BIO 1102: Human Biology

• Instructor: Dr. Shauna Weyrauch, Senior Lecturer
• Need to contact me?
  – E-mail: weyrauch.2@osu.edu
  – Available for Zoom meetings by appointment

Required texts: Human Biology by Johnson, and In Defense of Food by Pollan

Human Biology

• We will discuss the cells, tissues, organs, and organ systems of the body
• Basic human anatomy and physiology
• We will also emphasize human nutrition
  – How poor nutrition can contribute to disease
  – What are some of the healthiest foods and “diets”
  – How complex nutrition really is, and how we are still learning about how foods/nutrients interact in the body

About Me

– Early love of animals
– During my freshman year in college, I heard a story on NPR about the mysterious decline of amphibians around the world
– Thus began my specific interest in amphibian and wetland ecology and conservation

About Me

– Received my B.S. and M.S. degrees from Wright State University, Dayton, Ohio
– Received my Ph.D. from Ohio State University
– My areas of expertise: Amphibians, Wetlands, and Conservation Biology

• Project Wild Coshocton – camera trapping bobcats

My Kittie Fruitcake!
I’m passionate about: healthy eating and became vegetarian about 8 years ago
Fun fact: I also love ‘80s heavy metal 😊

My philosophy:

— “Be the change you wish to see in the world.” (Mahatma Gandhi)

I believe we each have the ability to change the world!
I also believe we can all live healthier, happier lives if we simply make wise food choices

Activity #1
What About You?

Log in to Carmen Quizzes, and take Activity Quiz #1, which is simply a chance for you to introduce yourself:

– Name
– Year in College (e.g., freshman, sophomore, etc.)
– Major
– What are your interests/hobbies?
– What about biology do you find most interesting?

Structure of Course

3 Main Components to this course:

– Lectures and exams based on readings from our textbook, Human Biology
  • This will provide a foundation in basic human anatomy and physiology
  • Consist of assigned readings, reviewing a set of lecture notes, and watching a MediaSite video of my lecture
– Secondly, you will write a paper on the coronavirus
– The final component centers on a very important aspect of human biology and health, but one which is often underestimated...
What is something that just about everyone does several times a day, and depending on how you do it, it can affect:

- The health of your skin and hair
- The strength of your bones
- Your mood
- How much energy you have during the day
- Your risk for developing many diseases that are leading killers of both men and women, including cancers and cardiovascular disease
- How long you live

The answer is....

EAT!

Structure of Course: First Component

- Lectures based on chapters from textbook
  - Schedule in syllabus
- Exams
  - Three exams (2 midterms and a final), composed of T/F and multiple choice questions; ~60-70 questions each
  - Worth 100 points each
- Activity Points: For each lecture, you will have a chance to practice what you just learned by answering questions/solving problems. You will complete brief Activity Quizzes (worth 5 points each, for a total of 50 points toward your total course points)
- Discussion Boards: Mondays and Thursdays, from 9:00-11:00; will discuss both lecture material, as well as reading from In Defense of Food; worth 5 participation points each, for a total of 50 points

Structure of Course: Second Component

- Human Health paper
  - You will research some aspect of the current coronavirus pandemic
  - Write a 3-4 page paper based on this topic
    - Need to use at least four references (books, newspapers, web sites, journal articles), but at least two of those sources must be from peer-reviewed scientific journals
    - Use the library’s research databases to find peer-reviewed articles
    - Learn to cite references in APA style
  - More information in your syllabus

Structure of Course: Third Component

- In Defense of Food
  - An informative book about the Western Diet and its impact on our health
  - We will have 5 sessions based on this book
    - Will be discussed on the Discussion Boards
  - Short (8-10 questions) open-book quizzes based on readings from the book; worth 10 points each

Class Web Site

- Lecture notes, announcements, and links to pertinent web sites will be posted on the class web site on Carmen
- Sign in at: https://carmen.osu.edu/

- Now, watch the movie “Fed Up”
  - https://www.youtube.com/watch?v=ceRFvhlc3iY
- Take notes!
  - A “guided notes sheet” is posted on our class web site; use it to take notes
  - You will be tested on this material during exam #1