

Semester Lecture Plan

Name of College: Government College of Arts, Science & Commerce, Sanquelim Goa

Name of Faculty: Dr. Vaibhav Chindarkar

Subject: Zoology

Paper code: ZOO 301

Program/Course: Practical Human Physiology

Division: A

Academic year: 2026 - 2027

Semester: V

Total Lectures: 45

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. Describe 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	Lectures From: To:		No. of lectures allotted	Topic, Subtopic to be covered	ICT Tools	Reference books
June	19/06/2026	20/06/2026		To study the pneumographic effects of normal breathing, hyperventilation, talking, laughing, coughing.		
July	22/06/2026	27/06/2026	01		Actual practical to be performed	CL Ghai, A Textbook of Practical Physiology, 8th Edition, Jaypee publishers, 2013 Chandrasekar M, Mishra Nitesh, Practical Physiology Book, 2 nd edition, Jaypee publishers, 2014
	29/06/2026	04/07/2026	01		Actual practical to be performed	CL Ghai, A Textbook of Practical Physiology, 8th Edition, Jaypee publishers, 2013 Chandrasekar M, Mishra Nitesh, Practical Physiology Book, 2 nd edition, Jaypee publishers, 2014
				Continuation.....		

	06/07/2026	11/07/2026	01	Spirometric measurement of vital capacity of lungs 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	Actual practical to be performed	CL Ghai, A Textbook of Practical Physiology, 8th Edition, Jaypee publishers, 2013 Chandrasekar M, Mishra Nitesh, Practical Physiology Book, 2nd edition, Jaypee publishers, 2014 CL Ghai, A Textbook of Practical Physiology, 8th Edition, Jaypee publishers, 2013 Chandrasekar M, Mishra Nitesh, Practical Physiology Book, 2nd edition, Jaypee publishers, 2014
	13/7/2026	18/7/2026	01		Actual practical to be performed	

August	20/07/2026	25/07/2026	01	Continuation.....	Actual practical to be performed	CL Ghai, A Textbook of Practical Physiology, 8th Edition, Jaypee publishers, 2013 Chandrasekar M, Mishra Nitesh, Practical Physiology Book, 2 nd edition, Jaypee publishers, 2014 CL Ghai, A Textbook of Practical Physiology, 8th Edition, Jaypee publishers, 2013
	27/07/2026	01/08/2026	01	Determination of muscular efficiency/ fatigue by Ergography.	Actual practical to be performed	Chandrasekar M, Mishra Nitesh, Practical Physiology Book, 2 nd edition, Jaypee publishers, 2014 CL Ghai, A Textbook of Practical Physiology, 8th Edition, Jaypee publishers, 2013
	03/08/2026	08/08/2026	01	Measurement of blood pressure, heart rate, pulse and effect of posture	Actual practical to be performed	Chandrasekar M, Mishra Nitesh, Practical Physiology Book, 2 nd edition, Jaypee publishers, 2014
	10/08/2026	15/08/2026	01	Determination of normal and abnormal constituents in urine	Actual practical to be performed	CL Ghai, A Textbook of Practical Physiology, 8th

						Edition, Jaypee publishers, 2013
						Chandrasekar M, Mishra Nitesh, Practical Physiology Book, 2 nd edition, Jaypee publishers, 2014 CL Ghai, A Textbook of Practical Physiology, 8th Edition, Jaypee publishers, 2013
	17/08/2026	22/08/2026	01	Estimation of serum Creatinine	Actual practical to be performed	Chandrasekar M, Mishra Nitesh, Practical Physiology Book, 2 nd edition, Jaypee publishers, 2014 CL Ghai, A Textbook of Practical Physiology, 8th Edition, Jaypee publishers, 2013
	24/08/2026	29/08/2026	01	Calculate of eGFR.	Actual practical to be performed	Chandrasekar M, Mishra Nitesh, Practical Physiology Book, 2 nd edition, Jaypee publishers, 2014 CL Ghai, A Textbook of Practical Physiology, 8th Edition, Jaypee publishers, 2013
	31/08/2026	05/9/2026	01	Superficial (Plantar/ Abdominal reflexes), Deep (Knee-Jerk/ Biceps and triceps jerk) reflexes	Actual practical to be performed	Chandrasekar M, Mishra Nitesh, Practical Physiology Book, 2 nd edition, Jaypee publishers, 2014 CL Ghai, A Textbook of Practical Physiology, 8th Edition, Jaypee publishers, 2013

September	07/9/2026	12/9/2026	01	Determination of muscle strength and endurance by Handgrip Dynamometer	Actual practical to be performed	Chandrasekar M, Mishra Nitesh, Practical Physiology Book, 2 nd edition, Jaypee publishers, 2014 CL Ghai, A Textbook of Practical Physiology, 8th Edition, Jaypee publishers, 2013
	21/9/2026	26/9/2026	01	Determination of VO ₂ max by Queens College Step test.	Actual practical to be performed	Chandrasekar M, Mishra Nitesh, Practical Physiology Book, 2 nd edition, Jaypee publishers, 2014 CL Ghai, A Textbook of Practical Physiology, 8th Edition, Jaypee publishers, 2013
	28/9/2026	3/10/2026	01	Determination of BMR using predictive equation.	Actual practical to be performed	Chandrasekar M, Mishra Nitesh, Practical Physiology Book, 2 nd edition, Jaypee publishers, 2014

October	5/10/2026	10/10/2026	01	Demonstration of Blind spot	Actual practical to be performed	CL Ghai, A Textbook of Practical Physiology, 8th Edition, Jaypee publishers, 2013 Chandrasekar M, Mishra Nitesh, Practical Physiology Book, 2 nd edition, Jaypee publishers, 2014 CL Ghai, A Textbook of Practical Physiology, 8th Edition, Jaypee publishers, 2013
	12/10/2026	14/10/2026	01	Journal submission and certification	Actual practical to be performed	Chandrasekar M, Mishra Nitesh, Practical Physiology Book, 2 nd edition, Jaypee publishers, 2014