

**Exercise plan for first-year students of the Medical ED program,
summer semester, academic year 2025/2026**

Human physiology with elements of clinical physiology

Tuesday	Gr 3A 7:45-10:00 tydz. 1-15			
Friday	Gr 2A 7:00-9:15 tydz. 1-15	Gr 2B 9:30-11:45	Gr 1A 12:00-14:15	Gr 1B 14:30-16:45

Lp.	Tuesday	Friday	Topic	Exercise leader
1	24.02.	27.02.	Fundamentals of cellular electrophysiology - neuron structure, cell membrane structure, types of ion channels, ion pumps. Origin and characteristics of the resting potential.	dr Piotr Złomańczuk
2	03.03.	06.03.	Origin and characteristics of the action potential - the excitability of the nerve cell, the role of ion channels, the phenomenon of refractory period in the neuron.	dr Piotr Złomańczuk
3	10.03.	13.03.	Synaptic conduction and conduction velocity.	dr Piotr Złomańczuk
4	17.03.	20.03.	Neuron simulation program – review.	dr Piotr Złomańczuk
5	24.03.	27.03.	Physiology of sense organs - transduction, receptor potential.	dr Piotr Złomańczuk
6	31.03.	10.04.	Physiology of skeletal and smooth muscles - mechanism of contraction and regulation of its force, part 1.	dr Piotr Złomańczuk
7	14.04.	17.04.	Physiology of skeletal and smooth muscles - mechanism of contraction and regulation of its force, part 2.	dr Piotr Złomańczuk
8	21.04.	24.04.	Functional organization of the brain. Higher CNS functions. Cognitive functions.	dr Piotr Złomańczuk
9	05.05.	28.04.*	Vestibular and vestibulospinal reflexes. The role of the reticular formation in the control of muscle tone.	dr Piotr Złomańczuk
10	12.05.	08.05.	Caloric nystagmus, rotatory nystagmus, and postrotary nystagmus. Examination of vestibular-spinal reflexes. Examination of selected spinal reflexes.	dr Piotr Złomańczuk
11	19.05.	13.05.*	Blood composition. The role of morphotic elements and plasma proteins. Lipid profile.	mgr Monika Bejtka
12	26.05.	22.05.	Hormonal regulation of blood glucose concentration.	mgr Monika Bejtka
13	02.06.	29.05.	Thyroid hormones and metabolism.	mgr Monika Bejtka
14	09.06.	12.06.	Female sex hormones. Pregnancy and childbirth.	mgr Monika Bejtka
15	16.06.	15.06.*	The impact of physical exercise on the human body.	dr Monika Zawadka-Kunikowska

* In accordance with the organization of the 2025/2026 academic year, the classes scheduled for Friday will be held on Tuesday, April 28, 2026, Wednesday, May 13, 2026, and Monday, June 15, 2026.

KIEROWNIK KATEDRY FIZJOLOGII CZŁOWIEKA

dr hab. med. Wojciech Kazmierczak