>2. Serology</li> <li>3. Neurologic Examination</li> </ol>

## Fall Semester

9 Lectures:	7 Seminars:	3 Practical Classes:	PBL: – 1 Cycle
<ol style="list-style-type: none"> <li>1. Acid-Base Balance</li> <li>2. Aging</li> <li>3. Water-Ion Balance</li> <li>4. Thermoregulation</li> <li>5. Regulation of food Intake</li> <li>6. Sleep</li> <li>7. Respiratory System</li> <li>8. Will be announced later</li> <li>9. Will be announced later</li> </ol>	<ol style="list-style-type: none"> <li>8. Autonomic Nervous System</li> <li>9. Muscles</li> <li>10. Senses</li> <li>11. Respiratory System</li> <li>12. Urinary System</li> <li>13. Sex hormones and Reproduction</li> <li>14. Pancreatic Hormones</li> </ol>	<ol style="list-style-type: none"> <li>1. Senses</li> <li>2. Respiratory System /Spirometry</li> <li>3. Exercise</li> </ol>	<ol style="list-style-type: none"> <li>1<sup>st</sup> meeting</li> <li>2<sup>nd</sup> meeting</li> <li>3<sup>rd</sup> meeting</li> </ol>

### Teaching Session

1. **All seminars and practical classes are grouped into modules.**
2. Student has to be present during the whole time of seminars and practical classes. Leaving the class without permission and/or presence at only half of it is considered as an absence.
3. Student has to sign attendance sheet provided by teachers during seminars and practical classes. Attendance records will be posted on the Department of Physiology web page: [www.kzf.amp.edu.pl](http://www.kzf.amp.edu.pl) and any queries will be considered up to 2 weeks after a single seminar or practical class.
4. Students who cannot join seminars/labs with their student groups will be allowed to change the group if, and only if, the teacher permits them in advance. For that reason they must speak with the teacher before appropriate session.
5. Copying, filming, recording of seminar/practical classes material presented by teacher is permitted only with the teacher's agreement. The basic presentations of seminar and practical classes are available on the Department of Physiology web page: [www.kzf.amp.edu.pl](http://www.kzf.amp.edu.pl)
6. Students disturbing their teachers and colleagues may be excluded from the seminar/practical classes, which is considered as an absence.
7. Students are expected to be adequately prepared before attending a class. During seminars and practical classes teachers are allowed to check the level of knowledge of each student.
8. Students have to wear white coats for *Serology* practical class.
9. Students are expected to wear a tracksuit for *Exercise* practical class.
10. Eating is not permitted during lectures, seminars, practical classes, PBL, review and retake test.

### Class / Course attendance:

Attendance in seminars, practical classes and PBL meetings is mandatory. During **the whole course of physiology** (both summer and fall semesters) **four absences are allowed** without any consequences. Fifth and each next absence (excused or not) will be calculated as negative points – **minus 5 points** for each absence.

**The limit of total allowed absences is 8, more than 8 means exclusion from the Physiology Course.**

### Course Schedule

Detailed Course Schedule is available on the Department of Physiology web page: [www.kzf.ump.edu.pl](http://www.kzf.ump.edu.pl) and on notice board in the Department of Physiology (Collegium Anatomicum).

## Assessment of Teaching Results

**Each seminar is followed by a review test** comprising the knowledge and skills from the adequate seminar.

**All practical classes in one semester are followed by a review test.** The review test after practical's is composed of three short test.

Each short test comprises the knowledge and skills from the adequate practical.

## REVIEW TESTS

- Each short review test after a seminar is to assess the knowledge and skills referring to a single seminar.**  
Each short review test after a seminar is composed of
  - 10 multiple choice questions or matching type questions – (Nervous System, Gastrointestinal System, Blood Cells and Coagulation, Serology and Basis of Immunity, Circulatory System, Hypothalamus – Pituitary – Adrenals, Thyroid Gland and Regulation of Calcium Level, Autonomic Nervous System, Muscles, Organs of Senses, Respiratory System, Urinary System, Sex hormones and Reproduction,
  - 5 multiple choice questions or matching type questions - Pancreatic Hormones
- Review test after practical's is composed of three short tests.**  
Each short test comprises the knowledge and skills from the adequate practical and includes
  - 5 multiple-choice questions (or matching type questions).
- In the tests, one good answer means 1 point.**
- The student may get from 0 to 10 points (seminar short test) and from 0 to 5 points (Pancreatic Hormones seminar test and practical class test).
- The number of points from the review tests will be posted on the Department of Physiology web page: [www.kzf.ump.edu.pl](http://www.kzf.ump.edu.pl) and any queries will be considered up to 2 weeks after a single test.
- There is no lower limit to be reached during a single short test.**
- If the results are not satisfactory for students, review tests can be repeated (retaken). However, the second note (number of points) is final and definitive.
- Retakes are performed at the end of the course, according to the schedule.
- There is no possibility to organize additional terms of review and retake tests for an individual student/group of students.
- Each short test is prepared by the individual teacher involved in the teaching process of a given seminar or practical class, who is responsible for assessment of their own teaching results.** Because the seminar and practical classes do not cover all the required material, students who depend on course notes alone will be handicapped. Studying the reading material from textbooks and monographs is essential to success. Medical news from internet may be also very helpful.
- Please note that review and retake tests start at the beginning of the class, which means that students have to be on time. Coming late will result in exclusion from the review test and zero points.

## CREDIT

- During the whole Course of Physiology, **the student collects the points to receive a credit.**
- The **TOTAL POSSIBLE** number of points for all of the review tests and PBL is **175 POINTS.**

3. **MINIMUM 88 points** is necessary to complete the course (to get a credit) and to take the final exam.
4. Students whose final comprehensive score is between **47-87 points** will have to pass an **Integrative test**. Failing the Integrative test means no possibility to complete Physiology Course which results in repeating the course in the following academic year.
5. Obtaining **46 or less** means that the student has to repeat Physiology Course in the following academic year.

#### FINAL EXAM (FALL SEMESTER 2016/17)

1. To pass the final school exam student must score **60 points from final examination test** or the cut point will be calculated according to the notes obtained by all students.
2. Student who fails the course final examination **can repeat the examination only twice**. Negative results in all these examinations mean no possibility to complete Physiology Course, which results in repeating the course in the following academic year.
3. **Positive results of the final examination are definitive and unchanging**. There will be no retakes of positive notes.
4. Retakes will be organized by teachers from Department of Physiology.
5. **Any queries concerning questions of the final examination test may be reported only during passing the test.**
6. **Completed examinations will not be returned to and discussed with the students.**
7. Student who questions the fairness of an examination has the right to appeal to the Dean, within three days following the announcement of the results, for a review by an appeals commission. In his/her application the student is obliged to give a detailed description of the irregularities perceived during the examination. For more detailed information see School Regulations.
8. The student who has failed to comply with the requirements for completing a course has the right to appeal to the head of the relevant teaching unit within 7 workdays. The head of the teaching unit may request that a commission verify the student's knowledge. The result of a commission examination is final.

#### The overall course grade formula

1. The final grade depends on the result from **passed** final examination (**60 and more points**) and the result from number of points obtained during whole Course.
2. The number of points from passed final examination will be summed with points calculated as 10% from points awarded above necessary minimum (**minimum = 86 points**), which are called bonus points. For example:  
*Student who received 83 points from final examination and 159 points from all review tests and PBL, gets:*  
 $83 + 10\% \text{ from } 158 - 88$   
 $83 + (0.1 \times 71) = 83 + 7.1 \text{ (as a bonus points)} = 90.1 \text{ points,}$   
*which after rounding gives 90 points and better than good (4.5) as a final note (see bellow- Calculating Final Grade)*  
 Rounding to the nearest whole number is based on common mathematical methods. If the tenths place digit is greater than or equal to 5, the number is rounded up.  
 Bonus points are not counted when student retakes final examination.

#### CALCULATING FINAL GRADE:

##### Points from final examination + bonus points

- 0-59 points from final exam = unsatisfactory note (2.0) and **no bonus points**
- 60 - 67 points = 3.0 (satisfactory)
- 68 - 75 points = 3.5 (fairly good)
- 76 - 83 points = 4.0 (good)

84 - 91 points = 4.5 (better than good)  
92 points and more = 5.0 (very good)

### **Exam and review test policy:**

1. The final examination and review tests will be organized in the electronic version using OLAT platform (Online Learning and Training), or in the paper version.
2. For the final exam students are expected to bring indexes or any other identity card with photo.
3. During review tests students will be required to sign their signature on the attendance sheet.
4. Students will be allowed to make up missed first term of the review test during scheduled retakes, however they will lose the second term (retake).
5. Eating is not permitted during the exam and review test. Student must remove everything from the desk except pencils and erasers.
6. No one is permitted to use written notes, or to record in any way the contents of an exam. Calculators; watches; recording, filming, or communication devices; cellular telephones; and the mechanical or electronic devices are not permitted. Hats with brims or bills such as baseball caps may not be worn during the examination and review test.
7. Taking notes, copying or taking the test book out is not permitted.
8. No one is permitted to leave the classroom before completing the review test, if the test is in the paper version.
9. Students disturbing their colleagues and trying to communicate with other students will get MINUS FIVE points if they are given a second warning. Third warning means exclusion from the exam/review test and unsatisfactory note/zero points.
10. Students trying answer the questions after the end of the exam/review test will get MINUS FIVE points.
11. During final examination teachers can't help the students with the test questions (no explanations of abbreviations, graphs, English words, no comment according to any questions).
12. If any queries concerning the form of questions will come about - student has the right to describe the problem on the paper given by the proctor during final examination.
13. Detailed exam policy will be provided by proctor just before final examination.

### **Problem-Based-Learning (fall semester):**

PBL is based on the theory that views learning as a process in which the learner actively constructs knowledge. Students solve problems that **serve as a stimulus to learning** in small groups guided by a tutor whose role is to facilitate the learning process.

The PBL process consists of three major stages: first meeting, self-directed learning (second meeting), and third meeting.

#### **First Meeting: Problem Identification → Fact & Idea Generation → Learning Issues**

1. Students are presented with the problem triggering learning. They analyze the problem from their point of view and try to make sense of the problem by engaging their prior knowledge.
2. Reasoning and problem solving activities are performed under the guidance of a facilitator (moderator). Students clarify and identify the problem, suggest ideas and determine what they need to know to manage the problem.
3. Students formulate an action plan to find, evaluate, synthesize, and apply information needed to solve the problem. Students then break off for their independent self-directed learning activities.

#### **Second Meeting (Self-Directed Learning):** Students present their findings in a moderated discussion.

Students share and review their information and maybe revise their prior assumptions. The new knowledge acquired may be sufficient to solve the problem; otherwise (especially for more complex problems) the students need to reflect on and refine their learning strategies and engage in more self-directed learning.

#### **Third Meeting: Synthesis & Application. Final Solution**

Students are supposed to present the summary of clinical case and the results of their discussion in the way of the oral presentation. Teacher will evaluate the quality and the way of presentation. Each student will receive a short oral feedback of his/her speech.

**Attendance in PBL meetings is mandatory.**

Each group will have one PBL cycle consisting of three sessions. **Each student may get from 0-5 points for the whole PBL course (three meetings).** Teamwork skills, engagement in effective problem solving, self-directed learning, and use of various databases will be evaluated. Teamwork skills, engagement in effective problem solving, self-directed learning, and use of various databases will be evaluated. During the last meeting students are supposed to present the summary of clinical case and the results of their findings in way of oral presentation. Evaluated by teacher will be the quality and the way of presentation. of the clinical case discussed during PBL meetings. Each student will receive a short oral feedback of his speech.

**Student Evaluations**

The Physiology Department reviews each section of the course so we can make meaningful improvements in the total course for the benefit of future students. It is very important that all of you respond to our request for an evaluation by completing the form. The questionnaire will be provided at the end of the course.

**Exemption from Physiology Course:**

With faculty approval and after presenting official university transcripts, students, who were graduated from other University and completed Physiology Course, may exempt out of Physiology by passing written exemption test at the beginning of the course. However, taking the final examination is obligatory for them and the note from this exam or its' retake is final and definitive