

The Nature of Human Health and Disease
Biological Sciences 150Lg
Lecture Syllabus, Fall 2015

The Nature of Human Health and Disease course is designed to bring students to a level of understanding of basic human biology, health, and disease, as well as modern biomedical science that will enable them to make rational decisions on personal, ethical, and political issues in their health. This level will be reached through lectures, reading of texts, papers and news media, and laboratory experiments.

Topic List:

General Biology Introduction:

Human physiology, cell and molecular biology, Mendelian genetics

- 1) Nutrition and Health
 - a) Nutrition Basics
 - b) Supplements/Fad Diets
 - c) Cardiovascular system/Heart Disease
 - d) Diabetes

- 2) Microbiology, Infectious Disease and Vaccines
 - a) STDs
 - b) HIV
 - c) Influenza/Common Cold
 - d) Bacterial infection-
MRSA, evolution of antibiotic resistance
 - e) Human microbiome
 - f) How they work and myths—autism, ethics of vaccinating/not vaccinating

- 3) Evolutionary Biology of Health and Infection
 - a) Co-evolution of humans and infectious disease
 - b) Third World Disease/Wilderness Medicine

- 4) Genetic Inheritance and Disease
 - a) Single Gene Traits
 - b) Complex Disease Traits—Bipolar Disorder, Depression
 - c) Cancer

- 5) Drugs and Alcohol and Your Health
 - a) Prescription Drug Abuse (Adderall, Ritalin)
 - b) Alcohol Use, Abuse and it's affect on the body
 - c) Drug design/False Advertising
 - d) Pulmonary System and Tobacco Use

- 6) Brain Health
 - a) Drugs and your brain—neurotropic drugs
 - b) Aging Brain—Alzheimer's Disease

Lecturers:**Christa Bancroft, Ph.D.**

Office: ZHS470

Phone: (213) 740-5553

Email: cbancrof@usc.edu

Office hours: Tu/Th 11-12 p.m.

Oliver Rizk, Ph.D.

Office: AHF107B

Phone: (213) 740-4862

Email: orizk@dornsife.usc.edu

Office hours: Tu/Wed 12:30-1:30 p.m.

Guest Lecturers (TBD)**Lecture:** ZHS 159, Tues. & Thurs., 9:30 a.m.-10:50 a.m.

Required Texts:

The Human Body in Health and Disease, 6th ed., Kevin Patton and Gary Thibodeau (Mosby)*The Nature of Human Health & Disease Laboratory Manual*, Fall 2015 (USC Custom Publishing)Laboratory Director:**Celeste Chong-Cerrillo, Ph.D.**

Office: ZHS 450

Phone: (213) 740-6085

Email: chongcer@usc.edu

Office Hours: By appointment only

Laboratory: ZHS 458

Monday 10:00 - 11:50 a.m., 12:00 - 1:50 p.m., 2:00 - 3:50 p.m.

Tuesday 12:00 - 1:50 p.m., 2:00 - 3:50 p.m.

Wednesday 8:00 - 9:50 a.m., 10:00 - 11:50 a.m., 12:00 - 1:50 p.m., 2:00 - 3:50 p.m.

Website:Blackboard (<https://blackboard.usc.edu/>)

BISC 150Lg is a participatory course. A research project will lead students to become true experts in a subject of their choice and laboratory experiments will give an appreciation of biotechnology.

Grading. Final letter grades are assigned on a curve, determined entirely by the total number of points earned on lecture exams, course assignments and in the laboratory. ***Only the TOTAL number of points earned by the END of the course will determine the final letter grade.*** There will be no opportunities for extra credit. The distribution of points is as follows:

2 Midterms (100 pts. each)	200
Final Exam	100
Term Research Project	
Outline	10
Research Paper	75
Presentation	25
<u>Laboratory Grade (see syllabus for distribution)</u>	<u>205</u>
Total	615

The Nature of Human Health and Disease
BISC 150Lg
Lecture Schedule, Fall 2015

Wk	Date	Lecture Topic	Reading	Lecturer
1	Aug 25	Overview: Mechanisms of Disease	Ch. 6: pp. 110-128	Rizk
	Aug 27	Your Amazing Body: Intro to Physiology	Ch. 1: pp. 2-18 Ch. 5: pp. 88-104	Rizk
2	Sept 1	Intro to Cell Biology	Ch. 3: pp. 42-56	Rizk
	Sept 3	DNA, RNA, proteins and You! (Molecular Biology)	Ch. 2 Ch. 3: pp. 57-62	Bancroft
3	Sept 8	Genetics or "How did I get brown eyes?"	Ch. 25	Bancroft
	Sept 10	How your body gets its energy (Biochemistry)	Ch. 18	Bancroft
4	Sept 15	Nutrition: You are what you eat	Ch. 19	Bancroft
	Sept 17	Nutrition: Supplements/Fad diets	Ch. 19	Rizk
5	Sept 22	Diabetes		
	Sept 24	Midterm 1	Ch. 12	Guest Lecturer
6	Sept 29	Immune System and Human Immunodeficiency Virus (HIV)	Ch. 16	Bancroft
	Oct 1	Wash Your Hands! Influenza and the Common Cold	TBD	Bancroft
7	Oct 6	Bacterial Infection	TBD	Rizk
	Oct 8	Cardiovascular System: Heart Disease	Ch. 14: pp.367-409	Rizk/Guest Lecturer
8	Oct 13	STDs	Ch. 23: pp.589-615	Guest Lecturer
	Oct 15	Human Microbiome—Bugs in Your Gut	TBD	Bancroft
9	Oct 20	Vaccines: "To Poke or Not to Poke? That is the Question"	TBD	Bancroft
	Oct 22	Co-evolution of humans and infectious disease	TBD	Rizk
10	Oct 27	Genetic Diseases—"Thanks Mom (or Dad)..."	Ch. 25	Bancroft
	Oct 29	Midterm 2		
11	Nov 3	Multi-gene diseases—It's a little more complicated	TBD	Bancroft
	Nov 5	Global Health/Tropical Medicine		Guest Lecturer
12	Nov 10	Cancer	TBD	Guest Lecturer
	Nov 12	Drug Design/Advertising	TBD	Rizk
13	Nov 17	Prescription Drug Abuse	TBD	Rizk
	Nov 19	Alcohol Use, Abuse and Effects	TBD	Rizk
14	Nov 24	Pulmonary System and Tobacco Use	Ch. 17	Rizk
	Nov 26	Thanksgiving		
15	Dec 1	Drugs and Your Brain	TBD	Guest

				Lecturer
	Dec 3	The Aging Brain	TBD	Guest Lecturer
17	Dec 10	FINAL EXAM: 11 a.m. to 1 p.m.		

Readings: Assigned readings from the textbook will be supplemented with articles posted on Blackboard. It will be the student's responsibility to check Blackboard for additional required readings and notices.

Exams. There will be 2 midterm exams during the semester and 1 final exam. Exams are multiple choice, short answer and essay format. Exams are NOT open book nor open notes. A student is not allowed to start an exam after the first student has left the exam room. You will be required to write your full name on EACH page of the exam. If you fail to do so, 1 point will be deducted for each page missing a full name.

Missed exams. There are no makeup exams in the course. If a student misses an exam due to a true emergency, official written documentation (what you feel is appropriate to demonstrate a legitimate reason for missing said exam) should be submitted to the Laboratory Director, Dr. Chong-Cerrillo, **within two (2) days of the missed exam.** If it is a medical excuse, you must also state *in writing* (a) the doctor's name and phone number and (b), a signed statement authorizing us to discuss with the doctor whether you were too ill to take the exam. If you were seen at the USC Student Health Center, you must sign an "Authorization for Disclosure of Medical Information" form and *list Dr. Chong-Cerrillo's name* on the form. (Note that neither you nor the physician need to tell us the nature of your illness.) Please note that your physician has to be licensed to practice medicine by the State of California (www.medbd.ca.gov) and that it's considered unethical and unwise for a physician to provide medical care for a family member. We will contact the doctor and decide whether you have a valid excuse. If you do, the instructors may, at their discretion, permit the use of the student's performance on other exams in determining the missed exam grade. If your excuse is judged not to be valid, or you do not provide it within the allotted time, you will receive a score of zero for the missed exam.

Re-grades of exam questions. Your midterm exams will be handed back either in lab or lecture and the answer key will be posted. If you feel an error was made in the grading of your exam, you must submit your exam, along with a Regrade Request Form in which you have thoroughly explained (typewritten) why you think your answer deserves more credit, to your TA within 1 week of the time it was returned to the entire class. Oral and email requests will not be considered. If you took the exam in pencil, we will not grant regrade requests. The entire answer will be re-graded, not just the part you think deserves more credit. Your score may increase or decrease as a result of a re-grade.

Term Research Project. Your Research Project consists of 3 components: Outline, Paper, and Presentation, each receiving a grade. Refer to the "Guidelines for Term Research Project" document for details regarding this assignment. Your topic must be approved by your TA no later than September 18, 2015. The Outline is due on Thursday, October 1, 2015 and the Paper is due on Tuesday, November 3, 2015. The Outline must be submitted in class, not in lab, and we will NOT accept electronic copies. An electronic copy of your Research paper will be submitted through your LAB Blackboard site, under "Assignments"; you cannot email your paper to your TA. For each day the Outline or Paper is handed in late, 20% of the total possible points will be deducted from your grade (e.g., if the report is past 5 days late, you will receive no points for that assignment). Presentations will be given in lab during the last 3 weeks of class. Once you have signed up for a date to give your presentation, you will not be able to change it unless you have a valid medical emergency. If you do not have a valid medical excuse, it will be at the

discretion of the Laboratory Director to determine whether you will be able to make up the Presentation, if time allows; however, the maximum possible points you may receive will be reduced by 50%.

You must attend ALL your labs during the presentation weeks. If you do not have a valid excuse for missing lab, *2 points will be deducted from YOUR presentation score for EACH presentation you miss* (i.e., if 5 students present, 10 points will be deducted from your presentation grade). If you have a valid excuse for missing your lab, accompanied with official written documentation presented to the Laboratory Director, within two (2) days of the missed lab, *you are still responsible for making up the missed presentations.*

Blackboard and Posting of Grades. Blackboard (<https://blackboard.usc.edu/>) lists BISC 150 lecture and lab sections as “separate courses”. All grades (lecture and lab) are posted in your LAB section. However, be sure to check for additional postings and announcements both in the lecture section and the lab section on a weekly basis.

Blackboard is convenient system to communicate grades; however, ***those grades are not authoritative.*** It is the student’s responsibility to notify your TA or Lab Director ASAP in the event of any mistakes in your posted grade.

Please remember that (1) the course mean given on Blackboard is also NOT authoritative, and (2) that only the total number of points earned determines your course grade. We will be glad to discuss your performance, and your possible grades, at any time throughout the course. Help provided in this way should be considered only provisional. Your later performance may change (sometimes dramatically) the best- meant extrapolation.

Statement on Academic Conduct and Support Systems

Academic Conduct

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in *SCampus* in Section 11, *Behavior Violating University Standards*<https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>. Other forms of academic dishonesty are equally unacceptable. See additional information in *SCampus* and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct/>.

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the *Office of Equity and Diversity* <http://equity.usc.edu/> or to the *Department of Public Safety* <http://capsnet.usc.edu/department/department-public-safety/online-forms/contact-us>. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. *The Center for Women and Men* <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center webpage sarc@usc.edu describes reporting options and other resources.

Support Systems

A number of USC’s schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the *American Language Institute* <http://dornsife.usc.edu/ali>, which sponsors courses and workshops specifically for international graduate students. *The Office of Disability Services and Programs* http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html provides certification

for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency makes travel to campus infeasible, *USC Emergency Information* <http://emergency.usc.edu/> will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.

Academic Accommodations. Students requesting academic accommodations based on a learning disability are required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to Dr. Chong-Cerrillo as early in the semester as possible. In addition, an Exam Request Form must be filled out, signed by Dr. Chong-Cerrillo, and returned to DPS 7 days prior to a midterm exam and 14 days prior to the final exam. DSP is open Monday-Friday, 8:30 am - 5:00 pm, Student Union 301, Phone: (213) 740-0776.