

## Course Information

Semester & Year: Fall 2023 Course ID &

Section #: BIOL-8-E5585

Instructor's name: Ralph Reiner

[if synchronous] Day/Time of required meetings: Lecture: TuTh 12:20 pm – 1:45 pm

Lab: Tu 2:00 pm – 5:10 pm

[if in-person] Location: Lectures: SC 210; Lab: SC 104

[if needed] Number of proctored exams:

Course units: 4

## Instructor Contact Information

Office location or \*Online: SC 210

Office hours: Th 2-3

Phone number: CR Science Division Office: 707-476-4211

Cell Phone #: 707-499-8619

Email address: ralph-reiner@redwoods.edu

## Catalog Description

A survey of human biology focusing on concepts in cell biology, genetics, anatomy, physiology, disease, and evolution as they relate to the human body. Students apply and evaluate these concepts in laboratory activities that include microscopy, experimentation, and dissection.

## Course Student Learning Outcomes *(from course outline of record)*

1. Use the scientific method to design experiments that include data collection and analysis.
2. Describe the structural, metabolic and reproductive characteristics of diverse cell types related to human health, and explain how changes in cell function can be correlated with disease.
3. Relate the structure and function of human organ systems to the maintenance of bodily homeostasis.
4. Describe specific examples of the genetic basis of human anatomy, physiology, behavior and disease, and explain how genetic variation impacts human evolution.

## Prerequisites/co-requisites/ recommended preparation

English 150

## **Educational Accessibility & Support**

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, bipolar disorder, and ADHD
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- A learning disability (e.g., dyslexia, reading comprehension), intellectual disability, autism, or acquired brain injury
- Vision, hearing, or mobility challenges

Available services include extended test time, quiet testing environments, tutoring, counseling and advising, alternate formats of materials (e.g., audio books, E-texts), assistive technology, on-campus transportation, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Disability Services and Programs for Students \(DSPS\)](#). If you are unsure whether you qualify, please contact DSPS for a consultation: [dsps@redwoods.edu](mailto:dsps@redwoods.edu).

- Eureka: 707-476-4280, Student Services Building, 1st floor
- Del Norte: 707-465-2324, Main Building, near the library
- Klamath-Trinity: 707-476-4280

## **Biology 8 – Human Biology Fall 2023**

### **Instructor**

Ralph Reiner      [ralph-reiner@redwoods.edu](mailto:ralph-reiner@redwoods.edu)      (or [rreiner99@gmail.com](mailto:rreiner99@gmail.com))

Home and Cell: (707) 499-8619. You can text me or phone me. If you leave a phone message, please leave your own number (spoken clearly) with your message.

### **Office and Office Hours**

I can meet with students before or after lectures or after the lab. Other times can be arranged.

### **Technological Help**

This course makes use of online resources and Canvas. If you are having technological difficulties, get help EARLY! Email [its@redwoods.edu](mailto:its@redwoods.edu) or call 476-4160.

### **Textbook**

Human Biology, 11th Ed. (McGraw-Hill).

(This edition is available to check out from the CR Library for the semester. Also you could buy any used Human Biology text purchased either locally or online.)

Lab Sheets for the labs are available on Canvas and should be printed before each lab

### **Other Recommended Items**

- Colored pencils or pens for note taking are very useful.
- We will occasionally be working with preserved specimens in this class. Your instructor is not the “fashion police” but he recommends that students “dress down” rather than “dress up” for labs in case of spills.
- Although we will not be using human cadavers in the class, there are cadavers that can be observed by interested students in the class.

### **Assessment**

Your performance in the course will be assessed based on your execution of the following requirements:

- 3 Lecture Exams (for a total of 60% of the grade) – covering lecture material only. (The final lecture exam is **not** cumulative and will cover the lectures in the last 1/3 of the course.)
- 2 Lab Exams (for a total of 30% of the grade) – covering material learned in labs. (The 2nd lab exam is **not** cumulative and will cover lab material in the last ½ of the class.)
- Quizzes (for a total of 10% of the grade) – covering **both** lecture and lab material. There will be 6 quizzes (10 pts each) with the lowest score dropped. The quizzes will be given at the beginning of the lab indicated on the Lab schedule.
- **Note:** More than 4 unexcused lab absences will result in the final grade in the class being dropped one letter grade (eg from a B to a C).

### **Grades**

- Letter grades in the class will be determined by the % of the total points earned as follows:

100 – 93% = A

92.9 – 90% = A-

89.9 – 87% = B+

86.9 – 83% = B

82.9 – 80% = B-

79.9 – 77% = C+

76.9 – 70% = C

69.9 – 60% = D

< 59.9% = F

- Attendance and participation will not play a *formal* role in your grade. However, since the class moves at a rapid pace and since both the lecture and lab experiences are critical for learning and comprehension of the material, attendance is necessary. More than 4 missed labs and/or 6 missed lectures will result in the student being dropped from the class.

### Canvas

- Most of the materials for and information about this course will be posted on Canvas
- Your grades on quizzes and exams will be posted on Canvas when completed (but note that the final percentage listed on Canvas might not be accurate since it won't take into account the dropped quiz).
- Be sure to check for announcements on Canvas in case the instructor forgets to mention something important in class.

### Some Notes

- There will be ZERO tolerance for any form of academic dishonesty, including cheating, falsification of data, or plagiarism. Academic dishonesty in any form WILL result in failure and details will be submitted to the appropriate authorities. Refer to the Student Code of Conduct and Disciplinary Procedures at <http://www.redwoods.edu/District/Board/New/Chapter5/Ap5500.pdf> for more information about CR policies.
- If you decide to stop attending the course, PLEASE DROP IT. You CANNOT be dropped from the course by the instructor *if you stop attending after the census date*.
- Please be familiar with all of CR's disaster policies as found on their website. (If there is an earthquake, DUCK and COVER.)
- **Campus security can be reached in an emergency at 476-1111.** 911 works too. (Non-emergency? 476-1112)

If you have special needs regarding this course, please let me know as soon as possible so we can make any necessary arrangements. If you have a verified disability and need accommodation, or suspect you have a disability and wish to be evaluated for eligibility, you can **contact the DSPS office (476-4280)** regarding your specific concerns.

Bio 8            Text: Human Biology by Mader, 11<sup>th</sup> Ed.  
 Fall 2023       (can be checked out from the CR Library)  
 R. Reiner

#### Tentative Lecture Schedule

Date	Lecture	Reading in Text
Tues Aug 22	Introduction; Cells, Levels of Organization	Chap 1
	24 Chemistry of Life	Chap 2

Tues	29	Chemistry; Cells	Chap 3
	31	Tissues; Organs; Skin	Chap 4
Tues	<b>Sept</b> 5	Bones, Joints, and the Skeletal System	Chap 11
	7	Types of Muscle Tissue; Skeletal Muscle	Chap 12
Tues	12	Muscles and the Muscular System	Chap 12
	14	Muscular Contraction; Joints	Chap 12, 11
Tues	19	Nervous System	Chap 13
	21	<b>1<sup>st</sup> Exam (through 9/14)</b>	
Tues	26	Senses: Eyes	Chap 14
	28	Senses: Ears, (plus)	Chap 14
Tues	<b>Oct</b> 3	Endocrine System	Chap 15
	5	Digestive System	Chap 8
Tues	10	Digestive System	Chap 8
	12	Cardiovascular System: Heart	Chap 5
Tues	17	Cardiovascular Sys: Blood Vessels	Chap 5
	19	Blood: Blood Pressure	Chap 6
Tues	24	Respiratory System	Chap 9
	26	<b>2<sup>nd</sup> Exam (through 10/19)</b>	
Tues	31	Kidneys and the Urinary System	Chap 10
<b>Nov</b>	2	Urine Formation	Chap 10
Tues	7	Reproductive System	Chap 16
	9	Reproductive System	Chap 16

(Over)

Tues	<b>Nov</b> 14	Reproductive System	Chap 16
	16	Lymphatic System	Chap 7
<b>Fall Break and Thanksgiving Holiday</b>			
Tues	28	Immune System	Chap 7
	30	Immune System	Chap 7
Tues	<b>Dec</b> 5	Disease Agents	Chap 7
	7	Disease Agents	Chap 7

**Final Exam: Tues Dec 12, 2023 10:45 am – 12:45 pm**

Bio 8                      Lab Sheets for each lab to be printed from Canvas  
Fall 2023  
R. Reiner                      Tentative Lab Schedule

Date	Lab Topics	
Tues <b>Aug</b> 22	Microscope; Cells; Osmosis	
Tues 29	Chemistry; Tissues	<b>Quiz #1</b>
Tues <b>Sept</b> 5	Skin and Bones	
Tues 12	Muscles and Reflexes	<b>Quiz #2</b>
Tues 19	Nervous System	
Tues 26	Senses: Hearing, Vision, +others	<b>Quiz #3</b>
Tues <b>Oct</b> 3	<b>1<sup>st</sup> Lab Exam</b>	
Tues 10	Digestive System	
Tues 17	Heart, Blood Vessels, Blood	<b>Quiz #4</b>
Tues 24	Respiratory System	
Tues 31	Urinary System	
Tues <b>Nov</b> 7	Reproductive System	<b>Quiz #5</b>
Tues 14	Reproductive System	
<b>Fall Break and Thanksgiving Holiday</b>		
Tues 28	Review for 2 <sup>nd</sup> Lab exam	<b>Quiz #6</b>
Tues <b>Dec</b> 5	<b>2<sup>nd</sup> Lab Exam</b>	

**Student Support**

Good information and clear communication about your needs will help you be successful. Please let your instructor know about any specific challenges or technology limitations that might affect your participation in class. College of the Redwoods wants every student to be successful.

### **Fall 2023 Dates**

- **August 18<sup>th</sup>: Last day to register for classes (day before the first class meeting)**
- **August 19<sup>th</sup>: Classes begin**
- **August 25<sup>th</sup>: Last day to add a class**
- **September 1<sup>st</sup>: Last day to drop without a “W” and receive a refund**
- **September 4<sup>th</sup>: Labor Day Holiday (All Campuses Closed)**
- **September 5<sup>th</sup>: Census Date (20% of class)**
- **October 26<sup>th</sup>: Last day to petition to graduate**
- **October 27<sup>th</sup>: Last day for student initiated withdrawal (62.5% of class)**
- **October 27<sup>th</sup>: Last day for faculty initiated withdrawal (62.5% of class)**
- **November 11<sup>th</sup>: Veterans Day (All Campuses Closed)**
- **November 20<sup>th</sup>-25<sup>th</sup>: Thanksgiving break (no classes)**
- **November 22<sup>nd</sup>-24<sup>th</sup>: No Classes, all campuses closed**
- **December 9<sup>th</sup>-15<sup>th</sup>: Final Examinations**
- **December 15<sup>th</sup>: Last day to file for P/NP option**
- **December 15<sup>th</sup>: Semester Ends**
- **December 22<sup>nd</sup>: Grades due**
- **January 5<sup>th</sup>: Grades available**

### **Academic dishonesty**

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [College Catalog](#) and on the [College of the Redwoods website](#).

## Disruptive behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [College Catalog](#) and on the [College of the Redwoods website](#).

## Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.

## Setting Your Preferred Name in Canvas

Students have the ability to have an alternate first name and pronouns to appear in Canvas. Contact [Admissions & Records](#) to request a change to your preferred first name and pronoun. Your Preferred Name will only be listed in Canvas. This does not change your legal name in our records. See the [Student Information Update form](#).

## Canvas Information

### Canvas Information

If using Canvas, include navigation instructions, tech support information, what Canvas is used for, and your expectation for how regularly students should check Canvas for your class.

Log into Canvas at [My CR Portal](#)

For help logging in to Canvas, visit [My CR Portal](#).

For help with Canvas once you're logged in, click on the Help icon on the left menu.

For tech help, email [its@redwoods.edu](mailto:its@redwoods.edu) or call 707-476-4160

Canvas online orientation workshop: [Canvas Student Orientation Course \(instructure.com\)](#)

## Community College Student Health and Wellness

Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty and staff are available on the California Community Colleges [Health & Wellness website](#).

[Wellness Central](#) is a free online health and wellness resource that is available 24/7 in your space at your pace.

Students seeking to request a counseling appointment for academic advising or general counseling can email [counseling@redwoods.edu](mailto:counseling@redwoods.edu).



## Emergency procedures / Everbridge

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary in order to receive emergency alerts. Check to make sure your contact information is up-to-date by logging into WebAdvisor <https://webadvisor.redwoods.edu> and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or [security@redwoods.edu](mailto:security@redwoods.edu) if you have any questions. For more information see the [Redwoods Public Safety Page](#).

In an emergency that requires an evacuation of the building anywhere in the District:

- Be aware of all marked exits from your area and building
- Once outside, move to the nearest evacuation point outside your building
- Keep streets and walkways clear for emergency vehicles and personnel

Do not leave campus, unless it has been deemed safe by the campus authorities.

### Del Norte Campus Emergency Procedures

Please review the [Crescent City campus emergency map](#) for campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information, see the [Redwoods Public Safety Page](#).

### Eureka Campus Emergency Procedures

Please review the [campus emergency map](#) for evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information on Public Safety go to the [CR Police Department- Public Safety](#). It is the responsibility of College of the Redwoods to protect life and property from the effects of emergencies within its own jurisdiction.

In the event of an emergency:

1. Evaluate the impact the emergency has on your activity/operation and take appropriate action.
2. Dial 911, to notify local agency support such as law enforcement or fire services.
3. Notify Public Safety 707-476-4111 and inform them of the situation, with as much relevant information as possible.
4. Public Safety shall relay threat information, warnings, and alerts through the Everbridge emergency alert system, Public address system, and when possible, updates on the college website, to ensure the school community is notified.
5. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet, (evacuation to a safe zone, shelter in place, lockdown, assist others if possible, cooperate with First Responders, etc.).
6. If safe to do so, notify key administrators, departments, and personnel.
7. Do not leave campus, unless it is necessary to preserve life and/or has been deemed safe by the person in command.

## Klamath Trinity Campus Emergency Procedures

Please review the responsibilities of, and procedures used by, the College of the Redwoods, Klamath-Trinity Instructional Site (KTIS) to communicate to faculty, staff, students and the general public during an emergency. It is the responsibility of College of the Redwoods, Klamath-Trinity Instructional Site (KTIS) to protect life and property from the effects of emergency situations within its own jurisdiction.

1. In the event of an emergency, communication shall be the responsibility of the district employees on scene.
  - a. Dial 911, to notify local agency support such as law enforcement or fire services.
  - b. If safe to do so, notify key administrators, departments, and personnel.
  - c. If safe to do so, personnel shall relay threat information, warnings, to ensure the school community is notified.
  - d. Contact 530-625-4821 to notify of situation.
  - e. Contact Hoopa Tribal Education Administration office 530-625-4413
  - f. Notify Public Safety 707-476-4111.
2. In the event of an emergency, the responsible district employee on scene will:
  - a. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet.
  - b. Lock all doors and turn off lights if in lockdown due to an active shooter or similar emergency.
  - c. Close all window curtains.
  - d. Get all inside to safe location Kitchen area is best internal location.
  - e. If a police officer or higher official arrives, they will assume command.
  - f. Wait until notice of all is clear before unlocking doors.
  - g. If safe to do so, move to the nearest evacuation point outside building (Pooky's Park), directly behind the Hoopa Tribal Education Building.
  - h. Do not leave site, unless it has been deemed safe by the person in command. Student Support Services (required for online classes)

## Student Support Services

The following online resources are available to support your success as a student:

- [CR-Online](#) (Comprehensive information for online students)
- [Library Articles & Databases](#)
- [Canvas help and tutorials](#)
- [Online Student Handbook](#)
- [Online Tutoring Resources](#)

[Counseling](#) offers assistance to students in need of professional counseling services such as crisis counseling.

Learning Resource Center includes the following resources for students

- [Library Services](#) to promote information literacy and provide organized information resources.
- [Multicultural & Diversity Center](#)
- [Academic Support Center](#) – offers tutoring and test proctoring for CR students.
- [Student Tech Help](#) – provides students with assistance around a variety of tech problems.

Special programs are also available for eligible students include

- [Extended Opportunity Programs & Services \(EOPS\)](#) provides services to eligible income disadvantaged students including: textbook award, career academic and personal counseling, school supplies, transportation assistance, tutoring, laptop, calculator and textbook loans, priority registration, graduation cap and gown, workshops, and more!
- The TRiO Student Success Program provides eligible students with a variety of services including trips to 4-year universities, career assessments, and peer mentoring. Students can apply for the program in [Eureka](#) or in [Del Norte](#)
- The [Veteran's Resource Center](#) supports and facilitates academic success for Active Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.
- [CalWORKS](#) – assists student parents with children under the age of 18, who are receiving cash assistance (TANF), to become self-sufficient.
- Klamath-Trinity students can contact the CR KT Office for specific information about student support services at 530-625-4821