

# Syllabus—Biology 100

## Dr. B. Pozos

### Welcome!



### Course Philosophy

Biology 100 is an exciting and important course for non-science majors that applies general concepts in Biology towards every day living. Part of my philosophy behind this course is governed by the dual realizations that 1) healthcare delivery is very confusing to patients who do not understand biological terminology and processes and 2) that for many of you, Biology 100 will be your first and last science course. Eventually all of you will have to confront healthcare issues; either for yourself or a family member or friend. Parts of this course were put together with that in mind, with a goal of educating you in common health problems and how to proactively engage with your healthcare practitioners to address the problems you may face. Topics that will be discussed are diabetes, heart attack, abortion, cloning, evolution, euthanasia, depression, global warming, etc. All views are welcome.

This is a blended course, which gives you, the student, more flexibility, but also requires more of you. Biology 100 requires students to become masters of their own learning. This course is very demanding, you can't just glide through. Each week you have a minimum of three "chapters" or E-modules to read and associated questions to answer. These prepare you for the E-tests, which in turn prepare you for the in-class Paper Tests. The final exam is cumulative.

### Blended Course

The course will not require a workbook or traditional textbook. Everything is on a website called BioEspresso, located at <http://be2.bioespresso.com>. The combination of the web-based component along with lectures is a blended course. The blended course gives the student more flexibility, but also requires more responsibility.

The decision to not require a physical book was made in response to the following inputs:

- 1) Student feedback
- 2) Greening the course: Let's do something for the environment!
- 3) Everything is online

**However, if there is a pressing need for a printed version of the BioEspresso modules, the print-function is built-in to each module and you can print them out at-will.**

### University Readers

University Readers Inc. is the sole publisher of BioEspresso and responsible for its nationwide distribution. Questions concerning payment, delivery, etc., should be directed specifically to Seidy Cruz at [scruz@universityreaders.com](mailto:scruz@universityreaders.com)

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### Post Doctoral Lecturers

During the course, post-doctoral fellows from UCSD will present a series of 2-3 lectures each. Their material will be included in E-modules and exams. You will evaluate them at the end of their teaching block.

### Office Hours

**Live!** Dr. Pozos' Office hours are MWF from 12-1 in *North Life Sciences 130*.

**Listen up!** If your schedule conflicts with these office hours, please contact me or my staff to arrange an alternative time to meet.

Each Post-doctoral fellow will be available by e-mail. Each e-module taught by a post-doctoral fellow will include their e-mail address. If you have any questions about a particular topic you can contact the appropriate instructor directly.

### Check the Dates!

All scheduled module dates are listed on the "Modules" page. Exam schedules will be posted on the "Announcements" page. \*Note: If you have a friend in another section of my class, due dates and times will NOT be the same.

### News in BioEspresso

Read "[Announcements](#)" in BioEspresso for latest information about course assignment, etc.

\*BioEspresso announcements are also on Facebook (find us under the name "Bio Espresso"). \*

### E-modules, E-tests, and Paper Exams

Evaluation of your mastery of information is important. To facilitate this evaluation, I believe that the more practice you have taking tests, the better you will become in mastering the material and minimizing test anxiety. E-modules will be assigned every MWF. Each E-module has associated questions, which must be answered every Monday, Wednesday, and Friday **before class**. These questions determine a large percentage of your grade. Each lecture has 1-2 E-modules associated with it.

During the semester you will take three E-tests, three Paper Tests, and one Final Exam.

**E-modules** consist of 10-15 questions in BioEspresso. These assignments can be taken three times, of these three attempts the highest score counts for your grade. You must complete each e-module **before class** on the due date. Note! If you open the Module Quizzes you can always come back to them as long as you still complete them before the due date.

**E-tests** are exams you will take on BioEspresso before the Paper Tests. These are to help prepare you for the Paper Tests. They are counted for a score. You have 1 hour to complete approximately 30 questions and you get only 1 chance to take this exam. Use your time wisely.

You are free to use your notes, however please be aware that you are timed!

Unlike the modules, once you open the E-test you must finish it. You cannot open the E-test and come back to it later because the clock starts once the exam is open. After you have opened the E-test, it will close after 1 hour regardless of whether or not you have the exam window open.

Please be sure to pay close attention to E-test open and close dates/times as they may differ from module open and close dates/times.

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**Paper exams** will be administered in the classroom and will last approximately 50 minutes. The paper final will last two hours. The final exam will include material from all e-modules, e-tests and paper tests, and will have 200 questions. All exams require the ParScore scantron form number F-289-PAR-L (the “skinny red” one).

**Paper Test 1 is on Friday, February 19th**

**Paper Test 2 is on Friday, March 19th**

**Paper Test 3 is on Wednesday April 21st**

**The Final Exam for the 10am class only is on Friday May 14th from 8:00am to 10:00am**

**The Final Exam for the 9am class only is on Wednesday May 19th from 8:00am to 10:00am**

### Review Sessions

Review Sessions will be scheduled and announced approximately 1 week before the exam. Review Sessions are driven by students; there will be no general overview of the material presented by faculty. Come prepared with your questions about the material. These sessions generally last between one and two hours.

### Grades

Grades will be determined on the following basis:

A = 93%-100%

A- = 90%-92%

B+ = 87%-89%

B = 83%-86%

B- = 80%-82%

C+ = 77%-79%

C = 73%-76%

C- = 70%-72%

D+ = 67%-69%

D = 63%-66%

D- = 60%-62%

F = Below 60%

In previous classes, most students pass with an A, B or C. Those that do not pass are those who do not do the assignments or attend class. The grades of students who attend class are 10% higher on average than those who do not attend class.

One month after the end of the course, all grades are final. If you have an issue with your grade, etc., please see me before this time.

### Exam Philosophy

This course will administer both electronic and in-class evaluations. For electronic tests, you may take the exams by yourself or with one other. Use the electronic test material to prepare for the classroom exams. If you simply copy the answers from a friend, you will not do well on the written exams.

### Curving

There will be no curving for the E-modules since you can take them three times and BioEspresso Gradebook takes the highest score. Only Paper Tests & the Final Exam are curved.

### Can I drop a test?

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All tests count. None are dropped. If you do not take the Final, you get an F for the course.

### Problems with Exams?

If you have a problem or question about your exam or the grade you received, please see me ASAP. All scantrons will be destroyed one week after the date of the exam.

### Can I make up a missed assignment?

If you let me know that there is a problem I can help you. Otherwise, you will receive a zero. Reasons have to be serious. Excuses such as going to help a friend move or forgetting the assignment is due are not acceptable excuses. University-sponsored events in which you directly participate and health-crises are acceptable reasons.

Modules will not be reopened for you if:

- You notify me longer than 24 hours after the situation
- Modules are opened for you and you fail to take them

If you miss an e-test, paper test, or the final, talk to Dr. Pozos immediately.

### How to Study

For this course, you will be presented with information from two major sources: class lectures and E-modules in BioEspresso.

The most efficient way to study is to check the due dates in BioEspresso and see which e-modules are assigned for each day. Read the E-module, do the quizzes, and attend class.

**Note!** The value of class lectures is that they give you a unique perspective of the material. This context is more important than memorizing facts. It is the overall approach to biology that you will remember long after you have forgotten various facts.

Keep in mind that when you are taking the E-modules and E-tests, you are preparing yourself to take major paper exams in the classroom. Many students find that printing out all the modules is helpful. The paper exams will be administered in-class and will not be open book.

### Study Advice from a Former Student:

(adapted from a student's bulletin-board post)

*Everything you need to know about e-modules:*

1. Work in study groups, 3-4 is an ideal number. If you work in a group you can achieve 95% and up with ease (on the e-modules).
2. Open up multiple tabs in browser with previous scores from that e-module for quick reference to double check when answering.
3. Read questions thoroughly because many questions are similarly phrased.
4. Wikipedia, it covers almost every term in the e-modules.
5. If studying in a group, when you have a perfect score on your first or second try, you can use the extra tests as a reference for any unknown questions that other group members have.

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Remember that the questions are scrambled and each set of questions is different.

6. Don't stress out about the e-modules. Yes they are time consuming and annoying, but they are easier once you get they hang of them. Do not try and do them in 10 minutes—they require time!

7. When e-modules have the same due date, some of the info in each overlaps. Reading both modules first helps a lot. (Ex: There was a question with DNP as the answer in the oxidative phosphorylation module, yet it didn't appear in the module text until loss of oxidative phosphorylation module.)

Hopefully, this information will help some of you that are disappointed with your e-module scores.

Remember that the final exam is cumulative—so you can't just forget about the e-modules after you're done taking them!

### **Cheating/Classroom and BioEspresso Etiquette**

Cheating on the paper tests is prohibited. Anyone found cheating during the paper exams will receive an F in the course and reported to the University.

In the classroom, you may use your laptops to access BioEspresso. Do not use your laptop during class to see movies, do other homework, etc. Use of Laptops or other electronic equipment that is disruptive to other students in the classroom will result in the disruptive students being asked to leave the classroom. Frequent (2 or more!) violations of this rule will result in the student receiving an F grade and being reported to the University for disciplinary action.

### **Professorial Absence**

In the case of my absence from class, the class will have another professor teach the course and/or will have a web assignment.

### **PC and Macs**

BioEspresso works on PCs and Macintosh. BioEspresso is supported by Internet Explorer, FireFox, Chrome, and Safari. Do not attempt to do any BioEspresso work on your wireless computer if the computer is running slow. Keep this in mind and give yourself enough time to take the e-modules, e-tests, etc.

### **Programmatic/technical issues**

For any technical issues you may experience, contact us immediately. I will respond within 24 hrs. Or come visit my office at North Life Sciences 130 and discuss your problem with myself or my outstanding and receptive staff!

### **Extra Credit – Due May 12, 2010**

Extra Credit is available. This is a demanding assignment and is not simply presenting facts, but it is well-worth your time. For extra credit to count you may choose any topic in Biology.

**Consult me for approval of topic no later than April 30<sup>th</sup>.**

The format should be similar to a Module and Module Quizzes. In addition to text presentation of your module, **you need to present a major concept from your paper in the form of a feedback loop, a**

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**Concept Map and Illustrations are also required.** A minimum of 5 type-written pages in Microsoft Word or PowerPoint, along with 5 references (e.g. articles, not something from People Magazine) are required.

**Your paper must include a feedback loop and a Concept Map in order to receive credit.** In addition, the paper should demonstrate your ability to critically analyze the topic you are discussing. The extra credit may increase your final grade by 2% points. Notice the word "percentage". If you have 89% overall and receive full credit for the extra credit, your score may be raised to 91%. All extra credit must be submitted electronically on CD as well as paper copy. I want a paper and electronic version. I will not accept email attachments. Portable USB drives (aka "flash drives," "thumb drives," etc.) are okay only if you do not need them returned to you.

### Plagiarism

Any extra credit assignment or special assignment given to you must be your own work. A person caught plagiarizing will fail the course. Plagiarism is commonly defined as "the unauthorized use or close imitation of the language and thoughts of another author and the representation of them as one's own original work." In plain English: plagiarism is "cutting and pasting" from somewhere and claiming it as your own work. We have sophisticated programs that we use to check for plagiarism. If you have questions about this, please see me.

### Final Note

The students who succeed in this course 1) do the e-modules, 2) attend class, and 3) see Dr. Pozos in a timely fashion about any issues. Students who have problems and fail to notify Dr. Pozos do not do well in the course. In short, please be persistent. If I do not answer an e-mail in 48 hours, please contact me again, or come see me. Good luck, see you in class!

### Disclaimer

The cost of access to the Web Based component funds maintenance of only this course and its computer components. These funds are not used to support any other course.

<b>Class Mtg:</b>	<b>Spring 2010 Class Days</b>	<b>Lecture Topic: (E-module #)</b>
1	1/20/10	First Day of Class; Syllabus
2	1/22/10	How We Study Biology <u>Properties of Life</u>
3	1/25/10	Cells
4	1/27/10	Water
5	1/29/10	Glycolysis
6	2/1/10	Oxidative Phosphorylation
7	2/3/10	Loss of Oxidative Phosphorylation
8	2/5/10	Photosynthesis
9	2/8/10	ATP
10	2/10/10	Digestive System, Liver & Molecules of Life
11	2/12/10	Proteins
12	2/15/10	Lipids
	<b>2/16/10</b>	<b>@ 8am: E-test #1 OPENS for 10am Class; (How We Study Biology - Lipids)</b>
	<b>2/17/10</b>	<b>@ 10am: E-test #1 CLOSES for 10am Class</b>
13	2/17/10	Carbohydrates
	<b>2/17/10</b>	<b>@ 10am: E-test #1 OPENS for 9am Class; (How We Study Biology - Lipids)</b>
	<b>2/18/10</b>	<b>@ 10am: E-test #1 CLOSES for 9am Class</b>
14	<b>2/19/10</b>	<b>Paper Test 1 (How We Study Biology - Carbohydrates)</b>
15	2/22/10	DNA
16	2/24/10	Gene Expression
17	2/26/10	Mutation and Disease
18	3/1/10	Cancer <u>Cell Division</u>
19	3/3/10	Epigenetics
20	3/5/10	Early Embryonic Development
21	3/8/10	Development of Organ Systems
22	3/10/10	Development and Society
23	3/12/10	What Is Evolution?
24	3/15/10	How Does Evolution Work?
	<b>3/16/10</b>	<b>@ 8am: E-test #2 OPENS for 10am Class (DNA - How Does Evolution Work)</b>
	<b>3/17/10</b>	<b>@ 10am: E-test #2 CLOSES for 10am Class</b>
25	3/17/10	Why Is Evolution Important?
	<b>3/17/10</b>	<b>@ 10am: E-test #2 OPENS for 9am Class (DNA - How Does Evolution Work)</b>
	<b>3/18/10</b>	<b>@ 10am: E-test #2 CLOSES for 9am Class</b>
26	<b>3/19/10</b>	<b>Paper Test 2 (DNA - Why is Evolution Important)</b>
27	3/22/10	Central Nervous System (CNS)
28	3/24/10	Peripheral Nervous System (PNS)
29	3/26/10	Smooth and Skeletal Muscle
	<b>3/29/10 - 4/2/10</b>	<b>Spring Break</b>
30	4/5/10	Cellular Communication
31	4/7/10	Hormones
32	4/9/10	Depression
33	4/12/10	Cardiovascular System
34	4/14/10	Blood Pressure Control
35	4/16/10	Capillaries
	<b>4/18/10</b>	<b>@ 8am: E-test #3 OPENS for 10am Class (CNS - Capillaries)</b>
	<b>4/19/10</b>	<b>@ 10am: E-test #3 CLOSES for 10am Class</b>
36	4/19/10	Respiration and Ventilation
	<b>4/19/10</b>	<b>@ 10am: E-test #3 OPENS for 9am Class (CNS - Capillaries)</b>
	<b>4/20/10</b>	<b>@ 10am: E-test #3 CLOSES for 9am Class</b>
37	<b>4/21/10</b>	<b>Paper Test 3 (CNS - Respiration and Ventilation)</b>
38	4/23/10	Infectious Diseases
39	4/26/10	Innate Immunity
40	4/28/10	Adaptive Immunity
41	4/30/10	HIV/AIDS

42	5/3/10	Drug Addiction
43	5/5/10	Diabetes/Obesity
44	5/7/10	Chemical Ecology 1
45	5/10/10	Chemical Ecology 2
46	5/12/10	Chemical Ecology 3
47	<b>5/14/10</b>	<b>@ 8am - 10am Final Exam for the 10am Class (Cumulative)</b>
	<b>5/19/10</b>	<b>@ 8am - 10am Final Exam for the 9am Class (Cumulative)</b>