

Lecture Plan							
Name of the College: Government College of Arts, Science and Commerce. Sanquelim- Goa							
Name of Faculty:		Subject: Zoology					
Paper code: ZOO 301 Human Physiology (practical)		Program: T.Y. BSc				Division: A	
Academic year: 2025- 2026		Semester:V				Total practicals: 15/ 2 Hrs/ week	
Course Objectives: 1. Understanding the physiology of the human body. 2. Familiarising with internal milieu fixity in humans. 3. Develop an understanding of the mechanisms behind physiological processes. 4. Evaluate physiological wellbeing from experimental data.							
Expected Course Outcome:							
At the end of this course, students will be able to: 1. Understand the role of different organ systems in the human body. 2. Explain the various physiological processes. 3. Appreciate the working of the human body. 4. Understand the various physiological mechanisms in the human body.							
Month	Lecture From	Lecture To	No. of practical allotted	Topic, Subtopic to be covered	Exercise/ Assignment	ICT Tools	Reference books
June	23/06/2025	28/06/2026	01 (2 Hrs)	To study the pneumographic effects of normal breathing, hyperventilation, talking, laughing,	Knowing theory		N. A. John, CC Chatterjee’s Human Physiology, 14th

				coughing.	behind the practical		Edition, CBS publishers and Distributors, 2022
June/July	30/06/2025	05/07/2025	01 (2 Hrs)	Spirometric measurement of vital capacity of lungs	Knowing theory behind the practical		N. A. John, CC Chatterjee's Human Physiology, 14th Edition, CBS publishers and Distributors, 2022
July	07/07/2025	12/07/2025	01 (2 Hrs)	Measurement of some common anthropometric parameters - stature, eye height, shoulder height, elbow height, shoulder-elbow length, shoulder breadth, head breadth, head circumference, waist-hip ratio. Calculation of body surface area (BSA) and Body Mass Index from anthropometric measurements	Knowing theory behind the practical		N. A. John, CC Chatterjee's Human Physiology, 14th Edition, CBS publishers and Distributors, 2022
July	14/07/2025	19/07/2025	01 (2 Hrs)	Measurement of some common anthropometric parameters - stature, eye height, shoulder height, elbow height, shoulder-elbow length, shoulder breadth, head breadth, head circumference, waist-hip ratio. Calculation of body surface area (BSA) and Body Mass Index from anthropometric measurements	Knowing theory behind the practical		N. A. John, CC Chatterjee's Human Physiology, 14th Edition, CBS publishers and Distributors, 2022
July	21/07/2025	26/07/2025	01 (2 Hrs)	Measurement of some common anthropometric parameters - stature, eye height, shoulder height, elbow height, shoulder-elbow length, shoulder breadth, head breadth, head circumference, waist-hip ratio. Calculation of body surface area (BSA) and Body Mass Index from anthropometric measurements	Knowing theory behind the practical		N. A. John, CC Chatterjee's Human Physiology, 14th Edition, CBS publishers and Distributors, 2022
July/August	28/07/2025	02/08/2025	01 (2 Hrs)	Determination of muscular efficiency/ fatigue by Ergography.	Knowing theory		N. A. John, CC Chatterjee's Human Physiology, 14th

					behind the practical		Edition, CBS publishers and Distributors, 2022
August	04/08/2025	09/08/2025	01 (2 Hrs)	Measurement of blood pressure, heart rate, pulse and effect of posture	Knowing theory behind the practical		N. A. John, CC Chatterjee's Human Physiology, 14th Edition, CBS publishers and Distributors, 2022
July/August	11/08/2025	16/08/2025	01 (2 Hrs)	Determination of normal and abnormal constituents in urine	Knowing theory behind the practical		N. A. John, CC Chatterjee's Human Physiology, 14th Edition, CBS publishers and Distributors, 2022
August	18/08/2025	23/08/2025	01 (2 Hrs)	Estimation of serum Creatinine	Knowing theory behind the practical		N. A. John, CC Chatterjee's Human Physiology, 14th Edition, CBS publishers and Distributors, 2022
August	25/08/2025	25/08/2025	01 (2 Hrs)	Calculation of eGFR.	Knowing theory behind the practical		N. A. John, CC Chatterjee's Human Physiology, 14th Edition, CBS publishers and Distributors, 2022
August	02/09/2025	06/09/2025	01 (2 Hrs)	Superficial (Plantar/ Abdominal reflexes), Deep (Knee-Jerk/ Biceps and triceps jerk) reflexes	Knowing theory behind the practical		N. A. John, CC Chatterjee's Human Physiology, 14th Edition, CBS publishers and Distributors, 2022
September	08/09/2025	13/09/2025	01 (2 Hrs)	Determination of muscle strength and endurance by Handgrip Dynamometer	Knowing theory behind the practical		N. A. John, CC Chatterjee's Human Physiology, 14th Edition, CBS publishers and Distributors, 2022

September	15/09/2025	20/09/2025	01 (2 Hrs)	Determination of VO2 max by Queens College Step test.	Knowing theory behind the practical		N. A. John, CC Chatterjee's Human Physiology, 14th Edition, CBS publishers and Distributors, 2022
September	22//09/2025	27/09/2025	01 (2 Hrs)	Determination of BMR using predictive equation.	Knowing theory behind the practical		N. A. John, CC Chatterjee's Human Physiology, 14th Edition, CBS publishers and Distributors, 2022
September	29/09/2025	04/10/2025	01 (2 Hrs)	Demonstration of Blind spot	Knowing theory behind the practical		N. A. John, CC Chatterjee's Human Physiology, 14th Edition, CBS publishers and Distributors, 2022
October	06/10/2025	11/10/2025	01 (2 Hrs)	Repetition	Knowing theory behind the practical		N. A. John, CC Chatterjee's Human Physiology, 14th Edition, CBS publishers and Distributors, 2022
October	13/10/2025	18/10/2025	02 Hrs	Journal correction and certification			