

# Course Syllabus

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**Department of Biology**

**BIO6090-3: Readings in Lifestyle & Human Health**

**1 Unit**

Summer 2020 | Session 2 | Online

## **PLNU Mission**

**To Teach ~ To Shape ~ To Send**

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

## **INSTRUCTOR INFORMATION**

Dr. Paul Silva

Office: online

[psilva@pointloma.edu](mailto:psilva@pointloma.edu) (<mailto:psilva@pointloma.edu>)

## **COURSE DESCRIPTION**

Graduate biology readings courses are offered to approach a topic through diverse scientific literature rather than a textbook. This course will explore the the relationship between Lifestyle and Human Health. This course will concentrate on the reading, understanding, and presentation of relevant review and original research articles. More specifically, the subject area will cover several important preventable causes of

poor health and premature death: the obesity/diet/exercise triad, tobacco, alcohol, and opioids.

## **COURSE LEARNING OUTCOMES**

1. Distinguish between the content and value of a review article and a primary research article (original research article).
2. Identify and interpret common types of data analysis in the field of lifestyle and human health.
3. Given a specific paper, do the following: a) Identify the larger context, with an understanding of its broadly reaching benefits.  
b) Make claim(s) based on evidence in the paper and justify the claim(s).
4. Effectively communicate complex scientific ideas in online discussions.
5. Experience the communal enjoyment that comes from group exploration of new ideas and perspectives in science.

## **REQUIRED AND RECOMMENDED STUDY RESOURCES**

There will be articles or websites to review for each week of class. Purchase of a textbook is not necessary.

## **COURSE CREDIT HOUR INFORMATION**

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 1 unit class delivered over 5 weeks.

## **COURSE SCHEDULE AND ASSIGNMENTS**

Please note, there is a one-time assignment that won't count toward your grade to verify that you have read and understand this syllabus. After that, the usual weekly pattern of readings and graded assignments with a graded discussion board will begin.

The pattern for each week will start with an introductory reading from the field consisting of a review article or issue brief. After reading the paper, please submit 5 main/interesting points and 2 questions. This first assignment will be due on Tuesday

at midnight as an upload of a DOC or DOCX file. The purpose of the main/interesting points is to focus and reinforce the reading. These may each be produced with a single sentence. The questions you generate from this assignment may be used to direct your own further explorations of the subject or to bring up in office hours.

The second assignment each week, a discussion board, will be a focused original research article to read with a list of 3 questions to answer; this will be due Thursday at midnight. Please answer the questions for this second assignment and submit them as the first of 3 discussion board posts. The other 2 discussion board responses will be due Saturday at midnight and should be answers to your fellow students' posts. Please try to follow the recommended length guidelines indicated for the discussion board assignments and give substantive answers. Short, superficial answers will not be given credit.

Please email me if you have any questions about the course, cannot make a deadline, or wish to attend an individual office hour. Regular office hours will be once a week at 6 pm on Tuesday as a Conference in Canvas.

For a list of the assignments, please see the course summary table at the end of this syllabus.

## **ASSESSMENT AND GRADING**

The evaluation for the course grade of pass/fail (CR/NC) primarily resides in your ability to complete all the assignments and discussion boards(10 points each) with the indicated parameters on time. In this way, everybody has the opportunity to participate at the same level, particularly with the discussion boards. Please, comply with the deadlines. If you cannot make a deadline, please let me know ahead of time. PLNU has a strict policy that discussion board posts need to be done on time. If in special circumstances this cannot be done, make up assignments will be given.

To be clear, another way of describing the grading of this CREDIT/NO CREDIT course is that, to earn credit, all assignments must be completed and discussion boards attended while they are active. In case of emergencies or sickness, substitute assignments may be given and/or sessions scheduled. The maximum number of

missed discussion board sessions under all circumstances is two. In the case of one or two excused absences, points will be lost and will need to be made up with extra assignments. Missing three discussion board sessions results in no credit for the course.

Two points of extra credit are available for completing the "Introduce Yourself" discussion. There is also one posted extra credit/make up assignment. More of these will be posted as necessary for emergencies/illness.

## **INCOMPLETE AND LATE ASSIGNMENTS**

All assignments are to be submitted by the due dates posted. No assignments will be accepted after the class is over.

While there are due dates for weekly assignments, you are welcome to post your work earlier in the week. In our online discussions, late work means that others may not have the opportunity to respond to your comments. It also means that you will not have the benefit of as much interaction with other students as you will have if your assignment is posted on time. If you know you will be away on the day your assignment is due, please post your work before you leave.

Assignments will be considered late if posted after midnight Pacific Standard Time on the day they are due.

## **PLNU COPYRIGHT POLICY**

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

## **PLNU ACADEMIC HONESTY POLICY**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that

assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university catalog. See [Academic Policies](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) for definitions of kinds of academic dishonesty and for further policy information.

## **PLNU ACADEMIC ACCOMMODATIONS POLICY**

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications, or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center.

([DRC@pointloma.edu](mailto:DRC@pointloma.edu) (<mailto:DRC@pointloma.edu>) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online

classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students who do not attend at least once in any 3 consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

## **SPIRITUAL CARE**

PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our graduate students to encounter God and grow in their Christian faith. If you have questions, a desire to meet with the chaplain, or prayer requests you can send an email to: [gradchaplainmissionvalley@pointloma.edu](mailto:gradchaplainmissionvalley@pointloma.edu) (<mailto:gradchaplainmissionvalley@pointloma.edu>)

In addition, there are resources for your Christian faith journey available at the [Graduate & Professional Student Spiritual Life](https://www.pointloma.edu/opportunities/graduate-professional-student-spiritual-life) (<https://www.pointloma.edu/opportunities/graduate-professional-student-spiritual-life>) web page.

## **USE OF TECHNOLOGY**

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](https://help.pointloma.edu/TDCClient/1808/Portal/KB/ArticleDet?ID=108349) (<https://help.pointloma.edu/TDCClient/1808/Portal/KB/ArticleDet?ID=108349>) information.




Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

## **ASSIGNMENTS AT-A-GLANCE**

The table below lists our assignments and their due dates. Click on any assignment to review it.

## **Course Summary:**

Date	Details	
Mon Jul 6, 2020	 <a href="https://canvas.pointloma.edu/courses/51425/assignments/492561">Wk 1   Bonus Discussion: Introduce Yourself</a> ( <a href="https://canvas.pointloma.edu/courses/51425/assignments/492561">https://canvas.pointloma.edu/courses/51425/assignments/492561</a> )	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/51425/assignments/486730">Wk 1   Syllabus Verification</a> ( <a href="https://canvas.pointloma.edu/courses/51425/assignments/486730">https://canvas.pointloma.edu/courses/51425/assignments/486730</a> )	due by 11:59pm
Tue Jul 7, 2020	 <a href="https://canvas.pointloma.edu/courses/51425/assignments/484867">Wk 1   Assignment: Issue Brief</a> ( <a href="https://canvas.pointloma.edu/courses/51425/assignments/484867">https://canvas.pointloma.edu/courses/51425/assignments/484867</a> )	due by 11:59pm
Thu Jul 9, 2020	 <a href="https://canvas.pointloma.edu/courses/51425/assignments/484873">Wk 1   Discussion: Original Research Article</a> ( <a href="https://canvas.pointloma.edu/courses/51425/assignments/484873">https://canvas.pointloma.edu/courses/51425/assignments/484873</a> )	due by 11:59pm
Tue Jul 14, 2020	 <a href="https://canvas.pointloma.edu/courses/51425/assignments/484633">Wk 2   Assignment: Review Article</a> ( <a href="https://canvas.pointloma.edu/courses/51425/assignments/484633">https://canvas.pointloma.edu/courses/51425/assignments/484633</a> )	due by 11:59pm
Thu Jul 16, 2020	 <a href="https://canvas.pointloma.edu/courses/51425/assignments/484995">Wk 2   Discussion: Original Research Article</a> ( <a href="https://canvas.pointloma.edu/courses/51425/assignments/484995">https://canvas.pointloma.edu/courses/51425/assignments/484995</a> )	due by 11:59pm
Tue Jul 21, 2020	 <a href="https://canvas.pointloma.edu/courses/51425/assignments/484997">Wk 3   Assignment: Review Article</a> ( <a href="https://canvas.pointloma.edu/courses/51425/assignments/484997">https://canvas.pointloma.edu/courses/51425/assignments/484997</a> )	due by 11:59pm
Thu Jul 23, 2020	 <a href="https://canvas.pointloma.edu/courses/51425/assignments/484999">Wk 3   Discussion: Original Research Article</a> ( <a href="https://canvas.pointloma.edu/courses/51425/assignments/484999">https://canvas.pointloma.edu/courses/51425/assignments/484999</a> )	due by 11:59pm
Tue Jul 28, 2020	 <a href="https://canvas.pointloma.edu/courses/51425/assignments/485000">Wk 4   Assignment: Review Article</a> ( <a href="https://canvas.pointloma.edu/courses/51425/assignments/485000">https://canvas.pointloma.edu/courses/51425/assignments/485000</a> )	due by 11:59pm

Date	Details	
Thu Jul 30, 2020	 <a href="#">Wk 4   Discussion: Original Research Article</a> ( <a href="https://canvas.pointloma.edu/courses/51425/assignments/485001">https://canvas.pointloma.edu/courses/51425/assignments/485001</a> )	due by 11:59pm
Tue Aug 4, 2020	 <a href="#">Wk 5   Assignment: Review Article</a> ( <a href="https://canvas.pointloma.edu/courses/51425/assignments/485002">https://canvas.pointloma.edu/courses/51425/assignments/485002</a> )	due by 11:59pm
Thu Aug 6, 2020	 <a href="#">Wk 5   Discussion: Original Research Article</a> ( <a href="https://canvas.pointloma.edu/courses/51425/assignments/485004">https://canvas.pointloma.edu/courses/51425/assignments/485004</a> )	due by 11:59pm
	 <a href="#">Extra Credit/Make Up Assignment: Association of Daily Step Count with Decreased Mortality</a> ( <a href="https://canvas.pointloma.edu/courses/51425/assignments/495447">https://canvas.pointloma.edu/courses/51425/assignments/495447</a> )	