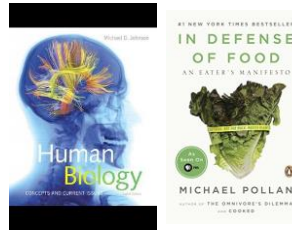


## BIO 1102: Human Biology

- Instructor: Dr. Shauna Weyrauch, Senior Lecturer
- Need to contact me?
  - E-mail: [weyrauch.2@osu.edu](mailto: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 The Ohio State University
- My areas of expertise: Amphibians, Wetlands, and Conservation Biology

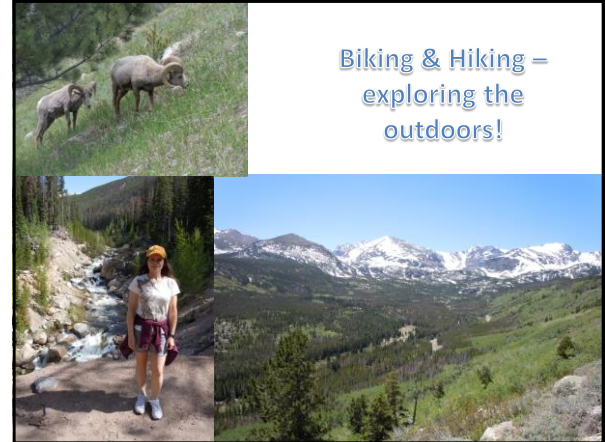


- Project Wild Coshocton – camera trapping bobcats





### Bird Watching & Feeding!





### Biking & Hiking – exploring the outdoors!

- I'm passionate about: healthy eating, especially vegetarian/plant-based foods
- Fun fact: I also love '80s "hair 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 #1a 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; ~65-75 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 60 points toward your total course points)
- Discussion Boards: Once a week, we will discuss both lecture material, as well as reading from *In Defense of Food*, using Carmen Canvas discussion boards; worth 5 participation points each, for a total of 60 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/>

## Activity Quiz 1b: The Class Syllabus!

- It is important to read the course syllabus so you understand the structure of the course, assignments, and expectations
- Now take some time to read over the syllabus, which is posted on the class web site (where you found these lecture notes and MediaSite video).
- Then, take Activity Quiz 1b on Carmen – it contains questions based on the syllabus, to make sure you understand the structure of the course