

Course	Sports, Fitness and Health			Academic year	2021/2022		
Subject	Human Physiology			ECTS	4		
Type of course	Compulsory						
Year	1º	Semester	2 st	Student Workload:			
Professor(s)	Rosa Branca Tracana			Total	108	Contact	45
Area Coordinator							

Planned

1. LEARNING OBJECTIVES

- Understand the relationship between the feedback mechanisms, homeostasis and health of the human organism;
- Understand the biological system-cell;
- Understand how the various systems of the human organism integrate and interconnect in order to allow the maintenance of the homeostasis;
- Understand the articulation between structure-function;
- Develop the critical spirit and logical reasoning.

2. PROGRAMME

1. Homeostasis and feedback
2. Chemical composition of human body
3. Cell as biological unit
4. Molecular movements through membranes
5. Gastrointestinal system
6. Urinary system
7. Cardiovascular system
8. Respiratory system
9. Endocrine system
10. Immune system

3. COHERENCE BETWEEN PROGRAMME AND OBJECTIVES

The contents of this UC are related to the anatomy and physiology of the human body. The objectives are related to the introduction in the anatomophysiology.

4. MAIN BIBLIOGRAPHY

- Azevedo, C. & Sunkel, C.E. (2012). *Biologia celular e molecular*. Lidel.
- Campos, L.S.. (2005). *Entender a bioquímica*. Escolar Editora.
- Costanzo, L. (2002). *Fisiologia*. Guanabara Koogan.
- Junqueira, L.C. & Carneiro, J. (2013). *Histologia Básica*. Guanabara Koogan.
- Widmaier, E.P., Raff, H. & Strang, K.T. (2015). *Vander's Human Physiology. The mechanisms of body function*. 14th edition. McGraw Hill.

5. TEACHING METHODOLOGIES (INCLUDING EVALUATION)

The process of teaching and learning, student-centered, respects the individuality, strengths, and difficulties of the student. Various educational resources are used. The tutorial orientation serves, in particular, for the orientation of work. Evaluation will take place according to a dynamic and continuous process. The evaluation of UC, agreed with the students, covers the following parameters: two knowledge assessment sheets (75%) and research papers (30%) and valuing participatory attendance (5%).

6. COHERENCE BETWEEN TEACHING METHODOLOGIES AND OBJECTIVES

The approach of the program is made in order to develop in the students the knowledge of the human body, the methodology is based on theoretical and practical principles. The methods and pedagogical techniques applied are: Expositive method and method of group interaction with the purpose of consolidation/systematization of the contents approached and its applicability in the different UCs of the course.

7. ATTENDANCE SYSTEM

Attendance is in accordance with the respective regulations in force at the School of Education, Communication and Sport Guarda.

8. CONTACTS AND OFFICE HOURS

Rosa Branca Tracana

Contactos:

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