

Course title:	Human physiology				Code:
Field of study:	Tourism and recreation				Year/Semester: 2
Specialization:	all				Modes: F/E
Number of hours / semester 30					ECTS credits: 6
Lectures: 15	Classes: 15	Laboratories:	Projects:	Seminars:	

Name of lecturer: dr Elżbieta M. Heydrych

e-mail: eheydrych@wp.pl

Department: Tourism Department

e-mail: wshig@wshig.poznan.pl

Course position in the study programme:

- basic course

Objectives:

- to acquaint students with basic information on general physiology: homeostasis, metabolism, energy.
- to explain principles of functioning and organization hierarchy of the organism
- to present functions of individual systems underlining regulation influence of nervous and hormonal systems on their activity.
- to describe energy sources and energetic metabolism and their connections with physical effort, fatigue and relaxation.
- to explain the essence of adaptive possibilities of the organism to changeable conditions of the environment

Learning outcomes:

Programme:

- the role of the central system in the regulation of activities of individual organs of the organism
- the structure and function of the muscles
- blood, its composition, properties and role

- the activity of the circulatory system
- the structure and activity of the respiratory system
- the classification of physical efforts
- energetic processes and physiological changes during physical efforts
- the reaction of various aged people to physical effort
- fatigue – kinds, localization and symptoms.
- relaxation, ways of its activation
- adjustment of the organism to changeable environment conditions

Prerequisites:

- basic knowledge in chemistry and biology (including metabolic changes)

Assessment methods: class protocols and research, written quizzes, a final examination (written or oral)

Recommended reading:

Compulsory:

1. Traczyk W.Z., Fizjologia człowieka w zarysie, PZWL, Warszawa 2003.
2. Traczyk W.Z. Trzebski A. (red)., Fizjologia człowieka z elementami fizjologii stosowanej i klinicznej, PZWL, Warszawa 2004.
3. Jaskólski A. (red), Podstawy fizjologii wysiłku fizycznego z zarysem fizjologii człowieka. Wydawnictwo, AWF we Wrocławiu, Wrocław 2002.
4. Rosołowska – Huszcz D. Gromadzka – Ostrowska E. Przewodnik do ćwiczeń z fizjologii Człowieka, Wydawnictwo SGGW, Warszawa 2000.

Supplementary:

1. Despopoulos A. Silbernagel S., Color Atlas of Physiology, Thieme Stuttgart-New York 2002
2. Mc Ardle W.D. Katch F.J. Kath V.L., Exercise Physiology, Energy, Nutrition and Human Performance, Lippincott Williams & Wilkins 2001.
3. Hansen J.T. Koeppen B.M. S. Konturka (red), Atlas fizjologii człowieka Nettera, Wydawnictwo Medyczne Urban & Partner, Wrocław 2005.