

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 from a biological perspective are diabetes, heart attack, abortion, cloning, evolution, euthanasia, depression, global warming, etc.

This is a web-based 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.

Web-based Course

The course will not require a workbook or traditional textbook. Everything is in a web-based presentation called BioEspresso, located at www.bioespresso.com.

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 and readily available

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

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Office Hours

Dr. Pozos is available via e-mail at drpozos@gmail.com. E-mails are typically read and responded to M-F between 7am-3:30pm. If you send an e-mail after 3:30pm, it will not be read until the next day. Please note that if you send an e-mail after 3:30pm on Friday, it will not be read until Monday morning.

Use BioEspresso Calendar

All scheduled modules and exams are listed in the calendar in BioEspresso. Consult the calendar on a regular basis. Do not believe rumors.

****Please note that Bioespresso uses a 24 hour time format so 12:00am (midnight) will look like 00:00, 1:00am will look like 01:00, and 1pm will look like 13:00.****

News in BioEspresso

Read “Announcements” in BioEspresso for latest information about course assignments, updates, etc.

E-modules, E-tests, and E-Final

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. 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 45 E-modules each of which contain assessments, three E-tests, and one E-Final.

E-modules consist of reading material and 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 attempt **before** the due date. Note! If you open them you can always come back to them as long as you still complete the E-modules before the due date.

E-tests are given only once (no three attempts) and are **timed** for one hour and will have approximately 30 questions.

Note! Unlike the E-modules, you cannot open them and come back to them, once they are opened, the one hour timer starts and once it ends, whatever score you received is saved in your grade book.

E-Final will last two hours and will be **timed** on the web. It is cumulative. The final exam will include material from all E-modules and E-tests and will have approximately 100 questions.

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Exam Dates

E-Test 1 is open Thursday, 2/25/10 at 00:00 – Friday 2/26/10 at 22:00

E-Test 2 is open Thursday, 3/18/10 at 00:00 – Friday 3/19/10 at 22:00

E-Test 3 is open Tuesday, 4/27/10 at 00:00 – Wednesday 4/28/10 at 22:00

E-Final is open Monday, 5/17/10 at 00:00 – Tuesday 5/18/10 at 22:00

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 do not ask questions.

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

Curving

There will be no curving in this class.

Can I drop a test?

All tests count. None are dropped. If you do not take the E-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 contact Dr. Pozos ASAP.

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.

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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 or the E-Final: contact Dr. Pozos immediately.

How to Study

The most efficient way to study is to check the calendar in BioEspresso and see which E-modules are assigned for each day. Read the E-module, answer the questions in BioEspresso, and focus on applying what you learned for exams. **Note!** The 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 the E-Final. Many students find that printing out all the modules is helpful.

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. If studying in a group, when you have a perfect score on your first or second try of the E-modules, you can use the extra tests as a reference for any unknown questions that other group members have. Remember that the questions are scrambled and each set of questions is different.
3. 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!
4. Questions require mastery of the material. You cannot just memorize the material, you must know the concepts enough to be able to apply them to situations and scenarios, so read them well and use common sense!

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

BioEspresso Etiquette

BioEspresso Bulletin Board and the Ask Dr. Pozos blog will allow you to chat with other students. Do not use this media for any kind of inappropriate, lewd, sexist, or socially unaccepted comments. Anyone conducting this kind of behavior will meet with the full sanctions of the University e.g. an F in the class, expulsion from the University, etc.

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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, and E-final.

Programmatic/Technical issues

For any technical issues you may experience contact drpozos@gmail.com. I or my outstanding and receptive staff will respond within 24 hrs.

Final Note

The students who succeed in this course 1) do the e-modules, 2) study the material, and 3) contact 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. If I do not answer an e-mail in 48 hours, please contact me again. Good luck!

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.

Spring 2010 Module & Exam Dates	Lecture Topic: (E-module #)
1/20/10	First Day of Class; How to Succeed in Biology 100
1/22/10	How We Study Biology Properties of Life
1/25/10	Cells
1/27/10	Water
1/29/10	Glycolysis
2/1/10	Oxidative Phosphorylation
2/3/10	Loss of Oxidative Phosphorylation
2/5/10	Photosynthesis
2/8/10	ATP
2/10/10	Digestive System, Liver & Molecules of Life
2/12/10	Proteins
2/15/10	Lipids
2/17/10	Carbohydrates
2/19/10	DNA
2/22/10	Gene Expression
2/24/10	Mutation and Disease
2/25/10	E-test 1 OPENS @ 00:00 (How We Study Biology – Mutation & Disease)
2/26/10	E-test 2 CLOSES @ 22:00
3/1/10	Cancer Cell Division
3/3/10	Epigenetics
3/5/10	Early Embryonic Development
3/8/10	Development of Organ Systems
3/10/10	Development and Society
3/12/10	What Is Evolution?
3/15/10	How Does Evolution Work?
3/17/10	Why Is Evolution Important?
3/18/10	E-test 2 OPENS @ 00:00 (Review of DNA set – Why Is Evolution Important)
3/19/10	E-test 2 CLOSES @ 22:00
3/22/10	Central Nervous System (CNS)
3/24/10	Peripheral Nervous System (PNS)
3/26/10	Smooth and Skeletal Muscle
3/29/10 – 4/2/10	Spring Break
4/5/10	Cellular Communication
4/7/10	Hormones
4/9/10	Depression
4/12/10	Cardiovascular System
4/14/10	Blood Pressure Control
4/16/10	Capillaries
4/19/10	Respiration and Ventilation
4/21/10	Infectious Diseases
4/23/10	Innate Immunity
4/26/10	Adaptive Immunity
4/27/10	E-test 3 OPENS @ 00:00 (CNS – Adaptive Immunity)
4/28/10	E-test 3 CLOSES @ 22:00
4/30/10	HIV/AIDS
5/3/10	Drug Addiction
5/5/10	Diabetes/Obesity
5/7/10	Chemical Ecology 1
5/10/10	Chemical Ecology 2
5/12/10	Chemical Ecology 3
5/17/10	E-Final OPENS @ 00:00 (Cumulative)
5/18/10	E-Final CLOSES @ 22:00