


# Course Syllabus

[Jump to Today](#)

 [Edit](#)

	<p><b>Graduate Studies ~ Department of Biology</b></p> <p><b>BIO6021 Readings in Biology</b></p> <p><b>1 Unit</b></p>
<p style="text-align: center;"><b>Spring 2021</b></p> <p style="text-align: center;"><b>January 11 - May 9</b></p>	

<p><b>Meeting days:</b> Wednesdays (every other week)</p>	<p><b>Instructor:</b> Dr. Paul Silva</p>
<p><b>Meeting times:</b> 5:30 p.m. - 6:30 p.m.</p>	<p><b>Email:</b> <a href="mailto:psilva@pointloma.edu">psilva@pointloma.edu</a> (<a href="mailto:psilva@pointloma.edu">mailto:psilva@pointloma.edu</a>)</p>
<p><b>Meeting location:</b> Zoom</p>	<p><b>Office Hours:</b> online, weekly or more frequently as requested.</p>

## 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.

Happy new year and welcome to BIO6021-2. Our main goal is to study why health and life expectancy has improved so much over the past 150 years. Why bother with this, since it is history so to speak? Well, perhaps there are several notable reasons. First, this type of study can give us much insight into human biology, since we are studying the biological vulnerabilities which have been protected or

overcome. Second, almost all the societal, public health, and medical measures require constant maintenance and adjustment in order not to lose the benefits which we have gained. Third, one can gain a sense of gratitude for all that is done to protect us. Fourth, there can be a sense of responsibility to further support these efforts. As cooperative members of society, we may have already made important contributions to the health and longevity of those around us. Finally, one can perhaps better appreciate that, in general, it is a good time to be alive on earth.

## **COURSE DESCRIPTION**

Special topics courses are offered occasionally to focus on a topic of interest, or to teach a course for the first time. This semester, the special topics course will focus on Health & Human Biology. This is a graduate course that will concentrate on the reading, understanding, and presentation of relevant journal articles, websites, and government documents. The subject area will be the main public health, societal, and medical measures which were introduced over the past 150 years to improve human health and longevity as well as some relevant diseases and conditions. The current difficulties with extending human longevity will be explored.

**Course logistics:** Synchronous zoom sessions will be on Wednesdays from 5:30-6:30 PM approximately every 2 weeks. Please be aware that during the second half of the course some schedule changes will need to be mutually agreed upon. These changes will be made so that some students may also take the Wednesday night lab course in cell biology.

Since this is a one-unit course and meets on average every two weeks for one hour, it is expected that 5 hours of preparatory work/assignments will be required before each session. In other words, the average amount of time on activities related to the course would be 3 hours per week reading, writing, preparing, and attending.

## **COURSE LEARNING OUTCOMES**

1. By the end of the course the student should be able to explain the complementary nature of the public health system and medical system in the US.
2. The student will be able to summarize the more important underlying biological determinants of world and US health, including key globally important diseases.
3. The student will be able to explain how life expectancy has doubled and human health greatly improved over the past 150 years by identifying the main improvements in public health, societal organization, and medical care that most affect overall health.
4. The student will have examined the challenges to continued improvement in health in the face of recent mild decreases in US longevity despite continuing medical advances.
5. The student will have a knowledge basis for developing ways to think about how best to maintain and improve our general population health.

## **REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES**

Open access course materials, no textbook: There will be articles or websites to review for each of the assignments and class sessions. 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 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

## **ASSESSMENT AND GRADING**

Before each zoom session, submit a list of main points for each reading, as well as generate discussion questions for each reading. These assignments are due at midnight, prior to the zoom session in which these particular readings are to be discussed. 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 use during the zoom sessions. They can also be approached during office hours.

For each zoom session, each student/student group will lead the discussion of one reading or a section of one reading. In general, the student or student group will use slides to aid in introducing the discussion. Two to five slides will generally suffice. All students need to show good knowledge of the background materials discussed during the session.

The course is pass/fail. Under most circumstances, to obtain a passing grade all assignments must be completed and classes attended. In case of emergencies or sickness, substitute assignments will be given and/or sessions scheduled. Please notify me before the synchronous zoom class session to be missed, if at all possible. The maximum number of missed synchronous zoom 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 of the synchronous sessions results in no credit for the course. Since this is a graduate course, the other criterion for passing is to obtain a percentage which corresponds to a C or better, that is, 73% or better.

There is no final exam for this course.

### **Assignment of Possible Points:**

Pre-zoom session assignments: main points/discussion questions for each reading

(8 wks x 10 points/week)

80 points.

Meaningful contribution and participation during zoom sessions showing knowledge of and understanding of the reading material

(8 wks x 10 points/week)

80 points.

Total 160 points.

## STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) (<https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures>) to view which states allow online (distance education) outside of California.

## INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

## 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>) 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**

Regular and punctual attendance at all synchronous class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

### **Asynchronous Attendance/Participation Definition**

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

## **SPIRITUAL CARE**

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](https://www.pointloma.edu/offices/spiritual-development) (<https://www.pointloma.edu/offices/spiritual-development>)



## **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/TDClient/1808/Portal/KB/ArticleDet?ID=108349) (<https://help.pointloma.edu/TDClient/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 classwork.

## Course Summary:

Date	Details	
Tue Jan 12, 2021	 <a href="#">Wk 1   Bonus Discussion: Introduce Yourself</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588177">. (https://canvas.pointloma.edu/courses/56333/assignments/588177)</a>	due by 11:59pm
	 <a href="#">Syllabus reading</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588121">. (https://canvas.pointloma.edu/courses/56333/assignments/588121)</a>	due by 11:59pm
	 <a href="#">BIO6021-2 SP21 - Readings in Biology: Health &amp; Human Biology</a> <a href="https://canvas.pointloma.edu/calendar?event_id=72659&amp;include_contexts=course_56333">. (https://canvas.pointloma.edu/calendar?event_id=72659&amp;include_contexts=course_56333)</a>	5:30pm to 6:30pm
Wed Jan 13, 2021	 <a href="#">January 13 readings</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588114">. (https://canvas.pointloma.edu/courses/56333/assignments/588114)</a>	due by 5:30pm
	 <a href="#">January 13 in class discussion</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588113">. (https://canvas.pointloma.edu/courses/56333/assignments/588113)</a>	due by 6:30pm
	 <a href="#">BIO6021-2 SP21 - Readings in Biology: Health &amp; Human Biology</a> <a href="https://canvas.pointloma.edu/calendar?event_id=72660&amp;include_contexts=course_56333">. (https://canvas.pointloma.edu/calendar?event_id=72660&amp;include_contexts=course_56333)</a>	5:30pm to 6:30pm
Wed Jan 27, 2021	 <a href="#">January 27 readings</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588112">. (https://canvas.pointloma.edu/courses/56333/assignments/588112)</a>	due by 5:30pm
	 <a href="#">January 27 in class discussion</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588111">. (https://canvas.pointloma.edu/courses/56333/assignments/588111)</a>	due by 6:30pm
Wed Feb 10, 2021	 <a href="#">BIO6021-2 SP21 - Readings in Biology: Health &amp; Human Biology</a> <a href="https://canvas.pointloma.edu/calendar?event_id=72661&amp;include_contexts=course_56333">. (https://canvas.pointloma.edu/calendar?event_id=72661&amp;include_contexts=course_56333)</a>	5:30pm to 6:30pm
	 <a href="#">February 10 readings</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588110">. (https://canvas.pointloma.edu/courses/56333/assignments/588110)</a>	due by 5:30pm

Date	Details	
	 <a href="https://canvas.pointloma.edu/courses/56333/assignments/588109">February 10 in class discussion</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588109"> (https://canvas.pointloma.edu/courses/56333/assignments/588109)</a>	due by 6:30pm
	 <a href="https://canvas.pointloma.edu/calendar?event_id=72662&amp;include_contexts=course_56333">BIO6021-2 SP21 - Readings in Biology: Health &amp; Human Biology</a> <a href="https://canvas.pointloma.edu/calendar?event_id=72662&amp;include_contexts=course_56333"> (https://canvas.pointloma.edu/calendar?event_id=72662&amp;include_contexts=course_56333)</a>	5:30pm to 6:30pm
Wed Feb 24, 2021	 <a href="https://canvas.pointloma.edu/courses/56333/assignments/588116">February 24 readings</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588116"> (https://canvas.pointloma.edu/courses/56333/assignments/588116)</a>	due by 5:30pm
	 <a href="https://canvas.pointloma.edu/courses/56333/assignments/588115">February 24 in class discussion</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588115"> (https://canvas.pointloma.edu/courses/56333/assignments/588115)</a>	due by 6:30pm
Wed Mar 10, 2021	 <a href="https://canvas.pointloma.edu/calendar?event_id=72663&amp;include_contexts=course_56333">BIO6021-2 SP21 - Readings in Biology: Health &amp; Human Biology</a> <a href="https://canvas.pointloma.edu/calendar?event_id=72663&amp;include_contexts=course_56333"> (https://canvas.pointloma.edu/calendar?event_id=72663&amp;include_contexts=course_56333)</a>	5:30pm to 6:30pm
	 <a href="https://canvas.pointloma.edu/courses/56333/assignments/588117">March 10 readings</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588117"> (https://canvas.pointloma.edu/courses/56333/assignments/588117)</a>	due by 5:30pm
	 <a href="https://canvas.pointloma.edu/courses/56333/assignments/588105">March 10 in class discussion</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588105"> (https://canvas.pointloma.edu/courses/56333/assignments/588105)</a>	due by 6:30pm
Wed Mar 24, 2021	 <a href="https://canvas.pointloma.edu/courses/56333/assignments/588119">March 24 readings</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588119"> (https://canvas.pointloma.edu/courses/56333/assignments/588119)</a>	due by 5:30pm
	 <a href="https://canvas.pointloma.edu/courses/56333/assignments/588106">March 24 in class discussion</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588106"> (https://canvas.pointloma.edu/courses/56333/assignments/588106)</a>	due by 6:30pm
Wed Apr 7, 2021	 <a href="https://canvas.pointloma.edu/courses/56333/assignments/588120">April 7 readings</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588120"> (https://canvas.pointloma.edu/courses/56333/assignments/588120)</a>	due by 5:30pm
	 <a href="https://canvas.pointloma.edu/courses/56333/assignments/588104">April 7 in class discussion</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588104"> (https://canvas.pointloma.edu/courses/56333/assignments/588104)</a>	due by 6:30pm
Wed Apr 21, 2021	 <a href="https://canvas.pointloma.edu/courses/56333/assignments/588108">April 21 readings</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588108"> (https://canvas.pointloma.edu/courses/56333/assignments/588108)</a>	due by 5:30pm
	 <a href="https://canvas.pointloma.edu/courses/56333/assignments/588103">April 21 in class discussion</a> <a href="https://canvas.pointloma.edu/courses/56333/assignments/588103"> (https://canvas.pointloma.edu/courses/56333/assignments/588103)</a>	due by 6:30pm