

Introduction to the Human Body (KINE 200)

Monday/Wednesday 2:00-3:20pm

ISC 1221

Course Outline

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Office hours: Mondays from 10-10:40am via Zoom, due to the space constraints of my office. I will also be available via appointment – a link to my calendar is under the About the Course section in Blackboard.

Course Description

This course will present a broad-based examination of the human body; its structure and function, how various organ systems function in a coordinated fashion to allow the body to properly function as an organism. The changes in the body that naturally occur throughout the life span (i.e. growth, development and aging) will be discussed. Also examined will be theories of human evolution, and demographic trends of humans residing in this country and throughout the world. Finally, the impact that the environment has on the human body will be discussed along with the impacts that humans have on the environment and surroundings.

Contact Information

Email is the best way to reach me. When composing emails, please put your name and the course in the subject line. Also, keep in mind that an email to an instructor is not a text message to a friend. Any emails that have no name signed or that are composed in a “text message” like manner will not be answered.

I will respond to all emails on weekdays within 24 hours. On weekends or holidays, please allow 48 hours for a response, although I usually respond before this time. **Please note, I do not answer emails between the hours of 7pm and 7am.** I will answer all emails sent during that time after 7am of the following day or within two days on weekend and holidays.

Course Objectives

COLL 200: COLL 200 courses are anchored in one or three knowledge domains. While focusing on our main domain, **Natural World & Quantitative Reasoning (NQR)**, this course will also look into topics that cross into the domain of **Culture, Society and the Individual (CSI)**. The goal of this course is to gain knowledge of both disciplines, while also seeing how the two do overlap and are connected. Courses in this domain examine the natural world and physical universe and the means by which humans observe, measure, model, and interpret it. Courses explore the process of scientific discovery, including the methods required to gather and assess empirical data, investigate the predictions of existing theories, and develop experimentally testable hypotheses. Courses may also focus on mathematical or computational methods as applied to these investigations. Students develop their understanding not only of the foundations, implications, and uses of scientific knowledge but also how scientific approaches can be used to create tangible products.

Learning Expectations: What the faculty expects students to learn and be able to do in COLL 200 courses:

1. Master basic ideas and methods central to the primary knowledge domain(s);
2. Make coherent and meaningful interconnections across the academic domains.

Upon completion of this course, the student will be able to:

- 1) Describe the scientific method, inductive/deductive reasoning, and what constitutes a theory.
- 2) Understand how the body's cells and tissues are specialized to perform specific functions enabling proper function of the body as a whole organism
- 3) Appreciate how different organ systems are integrated functionally and structurally to allow proper function of the body as a whole organism
- 4) Recognize factors that regulate energy balance within the body and how the body converts consumed foodstuffs into energy
- 5) Describe changes in the structure and function of the human body throughout the lifespan
- 6) Understand demographic changes in humans in the U.S. and throughout the world and how inferential statistics are used to quantify those changes and that technique's inherent limitations
- 7) Recognize how environmental forces (i.e. altitude, heat, cold) impact the human body
- 8) Realize how humans influence the environment and surroundings in which they live
- 9) Appreciate how evolutionary factors contributed to the present form and function of the human body and understand how various theories on evolution were developed and tested through the decades
- 10) Understand the psychological impacts on humans from items such as obesity, cancer, and aging

Course Guidelines

- 1) No cell phone use during class. Please put all cell phones on silent and refrain from answering them during lecture. If a cell phone disruption does become a problem, you will be asked to leave class for the remainder of the period. If you are expecting an important phone call that you cannot miss, please sit where you can quickly exit the class without disrupting others.
- 2) Students should check Blackboard and email regularly, as this is the main means of communication for the course. All announcements and schedule changes will be posted here. **Students are responsible for this information.**
- 3) If you must arrive late to class, please be respectful of your fellow students and instructor and enter in a way that will not disrupt the class.
- 4) If you attend class, I expect that you remain for the entire class period unless there is an emergency that you must attend to. Please do not walk in and out of class unless it is necessary as this is distracting to your classmates and your instructor.

Academic Honesty

The College of William & Mary has had an honor code since at least 1779. Academic integrity is at the heart of the university, and we all are responsible for upholding the ideals of honor and integrity. The student-led honor system is responsible for resolving any suspected violations of the Honor Code, and I will report all suspected instances of academic dishonesty to the honor system. The Student Handbook (www.wm.edu/studenthandbook) includes your responsibilities as a student and the full Code. Your full participation and observance of the Honor Code is expected. To read the Honor Code, see www.wm.edu/honor

Your full participation and observance of the Honor Code is expected **ON ALL ASSIGNMENTS**. While you may discuss the concepts covered in the course with fellow students, **any work that you submit should be completed by you alone.** *Failure to follow his policy will result in the students involved being reported to the Office of Community Values and Restorative Practices for review by the William & Mary Honor Council.*

Student Accessibility Services

William & Mary accommodates students with disabilities in accordance with federal laws and university policy. Any student who feels they may need an accommodation based on the impact of a learning, psychiatric, physical, or chronic health diagnosis should contact Student Accessibility Services staff at 757-221-2512 or at sas@wm.edu to determine if accommodations are warranted and to obtain an official letter of accommodation. For more information, please see www.wm.edu/sas.

Observation of Religious Holidays

Students will not be penalized for an absence from class due to the observation of a religious holiday. Please inform the instructor via email (as soon as you are aware) if you do plan to miss class so that alternate arrangements for material instruction and assignments can be made.

Writing Resource Center

The Writing Resources Center, located on the first floor of Swem Library, is a free service provided to W&M students. Trained consultants offer individual assistance with writing, presentation, and other communication assignments across disciplines and at any stage, from generating ideas to polishing a final product. To make an appointment, visit the WRC webpage (www.wm.edu/wrc).

Attendance Policy

Attendance in this course is not mandatory and attendance will not be taken. **HOWEVER**, I will have extra credit opportunities that are presented only in class. These will be worth credit to go towards the exam that follows the class period. If you choose not to attend class, you will not be given the opportunity to earn extra credit towards your exams. **Extra credit will be administered at random via Poll Everywhere.** Each student has access through the university to this system. I will discuss the use of this system on the first day of class.

In the event that you are sick and not able to attend class, please let the instructor know! I can only help if I am aware of a situation. If you are ill or have an emergency prior to an assignment deadline or an exam and are unable to complete your work or are unable to prepare for the exam

(illness, death in the family, etc.) please **email** me as soon as possible. A resolution will be reached on a case by case basis through conversations between me, as the instructor, and you, the student. I am happy to work with you in any way that I can, but again, I am only able to be of assistance if I am aware of an issue. **It is your responsibility to contact me.**

Recommended Textbook

Human Biology, Daniel D. Chiras, 8th edition, Jones and Bartlett Publishers, Inc. (2012)

Note guides will also be provided via Blackboard that corresponds with the lectures given in class – the use of these is completely optional. Powerpoints will be posted **only after** each topic has been completed.

Course Evaluation

Final grades will be based on the following:

Exam #1 = 25%

Exam #2 = 25%

Blackboard Quizzes = 20%

Daily Assignments = 5%

Final Exam = 25%

Quiz Dates are noted in the schedule below (highlighted for your ease of review). **These assignments ARE NOT ACCEPTED LATE.**

Daily Assignments will be assigned throughout the semester. I will provide **at least** 4 days for you to complete the assignments. These will be announced in class, on Blackboard, and through email. **Late assignments are not accepted.**

If you have an extenuating circumstance (illness, death in the family, etc.) that prevents you from abiding by any assigned deadlines, please contact me. We will handle these occurrences on a case by case basis.

Grading Scale – The grades in this course will be given based on the following scale. In the event of a curve, I will post on Blackboard the change to the scale. All grades are rounded to the nearest whole number (0.49 rounds down 0.50 rounds up).

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

KINE 200 Tentative Course Topic Schedule - Fall 2021

Date	Topic	Chapter	Daily Assignment Due Date
<i>Intro to Human Biology, Chemistry and Cells</i>			
9/1/21	Syllabus, About the Course		
9/6/21	Topic 1: Introduction to Human Biology	1	9/10/21
9/8/21, 9/13/21	Topic 2: Chemistry of Life	2	9/17/21
9/10/21	Last day to drop/add		
9/15/21, 9/20/21	Topic 3: Cells	3 (except 3-5 & 3-6) & 18-1, 18-2	9/24/21
9/22/21, 9/27/21	Topic 4: Structure & Function	4	9/30/21
<i>Energy, Nutrition & Health</i>			
9/29/21, 10/6/21	Topic 5: Nutrition, Energy & Human Health	7	10/10/21
Opens on Bb 9/29/21	Quiz 1	Topics 1-4	10/1/21
10/4/19	EXAM 1	Topics 1-4	
10/11/21, 10/13/21	Topic 6: ATP Production	3-5 & 3-6	10/17/21
10/18/21	FALL BREAK		
10/20/21, 10/25/21	Topic 7: Biotech & Cancer	19 & 20	10/29/21
10/27/21, 11/1/21	Topic 8: Infectious Disease, Vaccines and Global Health	14 & 15	11/4/21
11/1/21	Last day to withdraw from a course		
<i>Evolution & Human Behavior</i>			
11/3/21, 11/10/21	Topic 9: Genetics	17, 18 & 19	11/14/21
Opens on Bb 11/2/21	Quiz 2	Topics 5-8	11/5/21
11/8/21	EXAM 2	Topics 5-8	
11/15/21, 11/17/21	Topic 10: Evolution	23	11/21/21
11/17/21, 11/29/21	Topic 11: Development & Aging	22	12/2/21
11/22/21	NO CLASS - HAPPY THANKSGIVING		
Opens on Bb 12/1/21	Quiz 3	Topics 9-11 ONLY	Due 12/3/21
12/1/21, 12/6/21	Topic 12: Ecology, Sociology and Demography	24	12/9/21
12/8/21	Review/Catch Up		
12/21/21; due by 5pm	Exam 3	Topics 9-12	

**All exams will be given for 1hr and 20min. This includes Exam 3, which will be given during the final exam period, as determined by the university.

This is a TENTATIVE schedule of the topics that we will cover in this course. The chapters listed cover the material, but most all chapters will also have supplemental reading that I will provide via Blackboard. Any changes to this schedule will be announced in class and posted on the Blackboard site.