What does "Nemo psychologus nisi physiologus" mean?

One is not a psychologist who is not also a physiologist.
(Johannes Peter Müller, 19th century physiologist and anatomist)

What is a biological explanation of behavior and experience/mental activities (i.e., cognition, emotion and motivation)?

It is an explanation in terms of the anatomy and physiology (i.e. structure and function) of the organism, and thus also in terms of the biological development of the organism. These are dependent upon the genetic inheritance of the organism (as well as experience); which in turn is dependent ultimately on explanations in terms of evolutionary history, and hence adaptive significance.

The primary focus in biological psychology is on the nervous system, as well as the endocrine system. Recently, it has been found that these two systems interact not only with each other, but with the immune system.