



# UNIVERSITY OF NICOSIA ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

<b>Course Code</b> SPSC-106	<b>Course Title</b> Human Physiology	<b>ECTS</b> 6
<b>Department</b> Sports Science	<b>Semester</b> Spring or Fall	<b>Prerequisites</b> None
<b>Type of Course</b> Required	<b>Field</b> Health	<b>Language of Instruction</b> Greek
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 1 <sup>st</sup>	<b>Lecturer</b> Dr George Aphamis Dr Christoforos Giannaki
<b>Mode of Delivery</b> Face-to-face	<b>Work Placement</b> N/A	<b>Co-Requisites</b> None
<b>Recommended Optional Programme Components:</b> N/A		

### Objectives of the Course:

This course is designed to provide students with the basic understanding of the function & regulation of the human body and physiological integration of the organ systems to maintain homeostasis. Course content will include neural and hormonal homeostatic control mechanisms, as well as study of the musculoskeletal, circulatory, respiratory, digestive, urinary, immune, reproductive, and endocrine organ systems. It is expected that the student understand the unique role of each organ and organ system in maintaining health.

### Learning Outcomes:

#### By the end of the module students should be able to:

1. Name, understand and describe all human physiological systems
2. Describe functional organisation of the human body.
3. Recognise and be knowledgeable in the coordinated human body functions
4. Explain the interconnection of human physiological systems.
5. Explain, with physiological mechanisms, how the human physiological systems adjust their function to maintain a constant internal environment for the human body.
6. Identify the regulation and integration of the human body.
7. Comprehend the related functions of living
8. Assess the physiological response of the human body in common diseases

### Course Contents:

1. Introduction to Human physiology
2. Cell Physiology, Homeostasis and Membrane Transport
3. Muscular System
4. Skeletal System
5. Circulatory System
6. Respiratory System

- 7. Nervous System
- 8. Sensory System
- 9. Endocrine System
- 10. Digestive System
- 11. Urinary System
- 12. Reproductive System

**Learning Activities and Teaching Methods:**

Lectures and discussions

**Assessment Methods:**

Midterm examination , Final examination , Course work, Attendance & Participation.

**Required Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Netter F Susan E. Mulroney, Adam K. Myers	Βασικές Αρχές Φυσιολογίας του Ανθρώπου	Εκδόσεις Π.Χ. Πασχαλίδης	2010	9789604890699

**Recommended Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Frederic H. Martini, Edwin F. Bartholomew	Essentials Of Anatomy & Physiology	Benjamin Cummings	2008	0321570073