

Physiology of Stress (BIOL 858)

Instructor Information

Instructor: Dr. Surabhi Chandra

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Textbook and Computer Requirements

Required Text: "The Biology of Human Survival" by Claude A. Piantadosi; ISBN-13: 978-0195165012

Recommended Text: Any human physiology textbook or access to internet sources to complement understanding of physiological processes

Computer: You will need to have an up-to-date browser, operating system and some additional software on your computer in order to take this class. Some of the documents in this course will be available in PDF form. If you do not have Adobe Acrobat Reader software on your computer, you can download it from <https://get.adobe.com/reader/>

Course Description and Objectives

Course Description:

This course will provide an examination of how living organisms cope with short- and long-term exposure to extreme environmental conditions related to water and nutrient availability, temperature, and pressure. A basic understanding of organismal physiology is expected.

A Note about Summer Courses

Summer courses are not abbreviated versions of courses offered during the fall and/or spring semesters. They are the same courses condensed into a shorter time period. If you were taking this course on campus, it would meet 3 hours per week for 15 weeks (45 hours total) during the fall or spring semester plus a 2-hour final exam period. During the summer it must meet the same total number of hours to be worth the same amount of credit. Therefore, you should expect this course to "meet" 5-6 hours per week for 8 weeks. This "meeting time" includes attending lectures, participating in discussions, and taking quizzes or exams, but it does not include work you would do outside of a traditional classroom setting (looking up references, writing papers, reading the text, studying for quizzes and exams).

Course Format, Access, and Attendance

Course Format:

Because this is a web-based course and conducted entirely online, it is extremely important that you **regularly check your UNK email and Blackboard**. In this course students will demonstrate their level of achievement by completing tests, participating in discussion boards, and submitting assignments, which will be completed online.

Attendance:

Since this is an online course, "attendance" refers to checking blackboard announcements, reading the content, doing the activities, and submitting the assignments by the deadline. It is required that you should be logging in the course at least 3-4 times a week. The instructor can check if you have been accessing the course regularly or not. You are advised to allot specific times on several days of the week (MWF or TTh) towards this course similar to your regular in-class sessions. Print a copy of the schedule on the last page and paste it at a prominent place to keep track of deadlines.

Course Design

The course is outlined in the form of modules. Each module will entail reading the textbook chapters, watching the lecture videos posted on blackboard, reading additional resources, and participating in a quiz. In addition to the quizzes, there will be 2 lecture exams and a comprehensive final exam, and 2 assignments during the semester. The details on these will be provided as per their schedule.

Modules: There will be 4 modules in this course which are categorized based on the content covered. You will be able to access only one module at a time, and will not be graded for the previous module if the deadline is over.

Lecture Videos: The lecture videos will be posted on Tuesday of each week by noon.

Quiz: Topics covered in the quiz will be announced on blackboard (Schedule on the last page). Content would include chapters covered in the week and additional reading materials provided in blackboard.

Quizzes will open on Friday @ 8 am until Sunday @ midnight.

Assignments: There will be two assignments in this course. Details and assessment rubric will be posted on blackboard. You will be submitting these assignments through "SafeAssign" - the link will be available on blackboard a week before the due date.

Course Communication

Announcements: Announcements will be posted in Blackboard when you log in and will be sent directly to your UNK email also. Please make sure to check them regularly, as they will contain important information regarding assignments, or class concerns.

Discussion Board:

Original Post- Please read the material assigned, and respond to the question posted. You can create your own post by clicking on "create new thread" once you access the forum. The length of the post must be **minimum of 150-200 words** with critical and thoughtful explanation of the topics. Provide a title for your post. You should provide references as per American Journal of Physiology format. You will be working in groups (created by the instructor) when posting in the discussion board.

Reply to Postings- There will be a minimum of 2 responses that you are required to provide on other students' postings. These responses should not be limited to one word such as "bravo", "nice" or use internet lingo (LOL, ROFL etc.). Typical responses should be at least 2-3 sentences after carefully analyzing the post and providing your inputs.

Grading - Grading rubric for discussion boards will be provided on Blackboard. Each original post will be worth 10 points and responses will be 5 points (each response 2.5 points). Original post **MUST** be submitted by Friday before the due date, and the responses will be due by the deadline.

Coffee House: Since this is an online course, it is normal to have questions regarding assignments, tests, and lecture material. You post these questions in the COFFEE HOUSE forum under Discussion Board. This will be an open forum where you can help each other. Please **SUBSCRIBE** to this forum to get notification in your email when a new post is submitted.

Grades

Discussion board postings	40 points = 2 forums (15 points each) + Introduction (10 points)
Syllabus Quiz	10 points
Quizzes	100 points = 6 quizzes (20 points each) – 1 lowest (20 points)
Written Assignment	100 points = 2 assignments (50 points each)
Lecture Exams	200 points = 2 exams (100 points each)
Final Exam (cumulative)	200 points

Total **650 points**

Grades will be assigned as follows:

- 100 – 90% - A grades (>98% = A+; 97-92% = A; 91-90% = A-)
- 89 – 80% - B grades (89-88% = B+; 87-82% = B; 81-80% = B-)
- 79 – 70% - C grades (79-78% = C+; 77-72% = C; 71-70% = C-)
- 69 – 60% - D grades (69-68% = D+; 67-62% = D; 61-60% = D-)
- 60% and lower – F grade

Grades will be converted to the closest integer (e.g. 94.5% would become 95%, but 94.4% would be 94%)

Other Course Policies

Late Work: Late work will not be accepted. If you have an extenuating circumstance, please contact me before the assignment/work is due to make alternate arrangements. I will require documentation in such cases.

Receiving an Incomplete: An incomplete ("I") is issued only if circumstances beyond your control (for example, hospitalization during finals week) prevent you from completing the required work for the class by the end of the semester. The circumstances preventing you from finishing the class must have arisen *after* the withdraw deadline. An incomplete grade will give you an *extension* to complete outstanding work only; it is *not* an opportunity to "start over" in the class. A contract must be signed detailing a timeline for completing the work, and all outstanding work must be completed within one year or the "I" grade *automatically* converts to a failing "F" grade. The conversion of an incomplete grade to a failing grade is university policy and is not within the control of instructor.

Ethics and Behavior

You should be following the highest ethical, academic, and professional standards. The University's Academic Integrity policy is listed in Article VI of the Student Handbook. UNK Student Handbook or (<http://www.unk.edu/offices/reslife.aspx?id=2402>). Use of proper language and maintaining appropriate decorum is expected during the course. Discussion boards will be moderated and any use of abusive/foul language will be dealt strictly and can result in expulsion from the university.

Copyright and Plagiarism Policy

All lecture videos and additional contents posted in this course is subjected to copyright restriction. Work CANNOT be used, adapted, copied, or published without the instructor's permission. Plagiarism from peers or from other sources is not acceptable, and will be subjected to a grade penalty.

Students with Disabilities or Those Who are Pregnant

Students with disabilities or those who are pregnant are encouraged to contact me for a confidential discussion of their individual needs for academic accommodation. It is the policy of the University of Nebraska at Kearney to provide flexible and individualized reasonable accommodation to students with documented disabilities or those who are pregnant. To receive accommodation services for a disability, students must be registered with UNK Disabilities Services Coordinator, David Brandt, in the Academic Success Office, 163 Memorial Student Affairs Building, 308-865-8214 or by email brandtdl@unk.edu. For those needing accommodation due to pregnancy, you need to visit with Student Health. The following link provides information for students and faculty regarding pregnancy rights. <http://www.nwlc.org/resource/pregnant-and-parenting-students-rights-faqs-college-and-graduate-students>

Reporting Student Sexual Harassment, Sexual Violence or Sexual Assault

Reporting allegations of rape, domestic violence, dating violence, sexual assault, sexual harassment, and stalking enables the University to promptly provide support to the impacted student(s), and to take appropriate action to prevent a recurrence of such sexual misconduct and protect the campus community.

Confidentiality will be respected to the greatest degree possible. Any student who believes she or he may be the victim of sexual misconduct is encouraged to report to one or more of the following resources:

Local Domestic Violence, Sexual Assault Advocacy Agency 308-237-2599

Campus Police (or Security) 308-627-4811

Title IX Coordinator 308-865-8655

Retaliation against the student making the report, whether by students or University employees, will not be tolerated.

Additional Resources

Tech Support: Available through email at unkhelpdesk@unk.edu or phone 308-865-8363.

Learning Commons: UNK provides student services for proof reading your documents. To submit papers online for Learning Commons' writing tutors to review, [click here](#). A tutor will respond within three days, not counting weekends.