Course Syllabus
Biology 345: Health and Lifestyle Diseases

Course Description
This course will discuss the effects of health and disease on the human body with an emphasis on the biological cause and prevention of lifestyle diseases.

Prerequisite: One lower-division course in Biological Sciences.

Course Overview
The basic biology of the human body and human health will be learned and the course will evaluate the most common major diseases which affect our society and the lifestyle choices which cause them. A major theme of the course will be that lifestyle choices are the cause of the majority of diseases and that cultural and social norms affect lifestyle choices. This in turn is the major cause of the cost and complexity of health care systems worldwide.

The normal basic anatomy and physiology of major body systems will be discussed as a basis to understand the process of health and disease followed by the pathogenesis and pathophysiology of the most common diseases with an emphasis on prevention. The four dimensions of health and disease (physical, mental, emotional, and spiritual) and the cultural and global differences in the distribution of disease worldwide are integral parts of the course and will be discussed with every topic. Students will learn to analyze all “facts” by the “Does It Make Sense” model of applying biological principles to research studies and media reports. This course stresses the biological principles needed to understand the applied biology related to health and disease.

My Teaching Philosophy
I believe we must all take responsibility for our own education. My job is to help you teach yourself the material covered in this course and the course is organized to help you do so.

I hope you find the material in this class interesting and that it makes you motivated to learn. Although I have no formal requirements for class attendance, I do expect you to attend class as there is no way to make up material presented in class. This will be a difficult course to pass if you are the type of student who frequently misses class.
Course Requirements

Use of Blackboard Learn is Required

Blackboard Learn is used for course information, content, and quizzes. Topics will be organized into learning modules which will be placed in a folder titled “Course Content” on Blackboard. Each module will contain the readings, learning objectives, and other requirements for each lecture. Print out any materials you need, as they will not be handed out in class.

If you need these, here are the links to download free readers for Adobe Reader or PowerPoint files:
  - PowerPoint Viewer (for ppt files) - http://www.microsoft.com/downloads

As an alternative, you can download Open Office (www.openoffice.com), a free program by Sun Microsystems which is their version of the full Microsoft Office products as well as a reader for Microsoft Office documents.

Required Text


Grading Criteria

Lecture exams (3 @ 75 points each) = 225
Comprehensive final exam = 125
Online quizzes (10 @ 5 points) = 50
Total points = 400

Grading Scale:

- A  94-100%  B+ 87-89%  C+ 77-79%  D+ 67-69%  F < 60%
- A- 90-93%   B  84-86%   C  74-76%   D  60-66%
- B- 80-83%   C  70-73%
Explanation of Assessments:

Lecture Examinations
Lecture exams will consist of 75 multiple choice questions covering material from lecture and reading. You will be provided a Scantron answer sheet.

Use the Learning Objectives for each lecture found Course Content on Blackboard Learn to study for exams. No other study guide will be provided. Most of the test and quiz questions come from the Learning Objectives so be sure to use these as your outline of study.

Comprehensive Final Exam
The lecture final exam will consist of 125 multiple choice questions. You will be provided a Scantron answer sheet. It will consist of questions covering the last section of new material and of cumulative material learned throughout the semester. This will not be over everything from the semester, rather the most important information learned, and you will be informed exactly what sections you should study.

Lecture Online Quizzes
There will be ten online lecture quizzes which you will take through Blackboard Learn. Quiz date availability is shown on the semester schedule and you are responsible to remember when quizzes are scheduled.

Quizzes will become available the day prior to the due date and will end 30 minutes before class starts. You may start a quiz at any time after it becomes available and you will have 20 minutes to answer 5 questions. Lecture quizzes are open book, as their main purpose is to help encourage you to keep up with the material. Note that quiz questions are very similar to exam questions, so they are a good way to practice for exams.

You have two attempts at each quiz and you will receive the highest score of the two attempts. Each attempt may have different questions. Be sure to have pop-up blockers off before starting an online quiz. If pop-up blockers are on and you try to take a quiz it will block the quiz and that will count as one attempt. Please do not ask for more than two attempts. Be sure to see “Special Notes on Quizzes” in Begin Here on the Course Content page of Blackboard Learn.

Extra Credit
There will be 20 points of extra credit for the semester - 5 points on each exam.

Please do not ask for special consideration or extra projects to raise your grade at the end of the semester. You will receive the grade that you earn during the semester.
Miscellaneous Information and Policies

Make-Up Policies:  
Make-up exams will be given only under extraordinary circumstances.  
If you miss an exam without a “serious and compelling reason” (CSUC Catalog), you will receive a score of zero. I reserve the right to require you to provide written documentation in order to allow you to make up an exam. Make-up exams may be different than regularly scheduled exams and you must take the exam on or before the next day you attend class. Note that this may require you to make up the exam at an alternate time and/or location other than the scheduled class time.

Online quizzes cannot be made up for any reason. The extra credit points will allow you to make up points for four missed quizzes.

Cheating Policy:  
I do not tolerate cheating of any type. Cheating will result in an F in the course and referral to the University disciplinary committee.

Laptop and Cell Phone Policy  
Use of laptop computers for taking notes during class is permitted and encouraged. Please refrain from using it to “surf” the Internet during class, as this distracts students around you. You will be asked to leave class if this is a problem.

Please turn cell phones off or on silent during class and avoid text messaging during class as this distracts other students and me. I will ask you to leave if you are texting.

Dropping or Withdrawing:  
You may drop or withdraw from the course at any time during the first four weeks of the semester. It is your responsibility to drop or withdraw from class. I will not do this for you if you just stop showing up to class.

AFTER the official “last day to drop/withdraw” (see University guidelines) you cannot withdraw and receive a “W” without a “serious and compelling reason” (CSUC Catalog). If you enroll in this class and do not drop/withdraw you will receive an F. University policy regarding drop/withdrawal will be followed.

Please note that to drop a course after the fourth week of classes requires a “serious and compelling reason” and approval of the instructor, department chair, and dean. Therefore, before you request a late drop for this class, obtain written documentation of your reason for withdrawal. I will not consider any late drop without verification of “serious and compelling.” See “Dropping After Week 4” in Blackboard Learn for instructions.
**Americans with Disabilities Act:**

If you need course adaptations or accommodations because of a disability or chronic illness, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Please also contact Disability Support Services (DSS) as they are the designated department responsible for approving and coordinating reasonable accommodations and services for students with disabilities. DSS will help you understand your rights and responsibilities under the Americans with Disabilities Act and provide you further assistance with requesting and arranging accommodations.

**Health and Wellness Pathway**

**Health and Wellness Pathway**

This course is part of the Health and Wellness Pathway. Through a collaborative effort this Pathway strives to provide the knowledge and skill bases needed to create optimal health and wellness. The common curricular goals are to understand the factors that define and determine health and wellness, promote healthy lifestyles, and enhance the quality of life.

**GE Student Learning Outcomes**

The Student Learning Outcomes for our General Education program flow from the recognition that certain essential intellectual and practical skills rest at the foundation of a high-quality General Education program. This course contains the following learning outcomes.

- **Critical Thinking:** Identifies issues and problems raised in written texts, visual media and other forms of discourse, and assesses the relevance, adequacy and credibility of arguments and evidence used in reaching conclusions.

- **Personal and Social Responsibility:** Demonstrates knowledge and skills necessary to take responsibility for one's own life and actions, and to recognize opportunities and responsibilities to become engaged in our various local, regional, national, and international communities.

- **Diversity:** Demonstrates an understanding of and facility with different intellectual viewpoints as well as the unique perspectives of others based on varied experiences, identities and social attributes.

- **Global Engagement:** Demonstrates knowledge and skills necessary to engage global cultures and peoples.