HUMAN AND CELL PHYSIOLOGY

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<th>MODULE</th>
<th>CONTENT</th>
<th>YEAR</th>
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<td>Basic common knowledge</td>
<td>Physiology</td>
<td>1st</td>
<td>2nd</td>
<td>6 ECTS</td>
<td>Basic</td>
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<td>(4,5 T + 1,5 P)</td>
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**LECTURER(S)**

- Virginia Aparicio García-Molina (T*; P*)
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- Mª Dolores Yago Torregrosa (P*)

(T*: Theory; P*: Practice)

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**DEGREE WITHIN WHICH THE SUBJECT IS TAUGHT**

- Human Dietetics and Nutrition

**TUTORING**


**PREREQUISITES and/or RECOMMENDATIONS (if necessary)**

- To have background knowledge of: Biology, Human Anatomy and Histology, Chemistry.
- A good standard of English and computer skills are also required.

**BRIEF ACCOUNT OF THE SUBJECT PROGRAMME (ACCORDING TO THE DEGREE)**

Introduction to General and Cell Physiology. Function of organ systems: nervous, digestive and endocrine systems.

**GENERAL AND PARTICULAR ABILITIES**

**GENERAL ABILITIES**

- CG2. To develop the profession as for other professionals of the health, acquiring skills to be employed at team
- CG3. To recognize the need to support and update the professional competence, giving special
importance to the learning, of an autonomous and continued way, of new knowledge, products and
skills in nutrition and food, as well as to the motivation for the quality
- CG4. To know the limits of the profession and their competences, identifying, when a treatment is
necessary to interdiscipline or the derivation to another professional
- CG5. To realize the communication of an effective way, so much of oral such as written form, with the
persons, the professionals of the health or the industry and the mass media, being able to use the
technologies of the information and the communication specially the related ones to nutrition and
habits of life
- CG29. To acquire the basic training for the investigative activity, being capable of formulating
hypothesis, gathering and interpreting the information for the resolution of problems following(the
scientific method, and understanding the importance and the limitations of the scientific thought in
sanitary and nutritional matter.

SPECIFIC ABILITIES
- CE1. To know the chemical, biochemical and biological foundations of application in human and
dietetic nutrition
- CE2. To know the structure and function of the human body from the molecular level to the complete
organism, in the different stages of the life
- CE26. To know the nutrients, their functions and their metabolic utilization. To know the bases of the
nutritional balance and their regulation

OBJECTIVES (EXPRESSED IN TERMS OF EXPECTED RESULTS OF THE TEACHING PROGRAMME)

- To gain knowledge about the functioning of the human organism with the aim of relating nutrition to
maintenance of body functions.
- To understand the physiological processes, analyzing their biological significance, description,
regulation and integration at the different levels of organization, in health.
- To establish the bases to comprehend the modifications of physiological processes as a form of
adaptation to a changing environment.
- To relate concepts to previous knowledge and acquire sufficient basis for subsequent learning.

DETAILED SUBJECT SYLLABUS

THEORETICAL CONTENTS
- Thematic unit 1. Introduction to Physiology.
- Thematic unit 2. Excitability.
- Thematic unit 4. Synaptic transmission.
- Thematic unit 5. General concepts of the physiology of the muscular fibers.
- Thematic unit 6. Structure of the nervous system.
- Thematic unit 7. General principles of sensory physiology.
- Thematic unit 8. Physiology of the taste.
- Thematic unit 9. Physiology of the smell.
- Thematic unit 10. Introduction to the somatovisceral sensibility.
- Thematic unit 11. Introduction to the physiology of vision.
- Thematic unit 12. Introduction to the physiology of hearing and balance.
- Thematic unit 13. Peripheral organization of the autonomic nervous system.
- Thematic unit 14. Central organization of the autonomic nervous system.
- Thematic unit 15. Nervous system and control of the ingestion and other superior functions.
- Thematic unit 17. Composition, function and regulation of the salivary and gastric secretion.
- Thematic unit 18. Composition, function and regulation of the pancreatic secretion.
- Thematic unit 19. Composition, function and regulation of the biliary and intestinal secretions.
- Thematic unit 20. Digestion and absorption.
- Thematic unit 21. General organization of the endocrine system and neuroendocrine integration.
- Thematic unit 22. Physiology of the thyroid gland.
- Thematic unit 25. Physiology of the endocrine pancreas.
- Thematic unit 26. Physiology of the adrenal gland.
- Thematic unit 27. Hormonal regulation of ion and water balance.

**LABORATORY PRACTICE PROGRAM**

- Practice 1. Functional anatomy of human body.
- Practice 2. Gustatory and olfactory receptors.
- Practice 3. Endocrine system. Effect of thyroxin, TSH and propylthiouracil on basal metabolism.
- Practice 4. Determination of the glycemic profile.
- Practice 5. Physico-chemical processes of digestion.

**READING**

**CORE BIBLIOGRAPHY**

**Textbooks**

- Martín Cuenca E. "Fundamentos de Fisiología". Thompson, 2006.
Barcelona: Lippincott Williams & Wilkins. 2013.

**FURTHER READING**

**Textbooks (specific bibliography)**

**Dictionaries and atlases**

**Periodical publications (journals)**
- Annual Review of Physiology
- Current Advances in Physiology
- News in Physiological Sciences
- Physiological Reviews

**Lab manuals**
### Computer simulations


### RECOMMENDED INTERNET LINKS

#### WEB RESOURCES

- [http://www.vivo.colostate.edu/hbooks/pathphys/digestion/](http://www.vivo.colostate.edu/hbooks/pathphys/digestion/)  Digestive Physiology
- [http://www.tiroides.net](http://www.tiroides.net)  Information and support for the patient with thyroid disease
- [https://www.hhmi.org/biointeractive/neuroscience-collection](https://www.hhmi.org/biointeractive/neuroscience-collection)  Neuroscience, a rich variety of videos, interactive modules, and animations to teach about the nervous system
- [http://www.mhhe.com/biosci/ap/vander8e/student_index.mhtml](http://www.mhhe.com/biosci/ap/vander8e/student_index.mhtml)  Get Body Smart: An online examination of human anatomy & physiology

#### SCIENTIFIC SOCIETIES

- [http://physoc.org/](http://physoc.org/)  The Physiological Society
- [http://www.secf.es/](http://www.secf.es/)  Spanish Society of Physiological Sciences
- [http://www.feps.org/](http://www.feps.org/)  Federation of European Physiology Societies