

**Biological Bases of Physical Exercise**  
**Physiotherapy 2<sup>nd</sup> Year**  
**– GUIDLINES AND POLICIES**

**Course Organization**

1. The course *Biological Bases of Physical Exercise* takes place according to the schedule and comprises: seminars and general knowledge test to get a credit (pass with grade).  
The course takes place in the Department of Physiology (Collegium Anatomicum) – room 4.
2. The detailed schedule and the list of students are available on the Department of Physiology web page: [www.kzf.amp.edu.pl](http://www.kzf.amp.edu.pl)
3. The students are asked to follow the Department of Physiology web page: [www.kzf.amp.edu.pl](http://www.kzf.amp.edu.pl).
4. For an additional clarification or any other problems the students are requested to contact **the department assistant, Mrs Joanna Bogdanska**; personally, by telephone (0618546523) or email: [joanna.r.bogdanska@gmail.com](mailto:joanna.r.bogdanska@gmail.com). – duty hours on the Department web page
5. In case of email contact, the student is asked to wait up to **3 days** for the answer.
6. If necessary, students may contact their teachers by telephone or e-mail (appropriate numbers and addresses are available on the Department of Physiology web page: [www.kzf.amp.edu.pl](http://www.kzf.amp.edu.pl)).
7. Course Coordinator (*Dorota Marczuk-Krynicka, MD, PhD*) or the Head of the Department (*Prof. Hanna Krauss, MD, PhD*) has right to make a decision in difficult situations, which may appear during the Course.

**Course Curriculum**

The course comprises 7 meetings according to the schedule:

Day	Time	Subject	Room	Group	Teacher
Mon Jan26, 2015	10:15am- 12:30am	Classification of physical effort Body metabolism during physical effort	4	1	Magdalena Gibas- Dorna
Wed Jan 28, 2015	10:15am- 12:30am	The body's response and adaptation to exercise Part I - CV system, acid-base balance.	4	1	Dorota Nowak
Mon Feb 2, 2015	10:15am- 12:30am	The body's response and adaptation to exercise Part II - endocrine, nervous, respiratory, digestive systems.	4	1	Magdalena Gibas- Dorna
Tue Feb 3, 2015	8:00am- 10.15am	The body's response and adaptation to exercise Part III - blood, water-electrolyte equilibrium, thermoregulation. Role of water in physical effort	4	1	Magdalena Gibas- Dorna
Wed Feb 4, 2015	10:15am- 12:30am	Physical efficiency	4	1	Magdalena Gibas- Dorna
Mon Feb 9, 2015	10:15am- 12:30am	Training for health	4	1	Magdalena Gibas- Dorna
Tue Feb 10, 2015	9:00am- 10:30am	Credit	4	1	Magdalena Gibas- Dorna

## **Teaching Sessions**

1. Student has to be present during the whole time of seminars. Leaving the class without permission and/or presence at only half of it, is considered as an absence.
2. Student has to sign attendance sheet provided by teachers during seminars. Attendance records 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 seminar.
3. Students disturbing their teachers and colleagues may be excluded from the seminar/practical classes which is considered as an absence.
4. Students are expected to be adequately prepared before attending a class. During seminars teachers are allowed to check the level of knowledge of each student.
5. Eating is not permitted during classes.

## **Class/Course attendance:**

Attendance in seminars is mandatory. **One absence is allowed without any consequences.** The limit of total allowed absences is 2. In the case of 2 absences the student is obliged to pass the issue of one missed seminar before the general knowledge test (credit).  
3 or more than 3 absences means exclusion from the Physiology Course and the necessity of repetition of the course during the next academic year

## **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).

## **Exemption from Physiology Course:**

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

## **CREDIT**

Passing requirements include: attendance, activity, and general knowledge test.

1. To pass the general knowledge test the student must score 60% or more than 60%.
2. Student who fails the general knowledge test **can repeat it only twice.** Negative results in all these tests mean no possibility to complete Physiology Course.
3. **Positive results of the general knowledge tests are definitive and unchanging.** There will be no retakes of positive notes.
4. **Any queries concerning questions of the general knowledge test may be reported only during passing the test.**
5. **Completed test will not be returned to and discussed with the students.**
6. Student who questions the fairness of an test 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 test. For more detailed information see School Regulations.

7. 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.

### **CALCULATING FINAL GRADE:**

Points from general knowledge test

0-59%	= unsatisfactory note (2.0)
61 – 68%	= 3.0 (satisfactory)
69 – 76%	= 3.5 (fairly good)
77 – 84%	= 4.0 (good)
85 – 92%	= 4.5 (better than good)
93% and more	= 5.0 (very good)

### **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.

### **Recommended Books:**

1. Pocket Companion to Guyton and Hall Textbook of Medical Physiology, 12e (Guyton Physiology)
2. Physiology - With STUDENT CONSULT Online Access 3rd Edition; Linda Costanzo
3. Berne & Levy Principles of Physiology With STUDENT CONSULT Online Access 4th Edition Matthew Levy, Bruce Koeppen, Bruce Stanton
4. John E. Hall, GUYTON AND HALL TEXTBOOK OF MEDICAL PHYSIOLOGY, (11 Edition) W.B. Saunders Company, 2006.
5. William F. Ganong, REVIEW OF MEDICAL PHYSIOLOGY (22<sup>nd</sup> Edition), McGraw-Hill, 2005.