

San José State University
Department of Biology / College of Science
Biology 54 – Human Understanding – Fall 2019

Course and Contact Information

Instructor: Mary Poffenroth, M.S.

Office Location: DH447

Telephone: 510-410-2406 (email is best)

Email: mary.poffenroth@sjsu.edu It is best to email me any questions or concerns. For email, **I will respond within 2 business days**. Please do not expect a response late at night or on weekends. Your email must be in grammatically correct English, with proper salutations, in order to receive a response.

Office Hours: Tuesday/Thursday 10:00 am – 12:00 noon, Online or by appointment. We can meet via Skype, FaceTime, or WebEx.

Class Days/Time: Online

Classroom: Online

GE/SJSU Studies Category: Area E

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.

Course Format

Technology Intensive, Online Courses

This course is delivered online through 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. Check out What Makes a Successful Online Student? at <http://www.ion.uillinois.edu/resources/tutorials/pedagogy/studentprofile.asp>

Do not submit your assignments via the smartphone app. The app has proven to be unreliable and you should always use a laptop or desktop computer to perform your work.

Canvas will only read .pdf and .doc or .docx. If you submit any other type of file you will get a zero and may lose the chance to regain any points from that assignment. This includes links to google docs and pages. This DOES NOT apply to our oral presentation video.

If you are having issues with canvas - try a different browser. Canvas plays nice with Safari and Firefox. It does not play well with chrome.

Faculty Web Page and MYSJSU Messaging

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website](#) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through Canvas and [MySJSU](#) at <http://my.sjsu.edu> to learn of any updates.

Course 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.

This class is an online/web based course. Please make sure you have reliable WiFi and up to date AntiVirus software.

This class is not self-paced. You will have deadlines and they will not be adjusted unless there is an issue that affects the entire class. Online class, although more convenient for lecture attendance than in-person, are still as rigorous. If you can not meet the demands and timing of the course, as set forth in the schedule below, please consider taking a different course.

All materials, handouts, and video lectures/slides are the intellectual property of the instructor. Do not duplicate, repost, share, or publish anything from our class anywhere else, either in print or digitally.

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. **All written submissions must be a PDF or .DOC or .DOCX file to canvas. Others will receive a zero**

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](tel:408.924.2377) Email: help@help.sjsu.edu Hours: Mon – Thur 8am - 9:45pm Fri 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](tel:408.924.6976) Hours: Mon - Thurs 8:00am – 10:00pm; Fri 9:00am - 5:00pm <http://as.sjsu.edu/asccsc/index.jsp>

– **PC Help Line** assists you with troubleshooting issues Phone: [\(408\) 924-1111](tel:4089241111)

Learning Outcomes - GE Learning Outcomes (GELO)

Upon successful completion of this course, students will be able to:

GELO 1: Students will be able to recognize the physiological, social/cultural, and psychological influences on their well-being. **GELO 1 is assessed using the oral presentation.**

GELO 2: Students will be able to recognize the interrelation of the physiological, social/cultural, and psychological factors on their development across the lifespan. **GELO 2 is assessed using the Literature Review Paper.**

GELO 3: Students will be able to use appropriate social skills to enhance learning and develop positive interpersonal relationships with diverse groups and individuals. **GELO 3 is assessed using the Emotional Intelligence Reading & Quiz and Assess Yourself activities.**

GELO 4: Students will be able to 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. **GELO 4 is assessed using the Emotional Intelligence Quiz, Behavior Change Contract and the Last Lecture assignment.**

Required Texts

1 of 2: 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.

Available at Spartan Bookstore and on Amazon @ <http://amzn.to/2DzO8l4>

2 of 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.

To take the Emotional Intelligence Appraisal that comes with the purchase of Emotional Intelligence 2.0, go to www.talentsmart.com/test - For Kindle users, a unique password is emailed to you by Amazon. For all other e-reader purchases, please email a copy of your purchase receipt to ebook@talentsmart.com and a password will be emailed to you within one business day.

Available at Spartan Bookstore and on Amazon @ <http://amzn.to/2rysKHe>

Recommended Text

Recommended : Write. Present. Create: Science Communication for Undergraduates (First Edition, Blue and Gold Cover) published and distributed by Cognella, Inc. I did in fact write this book and use it in my classes because I wrote it for you, my students! Curious about where the personal proceeds from any new sales of the book go? Check out what I wrote here: <https://www.marypoffenroth.com/proceeds> - I also provide many **free copies** in **MLK Library** for check out. You can definitely read the entire book during one check out period in course reserves in MLK Library (which is free of charge). Unfortunately, I am not able to provide digital free copies at this time due to copyright law constraints, as I do not own the copyright.

Multiple FREE copies are available for check out in MLK Library Courses Reserves and the general catalog.

If you wish to purchase, You can do so at any of these retailers:

Amazon (Perfect Bound): <http://amzn.to/2E2x04w>

Cognella (Digital/eBook and Perfect Bound): <https://store.cognella.com/81405-1b-060>

Spartan Bookstore (Loose Leaf)

Barnes & Noble (Special order in store or online).

Why is this material important: You will use this to help support your two large assignments – a literature review paper (100 points), an Oral Presentation Video (100 points) and overall student success. This will also greatly help you on the open note research methods quiz (25 points), but you can easily use the copies in the library if you do not wish to purchase. This resource is meant to support students who are new to communicating in the sciences and do not have experience with primary literature review papers and/or video/presentation creation. Not sure if you will need this book? Grab a free copy in course reserves checkout!

Course Requirements and Assignments

SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of forty-five hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in [University Policy S12-3](http://www.sjsu.edu/senate/docs/S12-3.pdf) at <http://www.sjsu.edu/senate/docs/S12-3.pdf>.

NOTE that [University policy F69-24](http://www.sjsu.edu/senate/docs/F69-24.pdf) at <http://www.sjsu.edu/senate/docs/F69-24.pdf> states that “Students should attend all meetings of their classes, not only because they are responsible for material discussed therein, but because active participation is frequently essential to insure maximum benefit for all members of the class. Attendance per se shall not be used as a criterion for grading.”

Online Canvas 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.

Missed Exams and Late Assignments

Exams cannot be made up. If there is a verifiable emergency that prevents you from taking your online exam, contact me immediately via email with the details of your emergency and we will go from there. Generally, for those students that have a verifiable emergency you will receive the average of your other exam in lieu of your one missed exam. If you do not have a verifiable/documented emergency then you will receive the average of your other exam minus a 20% penalty. These scores will be inputted at the end of the semester.

No late assignments will be accepted in this course. You can submit weekly assignments anytime before the due date.

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.

Literature Review Paper (100 points)

This will be a literature review paper based upon your research in the peer-reviewed journals. You will need to utilize *Write, Present, Create: Science Communication for Undergraduates* 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. You have only one chance to do well on this assignment. If you do not do well, there are zero opportunities for a makeup, second chance, or “do-over”.

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.

Digital Oral 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. You have only one chance to do well on this assignment. If you do not do well, there are zero opportunities for a makeup, second chance, or “do-over”. **You will also be required to watch and submit notes on fellow student's presentations.**

Final Examination or Evaluation

Our final exam is not accumulative. Please see the schedule at the end of this syllabus for the date and content covered.

Grading Information

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. (with +/-) will be determined using the following scale (standard rounding rules apply where .1-.49 is rounded down, .5-.99 is rounded up):

A+ = 100-99%	A = 92-99%	A- = 90-91	B+ = 88-89	B = 82-87	B- = 80-81
C+ = 78-79;	C = 72-77;	C- = 70-71;	D+ = 68-69;	D = 60-67	F=59 & below

Midterm & Final Exam (75 each)	75
Online Class Activities/Discussions <i>up to</i>	255
Mean Genes Journal	50
Emotional Intelligence 2.0	30
Literature Review Paper	100
Individual Oral Presentation Project (Video)	100
<u>Class Summaries of Master Topic Videos</u>	<u>25</u>
TOTAL (<i>up to</i>)	710 pts

“Extra Credit”: One event OR 4 hours – whichever comes first

15 points to your overall grade at the end of the semester: You will have one opportunity to complete one extra credit volunteer day. Only one extra credit opportunity can be completed per student. In addition, **no previous volunteer experience is applicable** and you must do one of the pre-approved organizations on our webpage at <https://www.marypoffenroth.com/extra-credit> Please read the details on this page carefully and follow the instructions. To receive credit you must do the following: attend one of the organization's listed events <https://www.marypoffenroth.com/extra-credit> it must be outdoors and at least 4 hours of volunteer time, unless the entire event is only 2 hours. While at the event, take your own picture there and have the coordinator sign off on the work hours sheet located under their name on our website. After you have gotten the signature on the completed worksheet (or if the organization has their own proof of volunteer sheet, that is acceptable too), write a one page, double-spaced, summary of your experience. You have the entire semester to complete this and the deadline to upload your completed form/picture/summary to Canvas is listed on our schedule at the end of this syllabus. Please scan/take a picture of your sign off sheet and place your summary, photo and sign off sheet image into ONE document when uploading into the Extra Credit folder on Canvas. You may upload these materials ANYTIME before the deadline, but not after. Extra credit points will be added to your overall grade at the end of the semester.

Classroom Protocol

Even though this is an online course, you will conduct yourself with the utmost professionalism as required of a university student. There is a zero tolerance policy for abuse of any kind for any other student, staff or instructor. All incidents shall be reported to the university. All content created within our course and Canvas is the intellectual property of the instructor and may not be shared publicly in any manner without written consent.

Incompletes & Instructor Drops:

Incompletes are permitted only if a student is in good standing (has a passing grade), has completed at least two-thirds of the course, and has a verifiable serious and compelling reason to take an incomplete. An incomplete is not given due to poor performance. **Students are required to drop themselves as needed. I will not honor any request by a student for an instructor drop.**

University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/>

Academic integrity

Your commitment, as a student, to learning is evidenced by your enrollment at San Jose State University. The [University Academic Integrity Policy S07-2](http://www.sjsu.edu/senate/docs/S07-2.pdf) at <http://www.sjsu.edu/senate/docs/S07-2.pdf> requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

Some examples of academic dishonesty 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>

Exam Schedule

Below is the exam schedule. Exams will be taken in Canvas and you will have one minute time per question. You may use any notes, but you will be closely timed. If you do not study, you will not do well on the exam. Do not fall into the false sense of security that an open note exam can provide. You must study just like any other course exam.

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. Any unanswered questions left once time has run out will not receive any points. When watching the lecture videos, take good notes – just as you would in a traditional lecture. There is no study guide provided.

Midterm

- Covers Lectures 1-5, all readings/activities associated with these lectures and **Mean Genes reading** Introduction through the end of the chapter on Greed, and all of the Write, Present, Create: Science Communication for Undergraduates reading.
- Must be completed on Canvas sometime between 12:01 am – 11:59 pm PST on the day of the exam listed above.

Final Exam

- Covers Lectures 6-10 all readings/activities associated with these lectures and **Mean Genes reading Romance and Reproduction through the end of book.**
- Must be completed on Canvas sometime between 12:01 am – 11:59 pm PST on the day of the exam listed above.

Our Full Schedule is Located on the Next Page

Biology 54 - Online 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.

Please note that there are due dates for lectures below and the due dates for assignments are above. Mark all due dates in your calendar at the start of the semester. You may submit all work earlier than the final deadlines listed in this syllabus – which I highly encourage you to do.

Lecture Unit Number	Topic	Must be submitted no later than 11:59 pm PST on:
0	Course Intro & Welcome	Aug 23
1	Research Methods	Aug 30
2	Mental Health and Psychosocial Well Being	Sep 6
3	Diet and Nutrition Research Methods Quiz	Sep 13
4	The Obesity Epidemic	Sep 20
	<i>Submit Emotional Intelligence Quiz & Worksheet (After reading the entire book)</i>	Sep 27 *Work ahead to Unit 5 during this week
5	Humans and the Environment*	Oct 4
---	Midterm Exam between 12:01 am – 11:59 pm PST in Canvas	Oct 11
	<i>Submit Literature Review Paper</i>	Oct 18
6	Stress	Oct 25
7	Addiction	Nov 1
8	Aging and Death	Nov 8
9	Non-Infectious/Chronic Disease	Nov 15
10	Infectious Disease	Nov 22
	Master Topic Presentations: Submit Your Presentation <i>*Please note – this is Thanksgiving Week. SJSU is open Monday & Tuesday of this week, but I wanted to give you until Friday instead of making this due on Tuesday, but you can submit anytime before deadline</i>	Nov 29*
	<i>Mean Genes Journal Due to Canvas</i>	Dec 6
	Master Topic Presentations: View others & Submit Your Summaries	Dec 9 (Monday)
	Extra Credit Due to Canvas	Dec 9 (Monday)
---	Final Exam between 12:01 am – 11:59 pm PST in Canvas	Dec 12 (Thursday)