



## Information about the subject

**Degree:** Bachelor of Sciences of Physical Activity and Sport

**Faculty:** Faculty of Physical Activity and Sport Sciences

**Code:** 281005 **Name:** Human Physiology

**Credits:** 6,00 **ECTS Year:** 1 **Semester:** 2

**Module:** 1) Common Basic Training Module.

**Subject Matter:** Human Physiology **Type:** Basic Formation

**Field of knowledge:** Basic Sciences

**Department:** -

**Type of learning:** Classroom-based learning

**Languages in which it is taught:**

**Lecturer/-s:**



## Module organization

### 1) Common Basic Training Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Psychology	12,00	Basic Psychology	6,00	1/1
		Sports Psychology	6,00	2/1
Human Anatomy	6,00	Human Anatomy	6,00	1/1
Biochemistry	6,00	Biochemistry	6,00	1/1
Human Physiology	6,00	Human Physiology	6,00	1/2
Statistics	6,00	Statistics	6,00	1/2
Sociology	6,00	Sociology. Sports Sociology	6,00	2/2
History of physical activity	6,00	History of Physical Activity	6,00	2/2

## Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 Understanding and assimilation of the concepts including in the content of the subject.
- R2 To be able to solve problems related to the contents using different resources.
- R3 Capacity to work in a physiology laboratory, being correctly performed the basic operations and observing the corresponding norms of security. As well as a correct understanding of the planning, development and purpose of the experience.



## Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

GENERAL		Weighting			
		1	2	3	4
CG1	Understanding scientific literature in English and other important languages widely used in the scientific field achieving a good management of information			X	
CG3	Develop skills to solve problems through decision-making		X		
CG4	Transmit any information regarding the contents of body expression both in writing and orally				X
CG5	Plan and organize any activity efficiently	X			
CG6	Develop interpersonal skills and teamwork, both international and domestic contexts and in interdisciplinary teams and non-interdisciplinary		X		
CG7	Be capable of critical reasoning using the knowledge gained				X
CG8	Being able to recognise multicultural and diverse environment	X			
CG9	Knowing and complying with the professional ethics necessary to work				X
CG10	Develop skills to adapt to new situations and autonomous learning			X	
CG11	Develop skills for creativity, initiative and entrepreneurship			X	
CG12	Developing leadership abilities		X		
CG13	Being able to apply theoretical knowledge in practice			X	
CG14	Use Internet well as communication and as a source of information				X
CG18	Being able to assess themselves			X	



SPECIFIC	Weighting			
	1	2	3	4
CE1 Knowing and understanding the contents within the scope of Physical Activity and Sports Science				X
CE2 Acquiring the basic scientific knowledge to different areas of Physical Activity and Sports and understanding literature in the field of physical Activity sports in English and in the other important languages widely used in the scientific field achieving a good management of information			X	
CE3 Knowing and understanding the physiological and biomechanical factors determining physical activity and sports				X
CE8 Knowing and understanding the structure and function of different forms human motor function				X



## Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1	75,00%	Written/oral and/or practical tests.
R1, R2	10,00%	Completion of a project.
R1	5,00%	Active participation.
R2, R3	0,00%	Attendance at interviews, seminars and practical activities.
R1, R2	10,00%	Autonomous work.

### Observations

#### DEVELOPMENT OF THE SUBJECT IN FIRST ENROLLMENT:

In the exam, a minimum qualification of 5 is required to make the average with the rest of assessment tools.

## Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- M1 Exhibition of contents by the teacher.
- M3 Resolution of problems and cases.
- M4 Laboratory practices.
- M5 Discussion in small groups.



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- M6 Practical lesson.
- M7 Internship assistance.



## IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
PRACTICAL /SEMINAR CLASS: Dynamics and group activities. Resolution of problems and cases. Laboratory practices. Data search in a computer room, library... Meaningful construction of knowledge through the interaction and activity of the student M3, M5, M6	R2, R3	16,00	0,64
TUTORY: Learning supervision, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of schemes and indexes of the proposed works. M5	R1, R2	2,00	0,08
EVALUATION: Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final project. M3	R1, R2, R3	2,00	0,08
THEORETICAL CLASS: Presentation of content by the teacher. Competency analysis. Demonstration of skills, abilities and knowledge in the classroom. M1, M5	R1, R2	40,00	1,60
<b>TOTAL</b>		<b>60,00</b>	<b>2,40</b>



## LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, works, memories, to exhibit or deliver in classes and / or in tutoring. M3	R3	10,00	0,40
AUTONOMOUS WORK: Study, Individual preparation of exercises, works, memories, to exhibit or deliver in classes and / or in tutoring. Platform activities or other virtual spaces. M3	R1, R2, R3	80,00	3,20
<b>TOTAL</b>		<b>90,00</b>	<b>3,60</b>



## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

Content block	Contents
DIDACTIC UNIT I: GENERAL PHYSIOLOGY	Subject 1-The cell
DIDACTIC UNIT II: PHYSIOLOGY OF the APPARATUSES AND SYSTEMS	Subject 2- The blood Subject 3- Cardiovascular and circulatory system Subject 4- Respiratory apparatus Subject 5- Digestive apparatus Subject 6- Renal system Subject 7- Nervous system Subject 8- Endocrine Subject 9- reproductive apparatus Subject 10- Physiology of the senses
DIDACTIC UNIT III: SEMINARS	Seminar 1. Muscular system.
DIDACTIC UNIT IV: PRACTICAL PROGRAM	Practice 1- Exploration practice of sensitivity Practice 2.- Hard rate and blood pressure recording



## Temporary organization of learning:

Block of content	Number of sessions	Hours
DIDACTIC UNIT I: GENERAL PHYSIOLOGY	2,00	4,00
DIDACTIC UNIT II: PHYSIOLOGY OF the APPARATUSES AND SYSTEMS	25,00	50,00
DIDACTIC UNIT III: SEMINARS	2,00	4,00
DIDACTIC UNIT IV: PRACTICAL PROGRAM	1,00	2,00

## References

### BASIC BIBLIOGRAPHY:

Berne y Levi. (2009). Fisiología. 6ª Edición. Elsevier.

Constanzo, L.S. (2014). Fisiología. 5ª Edición. Elsevier.

Guyton y Hall. (2016) Tratado de fisiología médica. 13ª Edición. Elsevier.

Ira Fox, S. (2015) Fisiología humana. 13ª Edición. Ed. Mc Graw Hill

Thibodeau, G. & Patton, K. (2013). Anatomía y Fisiología. 8ª Edición. Elsevier.

Tortora, G. & Derrickson, B. (2013). Principio de anatomía y Fisiología. 13ª Edición. Editorial médica Panamericana.

### COMPLEMENTARY BIBLIOGRAPHY:

Despopoulos, A.Y. & Silbernagl, S. (2001). Atlas de bolsillo de Fisiología. Harcourt.



## Addendum to the Course Guide of the Subject

Due to the exceptional situation caused by the health crisis of the COVID-19 and taking into account the security measures related to the development of the educational activity in the Higher Education Institution teaching area, the following changes have been made in the guide of the subject to ensure that Students achieve their learning outcomes of the Subject.

**Situation 1: Teaching without limited capacity** (when the number of enrolled students is lower than the allowed capacity in classroom, according to the security measures taken).

In this case, no changes are made in the guide of the subject.

**Situation 2: Teaching with limited capacity** (when the number of enrolled students is higher than the allowed capacity in classroom, according to the security measures taken).

In this case, the following changes are made:

### 1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject will be made through a simultaneous teaching method combining onsite teaching in the classroom and synchronous online teaching. Students will be able to attend classes onsite or to attend them online through the telematic tools provided by the university (videoconferences). In any case, students who attend classes onsite and who attend them by videoconference will rotate periodically.

In the particular case of this subject, these videoconferences will be made through:

☒ Microsoft Teams

☐ Kaltura



## **Situation 3: Confinement due to a new State of Alarm.**

In this case, the following changes are made:

### **1. Educational Activities of Onsite Work:**

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject, as well as the group and personalized tutoring, will be done with the telematic tools provided by the University, through:

☒ Microsoft Teams

☐ Kaltura

Explanation about the practical sessions:



## 2. System for Assessing the Acquisition of the competences and Assessment System

### ONSITE WORK

#### Regarding the Assessment Tools:

☒ The Assessment Tools will not be modified. If onsite assessment is not possible, it will be done online through the UCVnet Campus.

☐ The following changes will be made to adapt the subject's assessment to the online teaching.

Course guide		Adaptation	
Assessment tool	Allocated percentage	Description of the suggested changes	Platform to be used

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

#### Comments to the Assessment System: