

**Dept. Physiology and Pharmacology**  
**Neurophysiology of homeostasis and stress, Phys 4650A**

Course outline for Fall 2020



Although this academic year might be different, Western University is committed to a **thriving campus**. We encourage you to check out the [Digital Student Experience](#) website to manage your academics and well-being. Additionally, the following link provides available resources to support students on and off campus: <https://www.uwo.ca/health/>.

**1. Technical Requirements:**



Stable internet connection



Laptop or computer



Working microphone



Working webcam (suggested)

**2. Course Overview and Important Dates:**



Delivery Mode	Dates	Time
Lectures (asynchronous)	NA	NA
Student presentation (asynchronous)	NA	NA
Virtual classroom discussion (synchronous)	Wednesdays*	9:30AM-11:20AM

\*Details about design and delivery of the course are listed below in Section 4

Classes Start	Reading Week	Classes End	Study day(s)	Exam Period
September 9	November 2 - 8	December 9	December 10	December 11 - 22

\* November 12, 2020: Last day to drop a first-term half course or a first-term full course without penalty

**3. Contact Information**



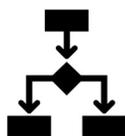
Course Coordinator	Contact Information
Wataru Inoue	Please use OWL message

## 4. Course Description and Design

The hypothalamus and limbic system contribute to the neural integration of autonomic, endocrine and skeletomotor responses which contribute to homeostasis and adaptive behaviors. Topics include the regulation of neuroendocrine function, blood pressure, energy and water balance, circadian rhythms and the integration of reproductive function.

**Prerequisite(s):** Physiology 3120 and 3140A; or Neuroscience 2000, Physiology 3140A and registration in Year 4 of an Honours Specialization in Neuroscience.

**Course Weight:** 0.50



Mode	Dates	Time	Frequency
Meet & Greet (virtual synchronous)	Sept 9	9:30AM-10:20AM	Once
Virtual synchronous	Oct 14, Oct 21, Oct 28, Nov 11	9:30AM-11:20AM	weekly
Office hours	Wednesdays except for (Oct 14, 21, 28 and Nov 11)	9:30-10:20AM	weekly
Virtual asynchronous	N/A	2 hours	weekly

- Asynchronous pre-work must be completed 3 days prior to synchronous sessions
- Attendance at synchronous sessions is required
- Missed work should be completed within 24 hours
- A recording will be provided for synchronous sessions

All course material will be posted to OWL: <http://owl.uwo.ca>. Any changes will be indicated on the OWL site and discussed with the class.

If students need assistance, they can seek support on the [OWL Help page](#). Alternatively, they can contact the [Western Technology Services Helpdesk](#). They can be contacted by phone at 519-661-3800 or ext. 83800.

[Google Chrome](#) or [Mozilla Firefox](#) are the preferred browsers to optimally use OWL; update your browsers frequently. Students interested in evaluating their internet speed, please click [here](#).

## 5. Learning Outcomes



Upon successful completion of this course, students will be able to:

- explain the definition of homeostasis in physiology and describe examples of physiological homeostasis regulations and their underlying neurophysiology, through in class discussions as well as written exams.

- deliver key findings and critique limitations of primary research papers through online discussions and independent written summary reports.
- explain some in depth examples of physiological regulations relevant to homeostasis (e.g. hypertension, obesity, stress and sleep apnea), and to assess research publications in these fields by student-driven presentations and discussions.
- evaluate scientific literature and synthesize concepts to create a literature review about the neural regulation of homeostasis and stress response.

## 6. Course Content and Schedule



Week	Dates	Topic	Instructor
1	Sept 9 – 13	COURSE INTRODUCTION (synchronous meet and greet)  & HOMEOSTASIS AND STRESS RESPONSE: AN OVERVIEW	Wataru Inoue
2	Sept 14 – 20	INTRODUCTION TO AUTONOMIC NERVOUS SYSTEM AND CIRCULATORY CONTROL:	Wataru Inoue
3	Sept 21 – 27	STRESS RESPONSE: AUTONOMIC AND ENDOCRINE RESPONSE	Wataru Inoue
4	Sept 28 – Oct 4	HOMEOSTASIS and STRESS RESPONSE: DIVERSE AND COORDINATED RESPONSE.	Wataru Inoue
5	Oct 5 – 11	BODY FLUID HOMEOSTASIS	Wataru Inoue
6	Oct 12 – 18	Paper presentation (asynchronous) and discussion (synchronous)	Wataru Inoue
7	Oct 19 – 25	Paper presentation (asynchronous) and discussion (synchronous)	Wataru Inoue
8	Oct 26 – Nov 1	Paper presentation (asynchronous) and discussion (synchronous)	Wataru Inoue
9	Nov 2 – 8	Reading Week	N/A
10	Nov 9 – 15	Paper presentation (asynchronous) and discussion (synchronous)	Wataru Inoue
11	Nov 16 – 22	STRESS RESPONSE: THE LIMBIC AND CORTICAL CONTROL I	Wataru Inoue
12	Nov 23 – 29	STRESS RESPONSE: THE LIMBIC AND CORTICAL CONTROL II	Wataru Inoue
13	Nov 30 – Dec 6	NEUROBIOLOGY OF STRESS ADAPTATION I	Wataru Inoue
14	Dec 7 – 9	NEUROBIOLOGY OF STRESS ADAPTATION II	Wataru Inoue

## 7. Online Participation and Engagement



- Students are expected to participate and engage with content as much as possible
- Students can participate during synchronous sessions or post on comments/questions after watching the recording
- Students can also participate by interacting in the forums with their peers and instructors

## 8. Evaluation

Below is the evaluation breakdown for the course. Any deviations will be communicated.

Assessment	Format	Weighting	Due Date
Midterm Assignment	Short review	15	October 14, 2020
Research Paper Presentation	Presentation (recording)	25	5PM, one day before (Tuesday) you present
Discussion Leader Grade	Leading virtual class discussion	10	Lead virtual classroom discussion (synchronous)
Short Lay Summaries	1 page lay summary, 2 summaries per year	15 (7.5 x 2)	Next Wednesday (1 week after) the presentation of the paper you choose
Final Assignment	Review paper	35	December 2, 2020

- All assignments are due at 11:55 pm EST unless otherwise specified
- Written assignments will be submitted to Turnitin (statement in policies below)
- Students will have unlimited submissions to Turnitin
- Rubrics will be used to evaluate assessments and will be posted with the instructions
- After an assessment is returned, students should wait 24 hours to digest feedback before contacting their evaluator; to ensure a timely response, reach out within 7 days



Click [here](#) for a detailed and comprehensive set of policies and regulations concerning examinations and grading. The table below outlines the University-wide grade descriptors.

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work which is clearly above average
B	70-79	Good work, meeting all requirements, and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable
F	below 50	Fail

### Information about late or missed evaluations:

- Late assessments without documentation or a self-reported absence will be subject to a late penalty 10 %/day
- Late assessments with a self-reported absence should be submitted within 24 hours of submission of the last day of the self-report
- An assessment cannot be submitted after it has been returned to the class; an alternate assessment will be assigned.
- If a make-up assessment is missed, the student will receive an INC and complete the task the next time the course is offered

## 9. Communication:



- Students should check the OWL site every 24 – 48 hours
- A weekly update will be provided on the OWL announcements
- Students should email their instructor(s) and teaching assistant(s) using OWL “messages”
- Emails will be monitored daily; students will receive a response in 24 – 48 hours
- This course will use Zoom for discussions
- Students should post all course-related content on the OWL discussion forum so that everyone can access answers to questions
- The discussion forums will be monitored daily by the course manager

## 10. Office Hours:



- Students will be able to sign up for an appointment using OWL email
- Group office hours will be held.

## 11. Resources



- All resources will be posted in OWL

## 12. Professionalism & Privacy:



Western students are expected to follow the [Student Code of Conduct](#). Additionally, the following expectations and professional conduct apply to this course:

- Students are expected to follow online etiquette expectations provided on OWL
- All course materials created by the instructor(s) are copyrighted and cannot be sold/shared
- Recordings are not permitted (audio or video) without explicit permission
- Permitted recordings are not to be distributed
- Students will be expected to take an academic integrity pledge before some assessments
- All recorded sessions will remain within the course site or unlisted if streamed

## 13. How to Be Successful in this Class:



Students enrolled in this class should understand the level of autonomy and self-discipline required to be successful.

1. Invest in a planner or application to keep track of your courses. Populate all your deadlines at the start of the term and schedule time at the start of each week to get organized and manage your time.
2. Make it a daily habit to log onto OWL to ensure you have seen everything posted to help you succeed in this class.
3. Follow weekly checklists created on OWL or create your own to help you stay on track.
4. Take notes as you go through the lesson material. Treat this course as you would a face-to-face course. Keeping handwritten notes or even notes on a regular Word document

- will help you learn more effectively than just reading or watching the videos.
5. Connect with others. Try forming an online study group and try meeting on a weekly basis for study and peer support.
  6. Do not be afraid to ask questions. If you are struggling with a topic, check the online discussion boards or contact your instructor(s) and or teaching assistant(s).
  7. Reward yourself for successes. It seems easier to motivate ourselves knowing that there is something waiting for us at the end of the task.

## 14. Western Academic Policies and Statements

### Absence from Course Commitments

#### [Policy on Academic Consideration for Student Absences](#)

If you are unable to meet a course requirement due to illness or other serious circumstances, you must seek approval for the absence as soon as possible. Approval can be granted either through a **self-reported absence** or via the **Academic Counselling** unit. Students have two self-reports to use throughout the academic year; absence from course commitments including tests, quizzes, presentations, labs, and assignments that are worth 30% or less can be self-reported. Self-reported absences cover a student for 48 hours (yesterday + today or today + tomorrow). Your instructor will receive notification of your consideration; however, you should contact your instructor immediately regarding your absence. Students are expected to submit missed work within 24 hours of the end of the 48-hour period. Please review details of the [university's policy on academic consideration for student absences](#).

If you have used both their self-reported absences or will miss more than 48 hours of course requirements, a Student Medical Certificate (SMC) should be signed by a licensed medical or mental health practitioner and you should contact academic counselling. Academic Counselling will be operating virtually this year and can be contacted at [scibmsac@uwo.ca](mailto:scibmsac@uwo.ca).

### Accommodation for Religious Holidays

The policy on Accommodation for Religious Holidays can be viewed [here](#).

### Special Examinations

A Special Examination is any examination other than the regular examination, and it may be offered only with the permission of the Dean of the Faculty in which the student is registered, in consultation with the instructor and Department Chair. Permission to write a Special Examination may be given on the basis of compassionate or medical grounds with appropriate supporting documents. To provide an opportunity for students to recover from the circumstances resulting in a Special Examination, the University has implemented Special Examinations dates. These dates as well as other important information about examinations and academic standing can be found [here](#).

### Academic Offenses

"Scholastic offences are taken seriously, and students are directed [here](#) to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence.

### Accessibility Statement

Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you. You may also wish to contact

Accessible Education (AE) at 661-2111 x 82147 for any specific question regarding an accommodation or review [The policy on Accommodation for Students with Disabilities](#).

### **Correspondence Statement**

The centrally administered **e-mail account** provided to students will be considered the individual's official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at his/her official university address is attended to in a timely manner. You can read about the privacy and security of the UWO email accounts [here](#).

### **Turnitin and other similarity review software**

All assignments will be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. Students will be able to view their results before the final submission. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and [Turnitin.com](#).

## **15. BMSUE Academic Policies and Statements**

### **Copyright and Audio/Video Recording Statement**

Course material produced by faculty is copyrighted and to reproduce this material for any purposes other than your own educational use contravenes Canadian Copyright Laws. You must always ask permission to record another individual and you should never share or distribute recordings.

### **Rounding of Marks Statement**

Across the Basic Medical Sciences Undergraduate Education programs, we strive to maintain high standards that reflect the effort that both students and faculty put into the teaching and learning experience during this course. All students will be treated equally and evaluated based only on their actual achievement. **Final grades** on this course, irrespective of the number of decimal places used in marking individual assignments and tests, will be calculated to one decimal place and rounded to the nearest integer, e.g., 74.4 becomes 74, and 74.5 becomes 75. Marks WILL NOT be bumped to the next grade or GPA, e.g. a 79 will NOT be bumped up to an 80, an 84 WILL NOT be bumped up to an 85, etc. The mark attained is the mark you achieved, and the mark assigned; requests for mark "bumping" will be denied.

## **16. Support Services**

The following links provide information about support services at Western University.

[Academic Counselling \(Science and Basic Medical Sciences\)](#)

[Appeal Procedures](#)

[Registrarial Services](#)

[Student Development Services](#)

[Student Health Services](#)