SYLLABUS

Biology 054 – Human Understanding (ONLINE)
San Jose State University  Summer 2013  3 Semester Units  June 3 – July 5, 2013

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Office Hours: On Campus (M/W) or Online all by appointment

For more information on how to instant message or video chat on Skype, visit: www.skype.com

It is best to email me any questions or concerns. For email, I will respond within 48 business hours. Please do not expect email response late at night or on weekends.

Read the entire syllabus, as it is a contract between you and your instructor.
Your continued enrollment in this course implies that you agree to all terms in this contract.

Description: Biology 54 is a general education course for Area E that introduces some major issues in health and disease, psychological stress, and aging. Emphasis is on learning how to understand and apply physiologic information for human understanding and lifelong learning. There are no prerequisites.

Resources

Class Delivery Mode: This course is delivered online though Canvas (http://www.sjsu.edu/at/ec/canvas/index.html). Success in the course requires active participation by logging in multiple times a week for updates, to complete assignments, complete activities, review lectures and participate in discussions. You should ideally set aside a minimum of 15-20 hours per week for this winter intensive course, although depending on your level of comfort and experience with biology and technology, it may be longer. Check out What Makes a Successful Online Student? at http://www.ion.uillinois.edu/resources/tutorials/pedagogy/studentprofile.asp

Technology Requirements: This is a technology heavy class since it is in the online environment. You must have a computer that has the most up to date operating system, Microsoft office, up to date web browser and associated media players, a webcam, microphone and earphone capabilities. There are computers available on campus, but you will need to search this resource out for yourself if needed.

We will be using Canvas for our learning management system (LMS). Link for Students Regarding Canvas Issues/Questions http://www.sjsu.edu/at/ec/docs/Canvas%20Student%20Tutorial.pdf or http://www.sjsu.edu/at/ec/canvas/index.html You are automatically registered with canvas as a registered student of the course. Only registered students can access our canvas class. I will also be sending out emails through MySJSU periodically. Please ensure you are reading/receiving them.

Technical support is provided at the following places on campus when you are having technical difficulties such as password reset, browser problems, computer problems, and issues encountered when using Canvas courses.

- University Help Desk is the first point of contact for service and support to help you with password resets, login issues, email support and account requests. Located in Clark Hall, Room 102 Phone: 408.924.2377 Email: help@help.sjsu.edu Hours: Mon – Thur 8am - 9:45pmFri 8:00am – 4:45pm http://www.sjsu.edu/helpdesk/ *You can also submit a help ticket using the University CANVAS Help Desk ticket
– **A.S. Computer Services Center** has a computer lab with 100 computers that provided most major operating systems available from recently released versions of Microsoft Windows, to Linux, and Macintosh. Located in the Student Union on the 3rd floor Phone: **408.924.6976** Hours: Mon - Thurs 8:00am – 10:00pm; Fri 9:00am - 5:00pm [http://as.sjsu.edu/ascsc/index.jsp](http://as.sjsu.edu/ascsc/index.jsp)

– **PC Help Line** assists you with troubleshooting issues you may encounter while using your PC. Phone: **(408) 924-1111**

**Disability Resource Center** provides resources for students with disabilities. Resources include: Academic Accommodation, Academic Advising, Adaptive Technology Center, Alternative Media Center, Deaf & Hard of Hearing Program, Disabled Parking, Guidelines for Documentation of Disability, Educational Assistants, Learning Disabilities, and Priority Registration.

Located in Administration Building 110 Phone: **408.924.6000** (Main Office) **408.924.6542** (Deaf and HoH) **408.808.2123** (ATC) Hours: Mon - Thurs, 9:00am to 6:00pm; Friday 10:00 am to 4:00 pm [http://www.drc.sjsu.edu/](http://www.drc.sjsu.edu/)

**Course Materials**

**Required Text:**

1. **Mean Genes: From Sex to Money to Food: Taming Our Primal Instincts**, Burnham and Phelan. You will be required to read the entire text, many of these concepts will be found to coincide with our lecture. You will be tested on major topics/themes in exams and this will be used as discussion/talking points throughout the semester. ISBN: 0465031242.

2. **Emotional Intelligence 2.0**, Bradberry & Greaves. ISBN: 1441842233. This book comes in Kindle, Hardcover and Audio Book (Your choice). You must get a copy with an access code to take the Emotional Intelligence Test to submit for credit.

**Recommended (Not required) text:**

**A Short Guide to Writing About Biology,** Pechenik. Any edition is fine. This will be used to guide you on how to write a peer-review journal literature review paper in a scientific tone and format for your 100 point writing assignment.

**CLASS ASSIGNMENTS**

All assignments will be submitted to either Canvas or Turnitin.com.

**Turnitin.com** : We will be using turnitin.com to submit our papers electronically whenever possible to decrease paper waste and streamline classroom logistics. You will also be able to view your grade and comments in your turnitin.com account. I will announce in class when each assignment is ready to view. If you do not already have an account, go to www.turnitin.com and register with your official name and SJSU student ID number. The account is free. You will then add to our class using class number: **6521741** and password: **beach**

Turnitin.com is a software program that allows me to grade your papers online and will scan all publications to check for how much your paper matches other sources, including other student’s papers. Since I can see exactly which parts of your paper are similar to a resource, I make the final determination whether or not I feel plagiarism has occurred. It is of the utmost importance that you do all your own work. Do not submit anything that is not your own writing, it will be caught and you will be held accountable. Please see the SJSU guidelines on plagiarism for further information.

**Online Activities (up to 255 points):** Online class activities involve students working alone or in small online groups analyzing scientific writings, finding and evaluating information for personal growth and societal use, and constructing effective written and oral presentations. Details on class activities can be found in Canvas. Be sure to check each week for updates.
Exams (Midterm and Final: 100 points each): The exams will include information from lectures, readings, discussions, and activities. The exams may consist of multiple choice, short answer and/or essay. All exams will be completed online. Please see assignment list below for dates of exams. Exams are open note, but they are strictly timed. More information will be released closer to the exam dates.

Mean Genes Assigned Reading Journal (50 points): For each chapter of our assigned book, Mean Genes, you must write a one paragraph summary of the chapter and create two exam style questions with answers. Each chapter should be clearly labeled with the summary followed by the two questions with answers. This needs to be done for every chapter. You will submit to Canvas by July 1st, 2013.

Emotional Intelligence 2.0 (30 points): Begin by taking the online Emotional Intelligence Quiz. Once you are finished, please take a snapshot of your results (utilize your computer’s Screen Shot function) and upload this screenshot to the Canvas folder “Emotional Intelligence Quiz” for 5 points. If you wish to blackout your actual score, that is fine. As long as I can see that you completed the quiz. Then for the remaining 25 points, read the entire book and answers the questions located in the Emotional Intelligence 2.0 Worksheet found on Canvas. If you do not submit a copy of your Emotional Intelligence Quiz you will receive a zero for the entire assignment. Submit to Canvas by July 3rd, 2013.

Peer Reviewed Journal Paper (100 points): Due June 21, 2013 to Turnitin.com – No Hardcopy Needed

This will be a literature review paper based upon your research in the peer-reviewed journals. You will need to utilize A Short Guide to Writing About Biology, Pechenik. 7th edition for assistance in completing this in a scientific journal style and tone. More detailed information about this assignment can be found in a separate document. You can submit this assignment anytime before the due date to turnitin.com. Please see the turnitin.com information above for details on how to register for this site and our class. Registration is free.

Individual Presentation Project (100 points): In order to pass this course, you must complete this assignment. This will be a presentation on a selected topic of importance to human health and well-being. You will record and upload your presentation for your grading. Please see the separate document for full information on this assignment. Due by June 28, 2013.

Course Grade: The percent out of total points determines the semester grade. – Class will not be graded on a curve. You have 24 hours from each grade posting to address any discrepancies. After that grades become permanent. Grades will be posted after each exam.

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<thead>
<tr>
<th>Grade</th>
<th>Percent</th>
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<tbody>
<tr>
<td>A+</td>
<td>100-99%</td>
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<tr>
<td>A</td>
<td>92-99%</td>
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<tr>
<td>A-</td>
<td>90-91</td>
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<tr>
<td>B+</td>
<td>88-89</td>
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<tr>
<td>B</td>
<td>82-87</td>
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<td>B-</td>
<td>80-81</td>
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<td>C+</td>
<td>78-79</td>
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<td>C</td>
<td>72-77</td>
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<td>C-</td>
<td>70-71</td>
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<tr>
<td>D+</td>
<td>68-69</td>
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<tr>
<td>D</td>
<td>60-67</td>
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<tr>
<td>F=59 &amp; below</td>
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Midterm Exam – June 19 100
Final Exam – July 5 100
Online Class Activities/Discussions up to 255
Mean Genes Journal: Due by July 1 50
Emotional Intelligence 2.0, Due July 3 30
Peer Reviewed Journal Paper: Due June 21 100
Master Topic Oral Presentation (Video): Due June 28 100
Class Summaries of Master Topic Videos 25
TOTAL (up to) 760 pts
Withdrawal: Petitioning to drop a course after the deadline requires documented compelling reasons (i.e., doctor’s note, etc.). A university official, not the instructor, reviews your petition. Such withdrawals are rarely permitted!

Academic Integrity: Your own commitment to learning, as evidenced by your enrollment at San Jose State University, and the University’s Academic Integrity Policy requires you to be honest in all your academic course work. Faculty are required to report all infractions (i.e., cheating) to the Office of Judicial Affairs. I will assume you have studied both websites. See http://www2.sjsu.edu/senate/S04-12.htm. See http://www2.sjsu.edu/leap/plagiar.htm for plagiarism (a form of cheating). Plagiarism includes claiming another’s work as your own and failing to cite references. Even including in your paper any material you have submitted or plan to submit for another class requires approval by instructors.

Academic Dishonesty Of Any Form Will Not Be Tolerated: Plagiarism is a serious issue treated at the university level. It will not be tolerated in this class. If you plagiarize part of all of any assignment or exam, you will receive an F on the assignment or exam, and may receive NC in the course. An Academic Dishonesty Report form will also be filed with the Office of Student Affairs, which can impose its own sanctions in response to this report. READ this policy in the most recent SJSU catalog or at http://info.sjsu.edu/web-dbgen/narr/catalog/rec-2266.html or at http://sa.sjsu.edu/judicial_affairs/index.html. There are many different forms of academic dishonesty that are listed in the University Catalog. Some examples are:

- copying part or the whole of another student’s (current or former student) assignment or exam; this includes computer files as well as written or oral work;
- submitting an assignment you submitted in another course
- using another student’s clicker in class for them when they are not in attendance
- copying part or the whole of a published work without using quotation marks or without using your own words to explain the other author’s ideas;
- summarizing/paraphrasing another author’s ideas or work without giving credit to that author (i.e. a citation) and/or without using your own words;
- quoting another author’s ideas or work without giving credit to that author (i.e. a citation);
- copying information from the internet without putting into your own words and/or without giving credit to the author. There are many other forms that plagiarism can take, all of which have serious consequences. Another resource on plagiarism can be found at http://www2.sjsu.edu/leap/plagiar.htm

Americans With Disabilities Act Compliance: If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with The Disability Resource Center (924-6000, located in Adm 110) as soon as possible. Presidential Directive 97-03 requires that students with disabilities register with DRC to establish a record of their disability.

Late or retroactive adds: The Department of Biological Sciences does not approve Late Adds (adding classes after the end of the add period indicated in the SJSU Schedule of Classes). You are responsible for adding classes BEFORE the last day to add and for confirming via the campus registration system “My SJSU” that you are in the class. If you are given an add code, you should use it as soon as possible to avoid problems. NOTE: No late or retroactive add forms will be approved in the department office after the last day to add!

Objectives: The learner in Biology 54 should be able to
1. Explain how antioxidants affect health and chronic diseases;
2. Explain how genes, proteins, and hormones affect health;
3. Explain how stress/mood states affect physiology and relate to psychosocial issues;
4. Develop focus questions on human understanding and locate valid information from the primary and secondary literature from internet and SJSU library sources to answer focus questions;
5. Apply analytical skills (diagrams, graphs, focused questioning, writing) to constructing clear, concise, and coherent discussions of science text;
6. Analyze physiological research evidence for value related to psychosocial benefits and problems for people, and discuss it in writing;
7. Analyze physiological research evidence for value related to psychosocial effects over the lifespan, and discuss it in writing;
8. Cooperate with peers for successive stages of project and explain concepts to peers with organization and clarity (i.e. use appropriate social skills to enhance learning and develop positive interpersonal relationships with diverse groups and persons);
9. Evaluate the quality of efforts for learning and propose ways to improve;
10. Recognize yourself as undergoing a stage of human development, and recognize how SJSU counseling services may contribute to your well-being and development;
11. Students shall recognize the physiological, social/cultural, and psychological influences on their well-being;
12. Students shall recognize the interrelation of the physiological, social/cultural, and psychological factors on their development across the lifespan;
13. Students shall use appropriate social skills to enhance learning and develop positive interpersonal relationships with diverse groups and individuals;
14. Students shall recognize themselves as individuals undergoing a particular stage of human development, how their well-being is affected by the university's academic and social systems, and how they can facilitate their development within the university environment.
Lecture Schedule
Below is the lecture schedule. You must review the PowerPoint slides/videos and complete the assignments/readings/discussions associated with that lecture unit number (found on Canvas) by 11:59 pm PST on the due dates listed below. No late work will be accepted. Lectures will be available to you a minimum of one week before they are due once the semester begins. Please note that not all unit topics will be equal in size. Those units that are the largest have been marked by an * to help you plan your time appropriately.

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<thead>
<tr>
<th>Completed ✓</th>
<th>Lecture Unit Number</th>
<th>Topic</th>
<th>Must be completed by:</th>
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<tr>
<td></td>
<td>1</td>
<td>Course Intro/Research and Writing Methods</td>
<td>June 7</td>
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<td></td>
<td>2</td>
<td>Mental Health and Psychosocial Well Being</td>
<td>June 7</td>
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<td>3</td>
<td>Diet and Nutrition</td>
<td>June 14</td>
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<td>4</td>
<td>The Obesity Epidemic</td>
<td>June 14</td>
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<td></td>
<td>5</td>
<td>Humans and the Environment*</td>
<td>June 19</td>
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<td></td>
<td>6</td>
<td>Stress</td>
<td>June 21</td>
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<td></td>
<td>7</td>
<td>Addiction*</td>
<td>June 28</td>
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<td></td>
<td>8</td>
<td>Healthcare and Alternative Medicine</td>
<td>June 28</td>
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<td></td>
<td>9</td>
<td>Non-Infectious/Chronic Disease</td>
<td>July 5</td>
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<tr>
<td></td>
<td>10</td>
<td>Emerging Infectious Disease</td>
<td>July 5</td>
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Exam Schedule
Below is the exam schedule. Exams will be taken in Canvas. They are open note, but will be timed. Questions are randomly generated from a larger pool of questions and may consist of multiple choice, short answer and essay. Each exam is 100 points. Exams are not accumulative.

Midterm
• Covers Lectures 1-5, all readings/activities associated with these lectures and Mean Genes reading pages 1-128
• Must be completed on Canvas sometime between 12:01 am – 11:59 pm PST on June 19, 2013

Final Exam
• Covers Lectures 6-10 all readings/activities associated with these lectures and Mean Genes reading pages 129 – End of book.
• Must be completed on Canvas sometime between 12:01 am – 11:59 pm PST on July 5, 2013