



Course Information	
Course Name:	Topics in Human Ecology I
Course ID:	MLS 105
Semester:	Summer
Mode:	Online

Instructor Information	
Instructor:	James March Mistler
Email:	Course Messages in myCourses or jmarchmistler@umassd.edu
Phone:	508-999-8944
Office Hours:	As needed by phone or email.

Class Schedule, Office Hours and Location						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Responses Due from previous week		Weekly start - online			Initial Posts Due	

Course Description

Course Overview:

The overarching goal of this course is to provide an understanding of human physiology in the context of decision-making situations such as treatment or hospitalization and in choosing a health insurance. In today's world, the single most effective agent in living a healthy life is a well-informed consumer. Whether you are the adult deciding for a child or the child making decisions for elderly family members or the spouse, decisions have consequences and making the wrong decision can lead to significant morbidity or mortality.

Prerequisite:

none

Course Credits:

3 credits

Course Objectives

Course Specific Learning Outcomes

- Explain the role of the Food and Drug Administration, National Institutes of Health, the CDC and CMS.
- Examine the effects on government issued health care (Obamacare) and compare and contrast the before and after effects.
- Reexamine the scientific method and apply it to today's clinical research studies/trials.
- Explain what inflammation is and how it starts.
- State the principle of action for each of the Over The Counter (OTC) medications that we discuss.
- Correlate the function of the liver with alcoholism and hepatitis.
- Correlate diet and lifestyle to effects on the cardiovascular system.
- Identify the risks leading to diabetes.

University Studies Learning Outcomes

- Recount the fundamental concepts and methods in one or more specific fields of science.
- Demonstrate an understanding of how the scientific method is used to produce knowledge.
- Successfully use quantitative information to demonstrate their understanding of scientific knowledge.
- Use appropriate scientific knowledge to solve problems.

Methods of Instruction

Evaluation and Grading Breakdown:

Class Participation/Discussions	40%
Research Study Paper	20%
Quizzes	20%
Exam	20%

Late Assignments

Late assignments are only accepted for discussion board posts but will be graded lower. Late papers will not be accepted. If an extenuating circumstance arises, please contact me, preferably beforehand if at all possible. Please note that documentation will need to be provided in order to give full credit for missed work.

Discussion Boards

Discussion boards are the main way that we will be communicating since this is an online course. Discussion boards have two components – the initial post and the response. The initial post is the post that you, the student, posts in regards to a topic, comment or question that I have posted. These are due by **Friday each week at midnight**. The response posts, which are due by **Sunday night at midnight** to at least two other students, should ask questions, delve deeper, or challenge someone's initial post. For instance, a topic will start on Tuesday. Tuesday-Friday you will learn and review the topic material we are covering that week so that by Friday, you can post an initial response to a question/comment I have posted (you may post earlier if you are ready). You then have until Sunday night at midnight to comment on at least two (2) different students' initial posts. You are not to be disrespectful, but to create constructive conversations and to deepen yours, and our, understanding of or perception of a subject or topic. If someone responds to your initial post, it is expected that you will respond to that person, creating a thread of discussion just like if you were face to face.

Quizzes:

Quizzes will be open at the beginning of each module and will remain open until the last day of class. If you want to take them during each topic you may, or you may use them at the end as a study guide for the final exam. At midnight on the final day of classes, all quizzes will close.

Research Study Paper

You are to write a 3-5-page paper (no more than 5 pages), double-spaced, 12 pt font, on a topic of your choice using the scientific method explained on myCourses. A rubric will be provided along with additional resources on myCourses. Papers shorter than 3 pages or longer than 5 pages will lose points, as students should be concise with their thoughts. You need to use a minimum of 3 sources for this paper and they must be credible sources (Wikipedia is not a credible source for any scientific paper). The best sources are journal articles but other sources such as books, news articles, etc. may be used. Sources must follow APA formatting for both in-text citations and the Reference page (which should be on a separate page, at the end of the paper; this is not included in the page count). Papers will be uploaded to myCourses and I will submit to SafeAssign, our online plagiarism database.

For papers

Papers will be submitted to SafeAssign, an online plagiarism database. This checks each document for similar words, phrases and other traits that may have been taken directly from other sources. If there is a significant amount of data, phrases, or sentences that are found to be similar or the same as other sources, and not properly cited, you will lose points or get a zero (0) for the paper, depending on how much is present. Please be sure you understand how to paraphrase, cite, and document properly when writing a paper. If you have questions, contact me or the Writing and Reading Center of UMD at: <http://www.umassd.edu/wrc/>
Please see the section on Academic Integrity on the next page for more information.

Communication Plan**Expectations for electronic communication**

I check my e-mail daily and will answer any e-mail I receive usually within 24 hours. You may e-mail me on the week-end but keep in mind that I may not answer it until Monday. I will be monitoring the discussion boards along with participating in them. There is also a “Ask Question Here” link on myCourses you may use to post your questions – I monitor this every couple days.

Time Considerations

Students should be prepared to spend a minimum of 5-7 hours a week on reading and on course assignments. While you may feel that I’m displaying a lot of information to you on a weekly basis remember that in a traditional “live” course you would be coming to class for 3 hours and then spending an additional 3-6 hours (at least) outside of class on assignments and reading. In our online course environment, my expectation is that you will be spending those 3 “class hours” on your own, working on the concepts that you would usually get in a live lecture. Please be sure to budget your time accordingly!

Substantive participation should:

- Add value to the discussion and avoid simply repeating, agreeing with, or answering yes or no to peer’s comments.
- Challenge comments in class, including those of the facilitator.
- Ask insightful questions.
- Answer other people’s questions.

- Exemplify the point with real-life events, when possible.
- Make comments that are relevant to the course content and objectives.

Things to keep in mind as you write discussion posts and communicate with other students:

- Everyone will not have the same views and that is what makes us all unique. Please be mindful of this and be professional and courteous in your responses. You may disagree, but do so appropriately and respectfully.
- Share an experience that is related to the discussion. Comment on other participants' experiences that are related to the course.
- Ask others questions about their ideas and experiences that are related to the course.
- Challenge a point that another participant made in a respectful manner. Offer a different perspective on an idea that is being discussed.
- Give insights gained from readings that were assigned for the week. If you need more information, ask the participants a question about the week's reading.
- Discuss a work issue that is related to the course or discussion and ask for feedback.
- Relate how you have applied what you have read, learned or discussed regarding the course to your personal and professional life.
- Share another resource such as Web links, books, etc. that you have used to answer other participants' questions or as you explore the topics of the course (as it is a violation of copyright law to copy the actual page).

Attendance Policy

Attendance is not mandatory but we sure that you are online enough to keep up with the readings, discussions and assignments.

Incomplete Policy

According to the university catalogue, an incomplete may be given only in exceptional circumstances at the instructor's discretion. The student must be passing at the time of the request or be sufficiently close to passing. If the work is not completed within one year of the recording of the incomplete grade, the grade will become an F(I). The incomplete policy for this course is that at least 70% of the course must be already completed and an exceptional circumstance (i.e. medical issue) must exist. If you feel you require an incomplete for an exceptional reason, you need to email me and state your reasons for the incomplete in writing. We will then decide on a course of action.

Course Conduct

UMass Dartmouth policies regarding equal opportunity, discrimination, harassment, and sexual violence apply to all learning environments wherever they are located and from wherever they are taught. This applies to all UE face-to-face, off campus, blended, and online courses. Please see the Office of Diversity, Equity & Inclusion brochure for information at <http://www.umassd.edu/studentaffairs/departments/studentconductanddisputeresolution/studentcodeofconduct/>.

Student Academic Integrity Policy

All UMass Dartmouth students are expected to maintain high standards of academic integrity and scholarly practice. The University does not tolerate academic dishonesty of any variety, whether as a result of a failure to understand required academic and scholarly procedure or as an act of intentional dishonesty.

A student found responsible of academic dishonesty is subject to severe disciplinary action which may include dismissal from the University. The procedure for responding to incidents of academic dishonesty may be found in Section III of this document. You may also refer to the Student Handbook for information about the judicial process.

A high standard of academic integrity promotes the pursuit of truth and learning and respect for the intellectual accomplishments of others. These are values that are fundamental to the mission of this University. Such values are undermined by academic dishonesty.

Academic freedom is a fundamental right in any institution of higher learning. Honesty and integrity are necessary preconditions of this freedom. Academic integrity requires that all academic work be wholly the product of an identified individual or individuals. Joint efforts are legitimate only when the assistance of others is explicitly acknowledged and deemed appropriate by the instructor of the course. Ethical conduct is the obligation of every member of the University community, and breaches of academic integrity constitute serious offenses.

Maintenance of the standards of academic integrity and the successful administration of this policy depend on the mutual cooperation of faculty and students.

Faculty cooperation is essential for successful application of the procedures defined by this Academic Integrity Policy. Faculty members promote academic integrity by making clear on their syllabi their expectations concerning homework assignments, collaborative student efforts, research papers, examinations, computer-based infractions, and the like. Efforts should be made to detect and to prevent cheating and plagiarism in all academic assignments. If faculty members have evidence of academic dishonesty, they are expected to report such evidence promptly.

Students must assume responsibility for maintaining honesty in all work submitted for credit and in any other work designated by the instructor of the course. Students are also expected to report incidents of academic dishonesty to the instructor or dean of the instructional unit.

The intent of this policy is to make clear the standards of academic integrity at UMass Dartmouth.

*For additional information on violations, infractions, and consequences visit the UMass Dartmouth Student Academic Integrity Policy at the link below.

<https://www.umassd.edu/policies/activepolicylist/academicaffairs/academicintegritypolicyandreportingform/>

Center for Access and Success

In accordance with University policy, if you have a documented disability and require accommodations to obtain equal access in this course, please meet with the instructor at the beginning of the semester and provide the appropriate paperwork from the [Center for Access and Success](#). The necessary paperwork is obtained when you bring proper documentation to the Center; please contact the center by phone: 508.999.8711.

Resources for UMass Dartmouth Students

Tutoring

If you are having difficulty with the class please:

- Contact me directly using the contact information listed at the top of this document.
- Contact the Academic Resource Center (ARC) for support:
 - Academic Resource Center, Liberal Arts - Room 7
 - Phone: 508.999.8708, Fax: 508.910.6404
- For help with writing assignments you can also make use of online writing tutoring.
 - eTutoring can be accessed at [this link](#) or by clicking the "Online Tutoring" link in myCourses.

Technical Help

Technical support for myCourses is available 24/7:

- Students can email **myCoursesHelp@umassd.edu** or call the Student Help desk at **508-999-8505** during normal business hours. (Mon-Fri 9:00 a.m.-5:00 p.m. EST)
- During off-hours, weekends, and holidays, technical assistance is available for students at <http://umd.echelp.org/>.

Support information for all other UMass Dartmouth technologies can be found here:

<http://www.umassd.edu/extension/technicalresources/>

More support services

<http://www.umassd.edu/extension/studentresources/>

Course Schedule

Week/Date Beginning	Unit of Instruction Topic	Responsibilities
Week 1 July 16 (Tue) – July 21 (Sun) Welcome; Gov't agencies; Scientific method, theory and law; Healthcare	-Please post an introduction as to who you are so we can get to know each other. -Government Health Agencies revealed. - What is the scientific method and how is it used to conduct scientific research studies? -Obamacare and the background leading to its inception	Reading: Learning module and assigned articles Activity: Discussion; designing a research study Evaluation: Quiz and Research Study Paper
Week 2 July 23 (Tue) – July 28 (Sun) Inflammation and repair; OTC drugs	-Inflammation, the good the bad and the ugly. -Over the counter drugs- what you need to know about their effectiveness.	Reading: Learning module and assigned articles Activity: Discussion Evaluation: Quiz and Paper
Week 3 July 30 (Tue) – Aug 4 (Sun) Liver, hepatitis and alcoholism	-The liver and it's many functions -Hepatitis- types, how to prevent it and what to do if you contract it and its effect on the liver. -Alcoholism- the science behind hangovers and the effect of alcohol on the liver.	Reading: Learning module and assigned articles Activity: Discussion Evaluation: Quiz
Week 4 Aug 6 (Tue) – Aug 11 (Sun) Cardiovascular system; Diabetes	-The anatomy of the cardiovascular system, cholesterol and heart disease -Diabetes- why is it so prevalent in the US? How can we prevent it?	Reading: Learning module and assigned articles Activity: Discussion Evaluation: Quiz
Week 5 Aug 12 (Mon) – Aug 14 (Wed)	Cumulative Final Exam will be <u>Monday, August 12th.</u> Research Study Papers due <u>by Wednesday, August 14rd at midnight.</u>	No additional topics, finish written assignment and take final exam. Exam will be available from <u>10pm Sun– 8pm Monday</u> and must be taken during this time. No exceptions.
End of Class Wed, Aug 14th	Everything must be complete by this date in order to receive credit.	