



## SYLLABUS

<b>Course Title</b>	Your Body, Your Health, Your Choices
<b>Course Number</b>	BIO 309 ONLINE
<b>Number of Credits</b>	3
<b>Course Dates</b>	10/15/18 - 12/15/18
<b>Instructor</b>	Josef Kren
<b>Email Address</b>	josef.Kren@doanee.du
<b>Office Hours/Availability</b>	Responding within 24 hours or less.
<b>Phone Number</b>	Preferred contact via e-mail.
<b>Textbook Information: (e.g. title, edition, publisher, ISBN)</b>	No text is required. All material is provided in modules.
<b>Additional Course Materials</b>	N/A
<b>Course Description</b>	This is an interdisciplinary course encompassing biology, chemistry, biotechnology, medicine, and natural sciences. It examines controllable factors that influence human health and wellness. Students will use critical thinking, problem solving, and scientific method to examine topics including diabetes mellitus, sexually

	<p>transmitted diseases, vitamins and supplements, carcinogens, diet, medications, and pollution. Upon completion of this course, students will have a knowledge base upon which to draw when making decisions critical to their personal health and wellness and to that of the communities they serve.</p> <p><b>Prerequisite: BIO 101</b></p>
<b>Program Outcomes</b>	<p>Health Sciences is a multidisciplinary major grounded in the liberal arts. It offers a Bachelor of Science completion program for the person who holds an associate degree in a health-related field and wishes to complete a baccalaureate degree to provide career and professional advancement. Students must be a current certified professional. BIO 309 is a required course for this major and an elective for other majors.</p>
<b>Course Learning Outcomes/Objectives</b>	<p>Describe and discuss the health issues and potential health choices we encounter in our daily lives.</p> <p>Analyze current issues in biomedical sciences, scientific research and their applications.</p> <p>Develop problem solving and critical thinking skills essential to communication in biomedical science.</p> <p>Critically evaluate biomedical information resources.</p> <p>Interpret and communicate biomedical information for client audiences.</p> <p>Research and communicate about current issues and emerging challenges in biomedical science.</p> <p>Develop strategies to identify valid sources of emerging biomedical research.</p> <p>Recognize and critique the personal and social perspectives of medical science.</p>
<b>Technology Requirements</b>	<p><a href="https://www.doane.edu/faq/minimum-computer-requirements">https://www.doane.edu/faq/minimum-computer-requirements</a></p>

## Course Schedule

Week or Module	Topic	Content	Assessments Matched to Learning Outcomes	Due Date & Time
1	Homeostasis	Study material listed in module 1	Quiz Discussion See module 1	See dates under module 1
2	Inflammation	Study material listed in module 2	Quiz Discussion See module 2	See dates under module 2
3	Why do we get sick	Study material listed in module 3	Quiz Discussion See module 3	See dates under module 3
4	Obesity and type II diabetes mellitus	Study material listed in module 4	Quiz Discussion See module 4	See dates under module 4
5	Stress	Study material listed in module 5	Quiz Discussion See module 5	See dates under module 5

6	Your friends in the gut	Study material listed in module 6	Quiz Discussion See module 6	See dates under module 6
7	The one miracle pill	Study material listed in module 7	Quiz Discussion See module 7	See dates under module 7
8	Dietary supplements and traditional diets	Study material listed in module 8	Quiz Discussion See module 8	See dates under module 8

#### **Grading Assessments**

<b>Type of Assessment</b>	<b>Points</b>	<b>Total possible points</b>
See individual modules for assigned points		

#### **Online Courses ONLY**

##### **Online Course**

This is an online course and therefore there will not be any face-to-face class sessions. All assignments and course interactions will utilize internet technologies.

##### **Communicating with the Instructor**

This course uses a “three before me” policy in regards to student to faculty communications. When questions arise during the course of this class, please remember to check these three sources for an answer before asking me to reply to your individual questions:

1. Course syllabus
2. Announcements in Blackboard

### 3. The “Question Center” discussion board

This policy will help you in potentially identifying answers before I can get back to you and it also helps your instructor from answering similar questions or concerns multiple times.

If you cannot find an answer to your question, please first post your question to the “Question Center” discussion board. Here your question can be answered to the benefit of all students by either your fellow students who know the answer to your question or the instructor. You are encouraged to answer questions from other students in the discussion forum when you know the answer to a question in order to help provide timely assistance.

If you have questions of a personal nature such as relating a personal emergency, questioning a grade on an assignment, or something else that needs to be communicated privately, contact me via email or phone. My preference is that you will try to email me first. Please allow 24 hours for me to respond to emails Monday-Friday and 48 hours on the weekend.

If you have a question about the technology being used in the course, please contact the Doane University Help Desk for assistance.

Phone: 402-826-8411

Email: [helpdesk@doane.edu](mailto:helpdesk@doane.edu)

Web: <http://www.doane.edu>

#### **Computer Requirements**

Minimum computer requirements for the successful use of Blackboard:

[http://www.doane.edu/about-doane/offices/its/help-and-support#min\\_requirements](http://www.doane.edu/about-doane/offices/its/help-and-support#min_requirements)

Minimum computer requirements for success in this course:

- Reliable computer and internet connection
- A web browser (Chrome or Mozilla Firefox)
- Adobe Acrobat Reader (free)
- Adobe Flash Player (free)
- Word processing software—Microsoft Word or Google Docs
- Webcam and mic

You are responsible for having a reliable computer and internet connection throughout the course.

#### **Email and Internet**

You must have an active Doane University e-mail account and access to the Internet. *All instructor correspondence will be sent to your Doane University e-mail account.* Please plan on checking your Doane Gmail account regularly for course related messages.

This course uses Blackboard for the facilitation of communications between faculty and students, submission of assignments, and posting of grades. The Blackboard Course Site can be accessed at <http://bb2.doane.edu>

#### **Submitting Assignments**

All assignments, unless otherwise announced by the instructor, **MUST** be submitted via Blackboard. Each assignment will have a designated place to submit the assignment.

#### **Campus Network or Blackboard Outage**

When access to Blackboard is not available for an extended period of time (greater than one entire evening - 6pm till 11pm) you can reasonably expect that the due date for assignments will be changed to the next day (assignment still due by midnight).

#### Grade Scale

A+ = 97-100%   A = 94-96%   A- = 90-93%   B+ = 87-89%   B = 84-86%   B- = 80-83%  
 C+ = 77-79%   C = 74-76%   C- = 70-73%   D+ = 67-69%   D = 64-66%   D- = 60-63%  
 F= 59% or below

<b>Participation Policy</b>	<p>A student is expected to be prompt and regularly attend on-ground classes in their entirety. Regular engagement is expected for on-line courses. Participation in class discussions is an integral part of your grade.</p> <p>(Faculty to insert any additional class participation; see resource page for ideas.)</p>
<b>Study Time</b>	<p>Expectation of the amount of time the course requires students to spend preparing and completing assignments. Typically, students could expect to spend approximately 12 hours a week preparing for and actively participating in this 8-week 3 credit hour course. This actual time for study varies depending on students' backgrounds.</p>
<b>Late Work</b>	<p>(Include expectations regarding late work; please see attachment for examples.)</p>
<b>Submitting Assignments</b>	<p>(Include expectations regarding students' submission of assignments, for example, in class or in Blackboard.)</p>
<b>Communication Policy including Assignment Feedback</b>	<p>(State your policy on timeliness of communicating with students and length of time needed before assignments will be graded, e.g. 48 hours.)</p>
<b>Academic Integrity Policy</b>	<p>New Academic Integrity Policy to be released AUTM 2018</p>
<b>Academic Support</b>	<p>Please contact <a href="mailto:academicsupport@doane.edu">academicsupport@doane.edu</a>  <a href="https://www.doane.edu/graduate-and-adult/academic-support">https://www.doane.edu/graduate-and-adult/academic-support</a></p>

<b>Disability Services</b>	<a href="https://www.doane.edu/disability-services">https://www.doane.edu/disability-services</a> Doane University supports reasonable accommodations to allow participation by individuals with disabilities. Any request for accommodation must be initiated by the student as soon as possible. Each student receiving accommodations is responsible for his or her educational and personal needs while enrolled at Doane University. Please contact Chris Brady at <a href="mailto:chris.brady@doane.edu">chris.brady@doane.edu</a> or 402-467-9031 for assistance.
<b>Military Services</b>	<a href="https://www.doane.edu/graduate-and-adult/military">https://www.doane.edu/graduate-and-adult/military</a>
<b>Anti-Harassment Policy</b>	<a href="http://catalog.doane.edu/content.php?catoid=5&amp;navoid=452">http://catalog.doane.edu/content.php?catoid=5&amp;navoid=452</a>
<b>Grade Appeal Process</b>	<a href="http://catalog.doane.edu/content.php?catoid=5&amp;navoid=238">http://catalog.doane.edu/content.php?catoid=5&amp;navoid=238</a>
<b>Credit Hour Definition</b>	Doane University follows the federal guideline defining a credit hour as one hour (50 minutes) of classroom or direct faculty instruction and a minimum of two hours of out-of-class student work each week for approximately fifteen weeks (one semester), or the equivalent amount of work over a different time period (e.g., an 8-week term). This definition applies to courses regardless of delivery format, and thus includes in-person, online, and hybrid courses (combination of in-person and online). It also applies to internship, laboratory, performance, practicum, research, student teaching, and studio courses, among other contexts.
<b>Syllabus Changes</b>	Circumstances may occur which require adjustments to the syllabus. Changes will be made public at the earliest possible time.