

Subject	Human Physiology		
Type	Type	Semester	ECTS
	MANDATORY (M)	II	6
Lecturer	Dr.Sc Diellor Rizaj		
Goals and objectives	<p>This course aims to provide students with knowledge about the various functional systems of the human body in a systemic approach.</p> <p>The main objectives will be:</p> <ul style="list-style-type: none"> To recognize the functioning of human organs and systems in resting conditions; To recognize the human body's responses to physical exercise and sports activity. 		
Learning outcomes	<p>After completing this course, the student will be able to:</p> <ul style="list-style-type: none"> ✓ Describe how the body's main systems or organs work; ✓ Demonstrate Understanding of Cellular Physiology ✓ Understanding what would happen if parts of your body's systems don't work properly; ✓ Describe the structure and function of cells, including cell membranes, organelles, and cellular transport ✓ Explain the structure and function of neurons and glial cells ✓ Analyze and interpret experimental data related to physiological processes. 		
Content	Week	Topics	
	1	Syllabus Presentation	
	2	Introduction to human physiology.	
	3	Cells, tissues and organs.	
	4	Homeostasis of the organism.	
	5	Blood and its components.	
	6	Immunology and the body's defense system.	
	7	Nervous system.	
	8	Mid-exam – 1	
	9	Physiology of the cardio-respiratory system.	
	10	Body fluid circulation system.	
	11	Gastrointestinal system.	
	12	Urinary and genital system.	
	13	Endocrine and Exocrine systems.	
	14	Sensory Organ System.	
15	Mid-exam – 2		
Teaching/learning methods	Activity	Weight (%)	
	Lectures	40%	
	Laboratory	40%	
	Research	10%	
	Independent and group learning	10%	

Methods of Evaluation	Methods of evaluation:		%
	Participation		10%
	a) Medium-term exam-1		40%
	b) Medium term exam – 2		40%
	Course design (developing a training program for a certain group with disabilities)		10%
Sources	Sources		Number
	Lectures		1
	Presentations		1
	Web of Science		1
	PubMed		1
	Scopus		1
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	3	36
	Lab	1	12
	Course project	n/a	42
	Independent work	n/a	60
Literature	<ul style="list-style-type: none"> McArdle W.D., Katch F.I., Katch V.L.: Exercise physiology. Fourth edition. Baltimore, Maryland. 1996. Scott K., Edward T. H.: Exercise Physiology, New York, 2001. 		
Ethical standards	This course follows the UBT College Code of Ethics, requiring all students to behave accordingly. Any instance of academic misconduct, including but not limited to fraud, plagiarism, or other forms of dishonesty, will lead to significant penalties like failure of specific assessment or the entire course, as well as further disciplinary measures in line with UBT College's academic integrity policies.		
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