



# PSB3002 Physiological Psychology



Fall 2023

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**Meeting Time:** M, W, F – 9:35 AM to 10:25 AM  
**Meeting Room:** PSY 0151  
**Instructor:** Javier R. Mesa, J.D., MS  
**E-mail:** j.mesa@ufl.edu  
**Office:** PSY 311F  
**Office Hours:** M, W – 10:45 AM to 11:45 AM, or by appointment

## Course Description and Objectives

This course is an introductory survey of neuroscience with special relevance to psychology. It is reserved for Psychology majors only. An overall goal of this course is to gain appreciation for the physiological processes that underlie brain and nervous system function as well as human behavior. This course will expose students to the methods and perspectives utilized in neuroscience as well as the molecular pathways and neural systems that produce psychological phenomena. Finally, we will study the application of neuroscience to understand normal brain development, optimize personal well-being, and treat disruptions of brain function.

## Suggested Readings

There are **no required texts** for this course. Students will be assessed only on the content of in-class lectures and related in-class discussions. However, presentation of the course material will be guided by Carlson & Birkett's Physiology of Behavior textbook (see below for more information).

Carlson, N.R. and M.A. Birkett (2021). Physiology of Behavior, 13th ed. Pearson Education.  
ISBN: UF ALL ACCESS

Please note that this course will be participating in the UF All Access program. Login at the following website and Opt-In to gain access to your UF All Access course materials - <https://www.bsd.ufl.edu/AllAccess> to an external site. – UF All Access will provide you with your required materials digitally at a reduced price and the charge will be posted to your student account. This option will be available starting 1 week prior to the start of the semester and ending 3 weeks after the first day of class. After the opt-in, students will receive an email from RedShelf for textbook access.

## Participation & Attendance

Attendance will not be taken. However, only students with excused absences will be able to make up exams or quizzes. Additionally, quizzes and exams will assess students based on the content of in-class lectures and related in-class discussions.

Requirements for class attendance and make-up quizzes, assignments, and other work in this course are consistent with university policies: <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>. **Accordingly, students are expected to inform the instructor as early as possible if they will miss a quiz or exam for an excusable reason.**

Except for the Syllabus Quiz, all exams and quizzes will take place in class. Students whose absences from an exam or quiz date are excused by the Instructor are to work with the Instructor to make up the missed exam or quiz. To minimize cheating, a different version of the exam or quiz will be provided for make-up opportunities.

## Classroom Behavior

Students who fail to abide by classroom behavior expectations may be asked to leave an ongoing lecture. Students are expected to:

- Be on time for class
- If arriving late to class, close the door quietly and find a seat quickly so as not to disturb the lecture or other students
- Refrain from audible conversation with others during lectures
- Refrain from cell phone use; If expecting an urgent call, students should set their phone to silent mode
- Not sleep during class
- Ask questions and engage in classroom discussion in a courteous manner that respects their peers

## Accommodations

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center: <https://disability.ufl.edu/students/accommodations/>. It is important for students to share any accommodation letter with the Instructor and discuss their access needs, as early as possible in the semester.

## Grading

Student grades are calculated based on scoring from:

- two sectional exams (20% each),
- two lecture quizzes (10% each),
- one written assignment (10%),
- a cumulative final exam (20%),
- a short syllabus quiz (5%),
- and Departmental Research Requirement (5%)

Grades will be earned according to the given scale:

Grade	Scale	Grade	Scale
A	93 – 100%	C	73 – 76%
A-	90 – 92%	C-	70 – 72%
B+	87 – 89%	D+	67 – 69%
B	83 – 86%	D	63 – 66%
B-	80 – 82%	D-	60 – 62%
C+	77 – 79%	E	<60%

A minimum grade of C is required for general education credit. Rounding of final grades is not required or guaranteed by the Instructor. Likewise, extra credit will only be provided at the discretion of the Instructor and never on an individual basis. Prior to any class announcements regarding either extra credit or grade rounding, any student inquiries as to whether grades will be rounded or extra credit afforded will receive the following reply: “As Instructor, I do not commit to rounding any grades or offering any extra credit at this time.”

Students will have up to one week to dispute a grade after it has been posted on Canvas. However, as final grades must be submitted by December 18th students will have until the end of the business day on December 15th to resolve any disputed Final Exam grades.

### Course Curriculum & Weekly Schedule

Below is a tentative weekly schedule for this course. This schedule is not fixed, and **the Instructor reserves all rights to revise the syllabus and course curriculum to accommodate exigencies, student needs, etc.**

This course is compartmentalized into three general sections: Fundamental Neuroscience, Sensory & Movement Systems, and Special Topics. We will progress through these sections in that precise order, with an exam upon completion of the first two sections. All course material covered as in-class lectures will be assessed as part of the cumulative final exam.

Exams, including the cumulative final exam, and quizzes will be multiple choice. As above, to minimize cheating, a different version of the exam or quiz will be provided for make-up opportunities following excused absences.

**Special Topics:** The final section of this course is designed to address specialized topics in neuroscience. There will be one quiz covering both the Learning & Memory and Sleep & Circadian Systems lectures. Additionally, the Instructor will lecture on Substance Use Disorders. Moreover, beyond the Learning & Memory and Sleep & Circadian Rhythm quiz, all lecture material from the final course section will be assessed as part of the cumulative final exam.

Options for Special Topics are as follows:

- Reproductive & Parental Behavior

- Ingestive Behavior
- Neuroscience of Mental Illness
- Developmental Neuroscience

Early in the course, students will have a chance to shape the end of the curriculum. Out of four possible topics, students will elect by plurality which (two) topics will be covered as in-class lectures and which (two) will be offered as a possible writing assignment. **As with lecture material from other sections, all topics selected for in-class lectures, including content from the Methods in Behavioral & Cognitive Psychology, Learning & Memory, Sleep & Circadian Systems, and Substance Use Disorders lectures will be part of the final cumulative exam.** As for the written assignment, students can select to answer questions about one of two topics; neither topic will be a part of the final exam. Additional instruction on Special Topics voting and the Written Assignment will be provided in class and via the Canvas site.

DATE	LECTURE TOPICS & DUE DATES
8/23 – 8/25	L1: Syllabus + Introduction L2: Cells of the Nervous System
8/27	Syllabus Quiz due by 11:59 PM on 8/27
8/28 – 9/1	L2: Cells of the Nervous System L3: Structures of the Nervous System
9/4	<i>Holiday: Labor Day</i>
9/6 – 9/8	L 3: Structures of the Nervous System, L4: Neurotransmitters & Psychopharmacology
9/11 – 9/15	L4: Neurotransmitters & Psychopharmacology
9/15	<b>EXAM 1:</b> Fundamental Neuroscience (L1, L2, L3, L4)
9/18 – 9/22	L5: Methods in Behavioral & Cognitive Neuroscience
9/25 – 9/29	L5: Methods in Behavioral & Cognitive Neuroscience
9/27	<b>QUIZ 1</b> (L5) L6: Vision
10/2 – 10/6	L6: Vision L7: Audition & Chemical Senses
10/9 – 10/13	L7: Audition & Chemical Senses
10/16 – 10/20	L8: Balance, Somatosensation, & Movement
10/23 – 10/27	L8: Balance, Somatosensation, & Movement
10/27	<b>EXAM 2:</b> Sensory & Movement Systems (L6, L7, L8)
10/30 – 11/3	L9: Learning & Memory L10: Sleep & Circadian Systems
11/6 – 11/8	L10: Sleep & Circadian Systems
11/8	<b>QUIZ 2</b> (L9, L10)
11/10	<i>Holiday: Veterans Day</i>
11/13 – 11/17	L11: Substance Use Disorders
11/20	SPECIAL TOPIC L12
11/22 – 11/24	<i>Holiday: Thanksgiving</i>
11/27 – 12/1	SPECIAL TOPIC L12 SPECIAL TOPIC L13

12/4 – 12/6	SPECIAL TOPIC L13 <b>WRITTEN ASSIGNMENT</b> must be submitted by 11:59 PM on 12/6
<b>12/13</b>	<b>FINAL EXAM</b> 10 AM – 12 PM Location TBA

Highlighted dates indicate test/quiz dates. Except for the Syllabus quiz, all exams and quizzes will take place in-class.

### Departmental Research Requirement

The department requires participation in research experience for all students enrolled in a 3000-level course, including this one. Alternatively, students may elect to complete multiple assignments. For more information, see specific requirements about SONA Research Participation on Canvas. Completion of this department requirement is worth 5% of the final grade. Students are recommended to address this requirement early as waiting until the end of semester may mean fewer opportunities for research participation.

### Honesty Policy

Cheating and plagiarism will not be tolerated in this course. Students who are caught cheating or plagiarizing will be subjected to the Student Honor Code Process.

UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code.” On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Conduct Code specifies a number of behaviors that are in violation of this code, including cheating and plagiarism, and the possible sanctions. If you have any questions or concerns, please consult with the Instructor in this class.

### In-Class Recordings

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the Instructor.

A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any Instructor-led discussions that form part of the presentation, and delivered by any Instructor hired or appointed by the University, or by a guest Instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or guest lecturer during a class session.

Publication without permission of the Instructor is prohibited. To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

### Online Course Evaluation

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

### Additional Campus Resources

UF fosters a campus free of sexual violence including sexual harassment, domestic violence, dating violence, stalking, and/or any form of sex or gender discrimination. In support thereof, if you disclose a personal experience as a UF student, the Instructor may be required to notify the Title IX Coordinator by completing the report form available at <https://titleix.ufl.edu/report-an-issue/>, emailing [titleix@ad.ufl.edu](mailto:titleix@ad.ufl.edu) or calling (352) 273-1094.

#### Health and Wellness

U Matter, We Care: If you or someone you know is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu), 352-392-1575, or visit U Matter, We Care website to refer or report a concern and a team member will reach out to the student in distress.

Counseling and Wellness Center: Visit the Counseling and Wellness Center website or call 352-392-1575 for information on crisis services as well as non-crisis services.

Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the Student Health Care Center website.

University Police Department: Visit UF Police Department website or call 352-392-1111 (or 9-1-1 for emergencies).

UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; Visit the UF Health Emergency Room and Trauma Center website.

GatorWell Health Promotion Services: For prevention services focused on optimal

wellbeing, including Wellness Coaching for Academic Success, visit the GatorWell website or call 352-273-4450.

### Academic Resources

E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu).

Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.

Library Support: Various ways to receive assistance with respect to using the libraries or finding resources.

Teaching Center: Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring.

Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.

Student Complaints On-Campus: Visit the Student Honor Code and Student Conduct Code webpage for more information.

On-Line Students Complaints: View the Distance Learning Student Complaint Process.