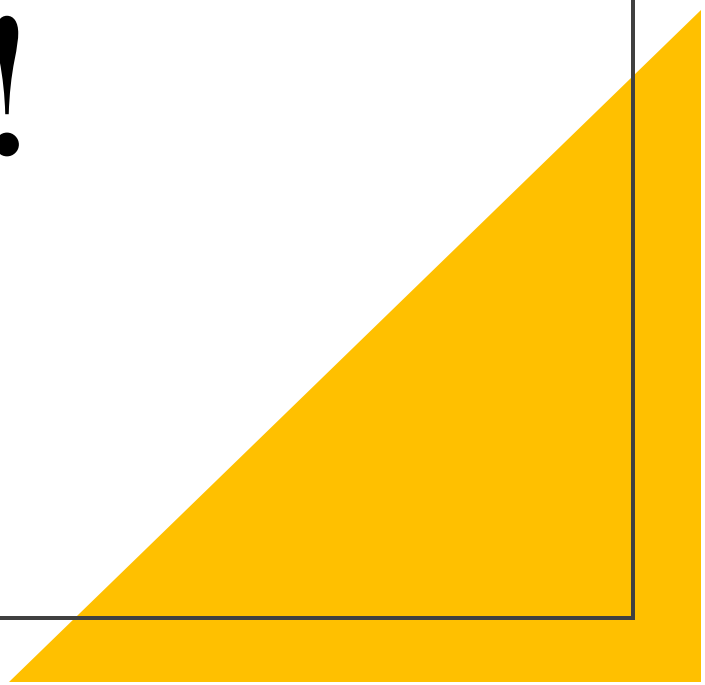


HHP Courses: What to Expect and How to Best Prepare!

Presented by the 2020-2021 HHP at Ulowa Exec Board



CORE COURSES

Principles of Chemistry I (CHEM:1110)

- A required class for Human Physiology BS and Pre-Health tracks
- Covers fundamental chemistry concepts in more depth than General Chemistry
- Laboratory and homework grades heavily influence final grade, points are offered in other areas besides exams
- Exam questions are application based, not memorization
- Recommendations
 - Actively attend and participate in discussion
 - Complete the homework on schedule
 - Attend office hours if questions about the lab experiment or pre-lab
 - Attend SI

Principles of Chemistry II

- Course that contains heavy math load similar to PChem I but more concepts in PChem II
- Material is not too difficult- just continuation on PChem I
- Labs in this course are easier than in PChem I (more straightforward)
- When preparing for exams:
 - Briefly review/read each power point for each lecture chapter
 - Mastering Chem Practice Problems (most helpful thing to prepare you)
 - Taking Practice exam (mark what's wrong without looking at answers and look at lecture related to chapter/example problem then retake again)
 - Attend SI to review
 - Review with study group to explain which solidifies knowledge

Foundations of Biology (BIOL: 1411)

- Conceptual and memorization focused class
- Lectures are fast paced, and it can be helpful to do the readings prior
- Understanding all the processes of the lab experiments is important
- Recommendations
 - Attend SI
 - Understand the vocabulary
 - Complete the practice exams and study the questions you missed
 - Make your own study guide
 - Utilize the textbook: the readings and Learning Curve
 - Use Khan Academy and other resources

Diversity of Form and Function

- Heavy material- more understanding than memorizing (more interesting)
- More straightforward than Foundations
- Lectures move very quickly from topic to topic
- When preparing for exams:
 - Reread notes with the lectures pulled up 2-3 times to have good understanding
 - Explaining to someone or to self is very beneficial (vs reading to self is passive way of studying and does not help very often)
 - Searching videos on khan academy regarding confusing material
 - Begin to review material for course at least 4 days before exam
 - Split up different chapters reviewed for each day
 - Last day before exam should be reviewing day- going through all notes and lectures and being able to explain it

Calculus for Biological Sciences – MATH:1460

- A math class option for Health and Human Physiology BA and BS majors as well as those on a pre-health track.
- Expectations vs. Reality
 - People would expect that the entire class would consist of fully calculus content. However, the first half of the semester covers review of pre-calculus content, so it's not fully calculus.
 - This class takes place every day of the week in some form, whether it be a lecture or a discussion for that day. So it helps that you gain exposure to the content every day.
- Recommendations:
 - FOR REGISTRATION:
 - Unless math comes very easily to you, do not take this with a heavy course load.
 - FOR STUDYING:
 - **PRACTICE PROBLEMS!** Can't stress this one enough!
 - Make flashcards when trying to memorize certain formulas and concepts
 - Attend SI and/or maybe even invest in a tutor
 - Always do provided review problems
 - Stay on top of homework and content

ELECTIVE COURSES

Physical Activity and Health – HHP:2200

- A **required** class for both the BA and BS human physiology majors
- Expectations vs. Reality
 - Students tend to assume that it's a super easy class
 - However, it can be a lot more difficult than one would expect
- Very conceptual and memorization-based
- Recommendations:
 - Registration: take this in a semester where you're not taking many memorization-type courses, such as organic chemistry or biochemistry
 - Top 5 Study Tips: keep up with the content and assignments; ALWAYS do the learning objectives; attend SI sessions for this course; do flash cards; create quizzes and/or Kahoots for yourself using the learning objectives

Writing for Health and Human Physiology – HHP:3900

- An elective course offered for students pursuing Health and Human Physiology BA or Human Physiology BS
- Deviates from science-heavy electives common to the major
- Allows students to create documents necessary for grad school Pre-Health applications
 - Resume, Cover Letter, Personal Statement, etc.
- Workshop heavy class
 - Tip: use your other classmates as resources to fix mistakes!
- Discuss current science news every week!



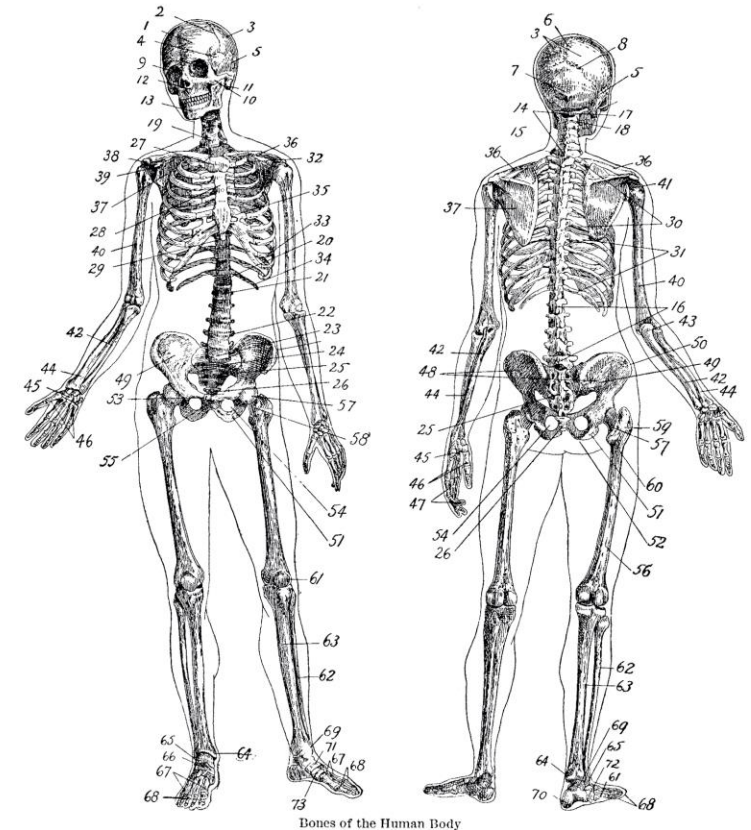
Human Growth and Motor Development - HHP:3300

- An elective course offered for students pursuing Human Physiology BA or Human Physiology BS
- Covers development from birth to adulthood
- Memorization heavy class
 - Must understand processes as well as application
 - Tip: draw out or create models to help visualize processes
- Especially applicable to careers such as Physical Therapy or Recreational Therapists
 - Class covers development, as well as possible complications



Anatomy for Human Physiology - HHP:3105

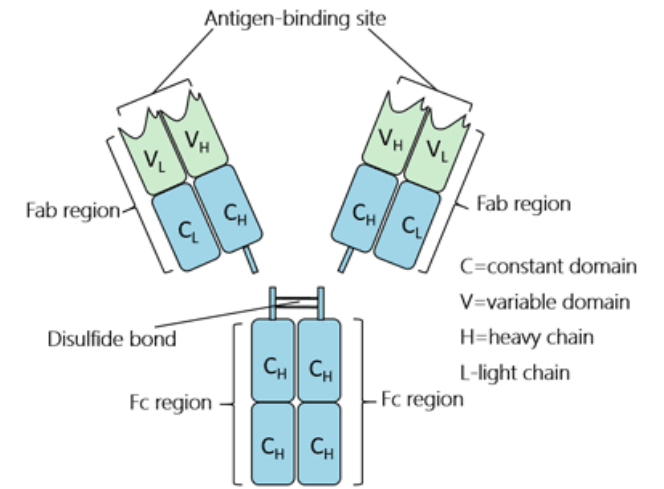
- Required class for BS majors
- Covers anatomy of all systems of human body
- Lab heavy course!
 - Tip: Go into office hours to get additional practice on identifying structures!
 - Visualize where structures are in relation to other structures
 - Be prepared to interact with real human and animal specimens
- Lab and course content go hand in hand



Human Physiology- HHP:3550

- A **required** class for both the BA and BS human physiology majors
 - HHP1300 (BA)
 - HHP3550 (BS)
- Lots of pathways!
 - Understanding of anatomy certainly helps
- Labs are software based
 - Measuring of physiological functions via software system
 - Lab reports reflecting lab and understanding
 - Lots of fun clinically relevant labs toward the end of the semester (measuring BP, blood glucose..)
- Tips
 - Draw when studying (diagrams, tables, charts) to organize information and order
 - Review material prior to lecture (it helps familiarize yourself with upcoming content)
 - Search videos online that guide you through the pathways through animations
 - Try to relate the anatomical structures that correspond to the physiological functions

Immunology in Health and Disease- HHP:3450



- HHP elective
- Quizzes (6-7 questions/points each)
- Draw when studying!
 - Lots of memorization and "putting things together"
- Expectation: More clinical (diseases and associated symptoms, treatments, etc.)
- Reality: More molecular based
 - Receptors, cytokines, lymphocytes, etc.
 - Clinical correlations here and there but more molecular based
- Tips
 - Draw concepts out
 - YouTube videos help visualize concepts
 - When studying for exams, use "For the Exam You Should Be Able To" slides at the end of each chapter to guide you through the concepts as a way of testing yourself
 - Try not to refer to the notes as much as possible

Abnormal Psychology for Health Professions- PSY:2930

- Very clinical :)
 - Causes, treatments, prevalence, statistics, diagnostic criteria ...
 - Tips
 - Take notes as you read the text!
 - Complete quizzes and case studies as you read the corresponding material
 - Fill in study guide as you review for exams; great way of having all of the material in one spot :)
- MindTap= learning software
 - Very engaging and helpful in learning content
 - Lots of points

