

Physiology Laboratory for Pre-Health Professionals (PSL 311L)

Michigan State University: Department of Physiology

Fall Semester, 2018

Rm 139 Natural Sciences Building

Section 001: W 10:20-1:10 pm

Section 002: W 3:00-5:50 pm

Section 003: Th 9:10- 12:00 pm

Section 004: Th 1:50-4:40 pm

Course Description:

This Laboratory course is designed to be taken either concurrently or in sequence of PSL 310 Human Physiology for Pre-Health Professionals. Students will perform weekly experiments on various aspects of human body function and potentially animal model where appropriate. The following laboratory exercises in physiology will include cardiovascular and respiratory function, nerve and muscle function, reflexes, endocrine, renal, digestive and metabolism with a focus on key concepts of homeostasis as they relate to the health professions. Weekly exercises/assignments will include readings, developing an awareness and adherence to standardized laboratory protocols for data collection and clinical analysis, and forming clinical correlates respecting relevant physiological principles as applied to various integrated body systems. **(2 Credits/ 3 in class hours a week).**

Prerequisites/Corequisites:

In order to participate in this course, the student must have successfully passed PSL 310 or PSL 432 or concurrently enrolled in either of these courses. Prerequisites may apply to these courses as well. It is also understood that the successful student will have had some background in Chemistry and Biology to be able to analyze complex physiological processes at the 300 level. Any special situations requiring an override should fill out the [override request form](#), for determination of eligibility. Check with your advisor if you are not sure.

Course Objectives and Learning Outcomes:

By the completion of this course, the successful student will be able to;

1. Demonstrate in depth the concepts and mechanisms required to maintain homeostasis using various clinically relevant laboratory procedures.
2. Execute various clinical measurements and assess how these measurements indicate normal system physiology as well as changes with disease.

3. Prepare and analyze physiological data in table and graphical format and be able to discuss with their peers, associations between physiological principles and clinically relevant data.
4. Show safe and appropriate use of laboratory equipment such as microscopes, physiology data acquisition systems and virtual simulations.
5. Prepare and operate carefully and appropriately all medical equipment including sphygmomanometer, stethoscope, spirometer, glucometer, Clinistix®, EKG, EMG as well as Cholestech LDX®.
6. Be able to work collectively as well as individually when synthesizing, integrating, and summarizing data while making judgements for predictive purposes.
7. Observe and give examples of physiological principles applied within a relevant professional healthcare setting.
8. Discuss and support professional growth characteristics within a laboratory environment that are also essential to becoming a successful future healthcare provider.

Instructor Information:

John Zubek, PT, MS, DPT (Michigan Licensed Physical Therapist)

Assistant Professor of Physiology

Office: 3177 Biomedical and Physical Science Building

Office Phone: 517-884-5117

Email: zubekjoh@msu.edu (preferred correspondence) Please include your section # in subject line.

Office Hours Tues 2:00-3:30pm (BPS Rm 3177) and other days/times by appointment please.

Graduate Assistant

Jonathan Kasper, Ph.D. Candidate

Office: BPS building, 567 Wilson Road

Email: kasper249@gmail.com

Office hours: After class or by appointment

Graduate Assistant

Hayden Stoub, M.S. Candidate

Office: BPS building, 567 Wilson Road

Email: stoubhay@msu.edu

Office hours: After class or by appointment

Lab Manager/Assistant Instructor:

Valerie VanRyn, B.S. Physiology

Office: 2199 Biomedical Physical Sciences Building

Email: vanryuva@psl.msu.edu

Undergraduate Learning Assistants

Kathryn Hamer B.S. Candidate Human Biology hamerka1@msu.edu

Taylor Herring B.S. Candidate Human Biology herrin54@msu.edu

Important Note!

If you should make an appointment to meet with the Instructor, TA, LA or Lab Instructor and do not show for your appointment without valid excuse, you will only be allowed to use open office hours in the future. Our Laboratory Students, Staff and Faculty are very busy and have a number of duties each day as part of their academic assignments. While we are happy to assist you in any way we can with your learning, please also respect our time constraints.

Assignments and Grading (assignments will be further discussed in detail below)

13 quizzes (5 points each. I drop the lowest 1) 60 pts total
13 Pre-Lab assignments (10 pts each) 130 pts total
13 weekly laboratory assignments (75 pts each) 975 pts total
7 Post Lab Modules (10 pts each) 70 pts total
1 Professional Observation Project or ArmChair MD (65 pts) 65 pts total
1 Skills Assessment Practical (25 pts) 25 pts total
1 Professionalism/Self Assessment (50 pts) 50 pts total
1 Final Exam (200 pts) 200 pts total
Total points =1575 pts

Grading Scale (Note: final grades will be calculated based on POINT totals. I do not round up).

4.0	93%	1465-1575 pts
3.5	86%	1355-1464 pts
3.0	80%	1260-1354 pts
2.5	75%	1181-1259 pts
2.0	70%	1103-1180 pts
1.5	65%	1024-1102 pts
1.0	60%	945-1023 pts
0	<60%	944 pts or less

Why is our grading scale higher than the typical MSU scale?

We are a TEAM oriented setting and teams ALWAYS work to elevate the outcome to a higher level. Therefore, we EXPECT each of you to step up and help your colleagues shine.

Lab protocols and procedures

All documents for this course will be provided through access to D2L and Lt® (laboratory software) and registration in PSL 311L. You will be required to go through ALL pre-lab lectures and outside readings PRIOR to your laboratory session (up to 1-1.5 hours). Readings will include the PSL 311L tutorials, selected research articles, course notes, lectures and handouts. You may be required to **print** some procedures and data sheets to **bring with you** to lab. Therefore, any printouts requiring special handling will be specified in D2L ahead of time.

Required materials

Lt access cards will be required purchase after the first week of class, but no later than **September 17th**. You will be given a 3-week grace period initially. After that, you will not have access to the course modules without purchasing an access card. These access cards will **ONLY** be available at **MSU Tech Store** at a cost of \$59.95 each. No other course materials are required at this time.

Attendance (Please use D2L “application for lab makeup” to send notice of absence)

Due to the nature of the laboratory learning environment, it is **mandatory** that you attend EVERY lab session. If for some reason you cannot make your scheduled laboratory session, you **MUST** give 48-hour advanced notice with proper documentation using the “**Application for makeup lab**” on D2L to make arrangements with your **Instructor**. Only approved excuses will be granted any make ups. If arrangements have been made to attend another lab session (pending space is available), the lab **MUST** be made up within the same week. (see below for approved excuses). **Otherwise, makeup sessions will be scheduled Friday mornings 10-12:50pm.** Makeup times are hard scheduled as you will need to make arrangements with your work or other responsibilities when a makeup is granted for Friday mornings. You cannot be granted more than 2 lab absences in a semester to pass the course.

Simplified process

If you have a **known absence**. Please do the following:

- Fill out the “Application for Lab Makeup” located in D2L at least 48 hours’ prior your planned absence.
- Please allow up to 1 business day for return contact and approval from Lab Instructor. (please do not assume your application will automatically be granted).
- Once you receive approval, please work with your instructor to determine appropriate makeup day and time.

In case of **illness** or **emergency** (less than 48 hours in advance notice).

- If **ill**, you must call in to my office phone at 517-884-5117 OR email zubekjoh@msu.edu immediately as if you were notifying your supervisor your intended absence or tardiness.
- For **illness** or **emergency** and when physically able (but within 24 hours) you **must** fill out the “Application for Lab Makeup” on D2L.
- Please allow up to 12 hours for return contact from your instructor.

Please see flow map in D2L to understand how we decide whether your request for makeup/absence is considered.

Excuses that will require approval for lab/assignment makeups (*Documentation will be required).

1. Severe acute illness or injury*

2. Death in family* (see below)
3. Student athletes* (required events)
4. Medical or Graduate school interview* (1 granted per semester)
5. Professional conference presentations* (as required)
6. Observation of religious Holidays (as per MSU policy)

Things happen, computers crash, printers run out of ink, relationships break, weather stinks, other class assignments pop up, alarms don't always work, birthdays come every year, travel is fun but not on lab days. Please try to plan ahead as these are not acceptable excuses for missing labs or assignments.

Grief Absence Policy:

[Grief Absence Policy Link](#)

The goal of this policy is to provide a mechanism to standardize, monitor, and accommodate students who request temporary absence from a course, or special accommodations for a quiz or an exam as a result of loss or serious injury of a family member (parent, grandparent, sibling, spouse, or child). **Students are directed to notify the Assoc Dean of their college and document the reason for the grief absence, and the Assoc Dean in turn is charged with notifying the student's instructors that the bereavement event has been verified.** Ultimately, it is the student's responsibility to make up any missed work.

PreLab Modules (130 pts)

These modules will be posted in our KuraCloud Lt site, and **MUST** be completed prior to the lab they correspond to. There will often be some pre-lab material modules to go through, but the only one that is graded will have "Pre-Lab" in the title. Pre-Lab modules only have to be committed in Kuracloud. **They do NOT have to be uploaded into D2L.**

Weekly Quizzes (60 pts total)

We will have a total of 13 quizzes (I will only count 12 though) to be administered at the start of lab session. If you are late (more than 5 minutes) or come unprepared (not completed the pre-lab module in Lt), you will not be allowed to take the quiz. Quizzes can be any of the following formats including; verbal, written, audience response systems, through D2L or group. They will typically cover 1-2 questions from the pre-lab and 1-2 questions from the upcoming lab protocol. If you are late but within the 5-minute window, you will **NOT** be given more time for the quiz. You will only get the time that is remaining. Bottom line is **Please** don't be late! No makeup of quizzes will be granted for any reason.

Lab Assignments (13x75 pts each = 975pts total)

Each week you will complete a laboratory exercise/assignment in small groups. They will often be in case study or clinical format as if you were performing many of the assessments on your patient/client. So acting professional is very important in these situations and will be taken into account for points each week. Each assignment must be submitted through a designated Digital Dropbox on D2L **by Midnight the following day.** (Example, Wednesday lab submission will be due by Midnight Thursday evening). Therefore, time management will be critical in lab. No assignments will be accepted in hard copy. Any late lab assignments will be deducted as per the

grading rubric point structure. Lab scores are based not only on **Correctness** of answers which includes appropriate use of key terms, but also **Completeness** of labs, **Teamwork** strategies, **Participation**, and **Time** management. Points can be deducted from *individual* scores within any of the above categories. No lab assignments will be accepted > 1 week from **due** date unless there were extenuating circumstances as approved by Instructor of record or TA. That does not include labs submitted to D2L in the wrong assignment folder. So that you may keep track of your current status in the course, all assignment grades will be visible in D2L gradebook within 1 week of submission date. Any delay in posting of grades will be communicated to the students via email.

Post Lab Modules (7 x 10 pts each)

7 times during the semester, we will have Post lab modules posted for you to do after the lab has completed. A few include post lab case studies and the rest are Professional Growth Discussion activities geared towards Pre-Healthcare Professionals. These will have to be committed AND uploaded in D2L **Assignment Folder** for full credit. Failure to upload them in D2L will be given 0/10 pts. Failure to upload them in the correct **Assignment Folder** will be counted as late, but will not be accepted more than 2 weeks from due date.

Professional Observation Project or ArmChair MD Project (65pts)

Many students have a hard time making the connection between important physiological concepts and how these concepts relate to knowledge in the clinical/professional world. In addition, at this stage of your undergraduate education, you are beginning to develop an understanding of your field of interest as well as attitudes and stereotypes about your own interests and the interests of others. Each student will be required to perform at least **4 hours** of *observation/interview* time with a healthcare professional of their choice. You will be asked to report on various clinical assessments, procedures, treatments and/or outcomes which relate to physiological concepts you are studying in your PSL 310 course and PSL 311L laboratory. Observation hours, answers to specific questions with write up, and signature of professional with credentials you are shadowing must be submitted. Instructions will follow in a separate document.

Alternative project

ArmChair MD project.

We are often exposed to a variety of media and television which often shapes our view of the medical world and even our own healthcare interests and expectations (Weaver et al. 2014). With this alternative project we will ask you to view up to 2 TV episodes of a major medical drama, and report on various professional aspects and physiological concepts you observe. In addition, we ask that you try to point out any misconceptions as well as scientific inaccuracies based on what you know from your recent studies. A separate document will be available in D2L corresponding to the specifics of this project.

Please note!

You may do one or the other project above. If you do both, we will randomly choose one to grade for the gradebook.

Professionalism/Self-Assessment (50pts)

As in all occupations, professionalism is imperative for a healthy working environment. Often in the Health Professions, how you are perceived by the patient or client can have economic rewards or penalties. This does not mean you can't have fun or joke with your patient/client, but how you treat them and display yourself is often as important to your employer as how good a clinician you are. We will be implementing an overall professionalism assessment in conjunction with your own self-assessment this semester. You are being evaluated not only by yourself but also by your Instructors and your peers. Some assessment areas will include punctuality, teamwork, environment of care, hand hygiene, your demeanor towards our staff, and your level of preparation for labs.

Skills Assessment (25 pts)

Near the end of the semester, you will be asked to come to lab with a partner and be randomly assigned to one of two skills assessments. The first skill will encompass the proper use of a microscope, and the other skill includes blood pressure assessment using the NHANES method as outlined in class. You will have some review materials and practice time, but essentially in the end, you will only be required to demonstrate one of the two activities. Missing your scheduled assessment time will be counted as a late assignment and a 10% deduction charged if a makeup is granted.

Final Exam (200pts)

One final exam will be given during finals week (*see last page for tentative exam schedule). This exam may further be broken into blocks of time and assigned based on your section. Since many of you will be going into various healthcare fields, you will be required to take qualifying exams at some point. Therefore, this final exam will encompass laboratory material/concepts, readings, and lectures from the **entire** semester. We will begin reviewing up to 2 weeks ahead and together with our fantastic TA's will offer some outside study and review sessions when available (TBA). If an alternate testing date is required according to MSU policy (i.e. no more than 3 exams in one day or a direct conflict with another final), you will need to come to the final exam closest in day/time to your originally scheduled exam.

Productivity

Effective teamwork requires that each person is contributing to the end result as equally as possible. As many of you will be required to be accountable for your productivity, we will begin to do so in each lab session. Each person in your team will be assigned one of two preparation duties and along with your contributions during lab will determine productivity. Any person in the team that does not reach productivity for that lab session will be deducted 2 points for *THAT individual's* final lab grade for the week.

Audits

Students will be assigned to perform prelab preparation in addition to the prelab modules. These will be explained further during our 2nd lab session. We reserve the right to randomly audit students at any time during your lab session to determine that you have come prepared with your

assignment. Any person that has not adequately prepared their assignment will lose and addition 2 points on their final lab submission for that day.

Participation in Lab Activities

It is very important to your learning that you participate to the fullest each laboratory session. You will be asked to take part not only in noninvasive methods of data collection but also involving small finger sticks for blood samples on each other. If you should have any serious reservation or require a medical deferment, please see your Instructor to develop an alternative option to allow for full involvement as able. Some methods will also call for invasive procedures as performed by a professional on volunteers only. Techniques involving animal specimens (where appropriate) will require some skilled support from various learning assistants and student volunteers. You will **NOT** be required to participate in those procedures (without penalty) but you will nonetheless be required attend lab as a researcher/observer. Consequently, you are not relieved of any obligations for participating in data recording, quizzes, lab assignments, and discussion.

Confidentiality

You will be asked to collect and manage some sensitive data regarding yourself and your lab partners. In no way will this information be disseminated nor discussed outside of a laboratory context out of respect and confidentially for your lab colleagues. As in the “real” world, this would be a HIPAA violation. Here too this will be considered a “Breach of Confidentiality.” Any first “breach” will be dealt without penalty but will require further education of the student at fault. A second “breach” will be dealt with more harshly at the Instructor’s discretion from deduction of points up to and including dismissal from the laboratory.

Honors Option

*See D2L course site for options and instructions.

Plagiarism

Plagiarism is ALWAYS UNACCEPTABLE and will result in action taken against you. Please refer to the following links for further information:

[MSU policy on plagiarism](#)

[MSU policy on academic dishonesty](#)

Accommodations for Persons with Disabilities

Michigan State University is committed to providing equal opportunity for participation in all programs, services and activities. Requests for accommodations by persons with disabilities may be made by contacting the Resource Center for Persons with Disabilities at 517-884-RCPD or on the web at rcpd.msu.edu. Once your eligibility for an accommodation has been determined, you will be issued a verified individual services accommodation (“VISA”) form. Please present this form to me at the start of the term and/or two weeks prior to the accommodation date (test, project, missed class etc).

Please take notice.

Any notice or presentation of a VISA “after the fact,” will not be honored for that instance. For example, if your VISA mentions that you may have “*unexpected absences from classes,*” however this was not communicated to your instructor prior to the event, then the absence will not be granted for makeup. You **MUST** present any documented accommodations to your instructor so the appropriate assistance can be determined ahead of time. Bottom line is, I want you to be successful, but I will need the communication to begin as soon as possible.

Student Responsibilities

- 1. Be on time for and attend all Laboratory sessions.**
2. Read all assigned material and complete assignments before coming to Lab.
3. Retain copies (electronic and paper) of assignments/lab activities submitted during the semester till the end of the semester. Contests/disputes about scores received on assignments/activities will not be addressed without the original submission.
4. Set aside time daily to access the class D2L site and have a backup plan in event of computer malfunction.
- 5. Respect the other students and instructor by refraining from disruptive behavior, including turning off all communication devices (cell phones, tablets, etc.) during class. Any disruptive or unsafe behavior witness you will be asked to leave class and no credit will be given for that day’s assignments.**
6. Check e-mail and D2L for class related information including grades and inform the instructor of any discrepancies at the earliest.
7. Participate in all Lab activities with only prearranged exceptions as outlined above.
8. Know when you need help and ask for help.
9. You may not come late/leave early without proper communication and preapproval by the Instructor/TA/LA/ or Lab manager as points will be deducted up to no credit for that day’s lab assignment.
10. Please refer to the following website for more specific [Student Code of Conduct](#) and judicial review.

Lab Safety

You are expected to follow ALL lab safety rules whenever you are in lab. Failure to follow these rules may result in your expulsion from lab for the day for any infraction. Multiple infractions will result in permanent expulsion from lab at the Instructor or TA’s discretion.

No food or drink is allowed in lab. *This is an EHS requirement! (We can be fined heavily if they see us consuming anything in our lab).*

1. Having cell phones or laptops out on the table or observed texting/internet searching or calling during our pre lab briefings.
2. No open-toed shoes are allowed in lab on Hematology Lab Day.
3. You must wear safety goggles when working with any bodily fluids or if splash or spray is anticipated.
4. You must wear gloves and possibly gowns when working with tissue specimens or body fluids.
5. Use equipment and any dissection utensils according to instruction only.
6. Do not handle any broken glass. Please alert TA’s, Instructor, or Lab Manager.

7. Use aseptic technique when working with any specimens or microbes.
8. **Wash your hands** and clean work area thoroughly before lab and when leaving lab.

University Ombudsman

“The Office of the University Ombudsperson is available to assist students with any conflict or problem that has to do with being a student at Michigan State University. You may visit the Ombudsperson in 129 North Kedzie, call (517) 353-8830 or e-mail ombud@msu.edu. The Office of the University Ombudsperson is an independent, neutral, informal and confidential resource and does not accept formal complaints, nor does it provide notice to the University.”

Reasonable time on task each week

You should be willing/able to spend up to 1-1.5 hours of pre lab preparation, 3 hours in lab each session, and 1-1.5 hours of follow up on assignments each week. Be prepared to be in lab for the full 3 hours each session. There may be times we do not use the full 3 hours, but that is not always able to be predicted.

Recommendation Letter Policy

I am more than happy to assist you with a recommendation letter for your graduate school admittance, but do know there is only so much time and resources in my day to write letters for everyone. Here are a few requirements before I can consider writing you a letter of rec. (The fine print)

- You must have earned at minimum a **3.5 on the Final Exam AND in PSL 311L course**. (Determined after final grades have been submitted).
- You must have perfect attendance according to the Attendance Policy in PSL 311L Syllabus.
- You must score perfect on the Self-Evaluation/Professionalism assessment at the end of the semester, and the score evaluated and agreed upon by the course instructors.
- You have consistently interacted with the instructional staff answering questions in class, and worked professionally within each of your assigned groups.
- Completed ALL assignments and labs (not including pre lab quizzes).
- You must write 1 paragraph stating why you believe your performance in PSL 311L predicts your future success in graduate or professional school.
- Be absolutely sure that I would be the BEST person to write you a letter of Recommendation.

If I accept your request, the following must be submitted/observed.

- You must provide a resume and a rough draft personal statement.
- You will be **required** to answer in writing a series of questions provided, in full, **prior** to my starting your letter.
- I would need at least 5 weeks' notice (preferably 7 weeks) prior to the due date of the letter.
- You are willing to waive your right to view the letter prior to submission so that I may give an honest accounting of your abilities as observed, both quantitatively and qualitatively.

I have reserved 15 letter spots for students in Fall and Spring semesters each (30 total), and 8 spots for students in summer sessions. If those spots fill up, I may have to turn down your request gracefully. Note that each letter may require multiple hours of construction in order to give the recipient the best advantage possible.

PSL 311L Laboratory Schedule Fall 2018

****Print this and post where you will see it****

Week of*	Topic	Assignment/ Readings
Week 1 9/5-9/6	Introduction to Powerlab/ Introduction to Laboratory Equipment*	Introduction to Lt (In Class) Initial Self-Assessment due by Monday 9/10 by 6 pm****
Week 2 9/12-9/13	Homeostasis/Membrane Transport/Osmosis*	Membrane Transport Prelab** Interprofessionalism Post Lab Module*** Monday 9/17 by 6pm
Week 3 9/19-9/20	Membrane Potential/Nervous system* (You must have your access card for this week's lab).	Peripheral NS Prelab** Mr. West Post Lab Module*** Monday 9/24 6pm
Week 4 9/26-9/27	Sensory Physiology and Sensory Receptors*	Sensory Physiology Prelab**
Week 5 10/3-10/4	Somatic and Autonomic Reflexes*	Brain structure and reflexes Prelab** Ethics Post Lab Module*** 10/8
Week 6 10/10-10/11	Frog Skeletal Muscle*	Frog Muscle Prelab**
Week 7 10/17-10/18	Blood and Immunity*	Blood and Immunity Prelab** Hematology Post Lab Case Study*** 10/22
Week 8 10/24-10/25	Cardiac Physiology and EKG*	Heart and EKG Prelab ** Teamwork Module***10/29
Week 9 10/31-11/1	Blood Pressure/MABP*	Blood Pressure Prelab**
Week 10 11/7-11/8	Respiratory*	Mechanics of Breathing, Lung Volumes Prelab** Regulatory Compliance Module***11/12
Week 11 11/14-11/15	Renal/Urinalysis* Skills Assessments – Sign up for times	Kidney/Urine prelab and lab**
11/21-11/22	No Classes during week of Thanksgiving Skills Assessments – Sign up for times	Eat Turkey!
Week 12 11/28-11/29	Gastric motility/Smooth Muscle OR Endocrine* TBD	Gastric motility/Smooth Muscle Prelab or Endocrine Prelab** OBV/Armchair MD Project Due – 6 pm Monday 12/3 in D2L Assignment folder****
Week 13 12/5-12/6	Digestion/ Metabolism including Glucose Metabolism*	Digestion tutorial, Glucose metabolism Prelab ** Final Professionalism Post Lab Module***12/10
Week 14	Final exam (See schedule next page)	Final Self-Assessment due – 6 pm Friday 12/14 in D2L Assignment folder.****

Color and * code

*Lab Group Submission in D2L Assignment folder.

**Indicates due at beginning of lab session. Prelab Modules must but completed prior to lab day/time and committed. They DO NOT have to be uploaded into D2L.

***Post Lab Modules **must be committed and** uploaded into D2L designated Assignment folder.

****Assignment **must be** Uploaded into designated D2L Assignment folder.

Final exam schedule Spring 2018

All exams will take place in BCC building Room NO12 (Computer Lab)

Section 001 - Friday, Dec 14 2018 7:45am - 9:45am

Section 002 - Friday, Dec 14 2018 12:45pm - 2:45pm

Section 003 – Monday, Dec 10 2018 12:45pm - 2:45pm

Section 004 – Monday, Dec 10 2018 12:45pm - 2:45pm

*All days, times are subject to change depending upon computer lab availability.