BIOL 140 -397, 399, 400
Human Biology for Non-Majors
ONLINE
Winter 2026

TERRITORIAL ACKNOWLEDGEMENT: The University of Regina is situated on the territories of the nêhiyawak, Anihšināpēk, Dakota, Lakota, and Nakoda, and the homeland of the Métis/Michif Nation. The Regina campus is on Treaty 4 lands, and Saskatoon classes are on Treaty 6 lands.

INSTRUCTOR: Dr. Lori Manzon
lori.manzon@uregina.ca
Office: RIC 224
Phone: 306-337-2123

COURSE CONTENT: All content is delivered asynchronously online via UR Courses.

COMMUNICATION: You can contact me via UR courses email, but you will get a **much faster response** if you email directly at lori.manzon@uregina.ca. Please put the following in the email subject line: "**BIOL 140, Your Name, Your Student Number**". I will answer emails sent from Monday to Friday between the hours of 9 am – 5 pm. You may email outside of these times, but a response may not come until later.

OFFICE HOURS: Feel free to pop into my office or email me at lori.manzon@uregina.ca to make an appointment (best way to ensure I am available).

COURSE DESCRIPTION: An introductory-level course covering the principles of biology with examples taken from humans.
* Note: This course is designed to apply the study of biological principles to humans. Biology majors cannot take this course for credit. Students cannot receive credit for both BIOL 140 and 150. Students who have credit for either BIOL 100 or BIOL 101 cannot subsequently receive credit for either BIOL 140 or BIOL 150.*
* If you took high school biology you will notice overlap in topics covered in your high school class and in this class. If you are interested in a more detailed study of introductory topics in biology, you may want to look at taking BIOL 100 or BIOL 101.*

LEARNING OUTCOMES: By the end of the course students will:

1. Understand & be able to discuss the process of science and how science knowledge is generated.
2. Be able to think critically about science information we read each day.
3. Have an introductory understanding of the unifying principles of biology - gene theory, cell theory, evolution by natural selection, and homeostasis.
4. Understand the foundation patterns of inheritance, including how genes are inherited and their impact on the whole organism.

5. Understand the characteristics of cancer cells, cancer diagnosis, and cancer treatments.
6. Learn about data collection, data analysis, and drawing conclusions from data collected during an experiment.

TEXTBOOK: Concepts of Biology from Open Stax. This is a peer-reviewed open-source textbook. Click on the link above. Under the "Get this book" section, you can either view the book online or download a pdf copy. You can use any general biology or human biology textbook you have.

LAB NOTEBOOK/MANUAL: Biology 140 Lab Notebook/Manual, University of Regina. Required and available online from the UR Courses website. You may not use lab materials from previous semesters.

ACADEMIC INTEGRITY: In this class, you will be held to **high standards of academic conduct**. **In an exam or quiz, cheating includes:**

- Copying answers from someone else, whether they are in the class or not
- Communicating with other people during the exam
- Using resources you are not allowed to have

Students are prohibited from using generative artificial intelligence text software, such as ChatGPT, on any assignments for this course. Students are expected to complete all course work without substantial assistance from others, including automated tools. Unauthorized use of generative AI is considered a breach of academic integrity.

All work submitted for this class is individual work. You are encouraged to work on lab activities with your peers, **but all answers you submit for grading must be your own and in your own words**. You cannot directly copy from any source, including the unit notes, lab notebook, other students, or previous students.

Acts of academic misconduct violate academic integrity and are considered serious offences by the University. Examples include, but are not limited to, cheating on tests or exams, plagiarizing, copying from others, falsifying lab results, etc. Instances of academic misconduct will be reported to the Associate Dean Academic for investigation. Full details are provided in the Undergraduate Academic Calendar. Students are encouraged to understand your obligations as a student, as well as your rights.

HOW TO MANAGE AN ONLINE COURSE:

- **Student Responsibility for Pacing:** Unlike face-to-face courses where instructors guide the pace, online students must take responsibility for keeping up with the material independently. The instructor sets guidelines and deadlines, using quizzes and exams to track progress.
- **Stay Organized and Watch for Submission Deadlines:**
    - **Schedule** regular study blocks each week for coursework
    - **Total time needed: 12-15 hours per week**, which includes:
        - Equivalent of 150 minutes/week for lectures
        - 160 minutes every other week for lab work

        - Additional 6-9 hours for studying, reading textbook, and lab materials
    - **Time requirements vary by week**—some weeks need the full 15 hours, others less
- **Success Strategy:** Review the schedule regularly and **budget your time** wisely by planning dedicated, distraction-free blocks for logging in, working through materials, and completing assignments.

EVALUATION: All assessments are available online through UR Courses. Here are some important notes:

- All assessments in this class are to be **original and independent work**, written in your own words, even if you work in small groups on the lab activities.
- You **cannot share answers** with anyone at any time.
- Using course materials from previous semesters is **forbidden and considered academic misconduct**.
- Assessments will be available online within UR Courses from **6:00 am to 11:59 pm** on each of the dates noted in the schedule below.
- All assessments are **timed**, **open book with one attempt**.
    - **Study for the exams.** They are designed so you will not have time to look up the answers.
    - Once you start the exam, you must **complete it in one sitting.**
    - **The Information Services Service (Help) Desk** can be reached at 306-585-4685 or toll-free in Canada at 1-844-585-4685 and is available Monday to Thursday from 7:30 am to 10 pm. If you take your exam outside of these hours, you will not have access to technical support should you have problems.
    - **Exams close at 11:59 pm**. If you want the full time allotted for that exam, you must **start at the appropriate time**. For example, if you have 2 hours for the exam, you must start before 9:59 pm to guarantee you will get the full two hours.
- Lab activities
    - You may work collaboratively with someone during the lab activities, but you **must write the quiz on your own**, not with someone else.
    - You must answer the questions in your own words, not copying from the lab notebook, videos, or any other source.
    - For some quiz questions **you will need to upload a photo of the lab activities** you did as part of the lab work. You must upload your own photos and not share them with other people.
        - These uploads are due **by 11:59 pm the Sunday before each lab quiz. See Evaluation Section for details.**

ACCOMMODATIONS: The Centre for Student Accessibility upholds the University's commitment to a diverse and inclusive learning environment by providing services and support for students based on disability, religion, family status, and gender identity. Students who require these services are encouraged to contact the Centre for Student Accessibility to discuss the possibility of academic accommodations and other supports as early as possible. For further information, please email accessibility@uregina.ca.

EVALUATION COMPONENTS AND DUE DATES:
All dates and topics are subject to change, as necessitated by illness, closures, or other unforeseen circumstances.

- **All assessments in this table must be submitted for grading** (even if they are late) **to receive a final grade for this class.**
- All assessments must be original and independent work.
- You cannot share answers with anyone at any time.
- Using course materials from previous semesters is **forbidden and considered academic misconduct.**
- All assessments are **open book/note, timed, and one attempt.**
- **Note that lab activities for that week's lab must be uploaded by 11:59 pm the Sunday before the quiz.**
    - These uploads are due **by 11:59 pm the Sunday before each lab quiz.**
    - Lab Assignment 1 (Lab1 Activities) due **Jan. 25**; Lab 1 Quiz on Jan. 26.
    - Lab Assignment 2 (Lab 2 Activities) due **Feb.8**; Lab 2 Quiz on Feb. 9.
    - Lab Assignment 3 (Lab 3 Activities) due **Mar. 1**; Lab 3 Quiz on Mar. 2.
    - Lab Assignment 4 (Lab 4 Activities) due **Apr. 5**; Lab 4 Quiz on Apr. 6.

Assessment	**Description**	**Value (%)**	**Date of Assessment Open from 6:00 am - 11:59 pm**
Lab 1 Quiz	Questions about Lab 1 activities	5	26-Jan
Lab 2 Quiz	Questions about Lab 2 activities	10	9-Feb
Exam 1	Units 1-3	20	12-Feb
Lab 3 Quiz	Questions about Lab 3 activities	10	02-Mar
Exam 2	Unit 4	20	05-Mar
Exam 3	Units 5 and 6	20	26-Mar
Lab 4 Quiz	Questions about Lab 4 activities and Unit 7	10	06-Apr
Unit 8 Quiz	Unit 8	5	13-Apr
Total		**100**	

MISSED DEADLINES POLICY: If you miss an assessment deadline, **contact me immediately.**

- Assessments handed in after the due date may be assessed penalties as follows:
    - Next 3 business days — minus 2% of mark achieved per day
    - 4 days + — 5% per day to a maximum of 50%

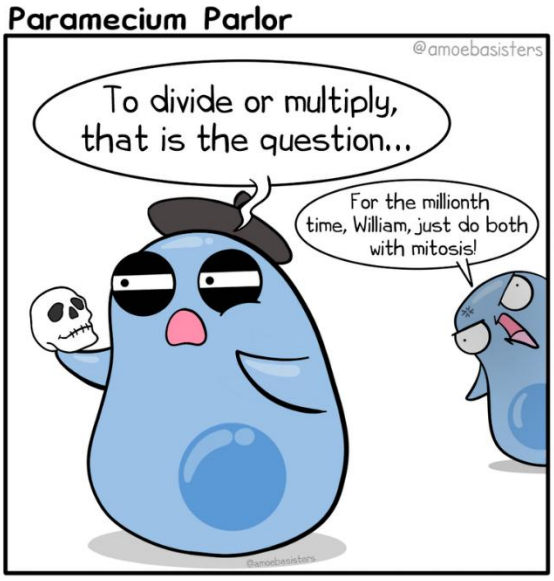
Important notes regarding grades:

- Passing grade for the course is **50%**.
- Grades posted on UR Courses are **unofficial grades** that are subject to review and approval.
- Course grades for all students are calculated using the same graded components.
    - **Grades of individual students cannot be arbitrarily changed** by the instructor.

- You have 20 business days from the day you receive your final grade on UR Self-Service to initiate a grade appeal. Please see the Academic Calendar for how to initiate an appeal.

A week in the life of a Biology 140 online student…one possible scenario:
It has been mentioned that the successful completion of this course requires self-discipline. It cannot be overstated that you need to provide yourself with enough distraction-free time to attend to the written lecture content, the lab activities and the exams and quizzes.

- At the beginning of each week it is a good idea to check out the schedule of lectures, labs, quizzes and exams for the week and the following week. That gives you a big picture of what is happening. After getting the big picture figured out, you need to figure out what you need to do to get all the work done. What do you have to read for lecture notes, textbook, and lab manual?
- Thinking honestly about how you work, you need to estimate how much time it will take you to **actively** read and learn the content from the lectures, labs and textbook. If you work out a realistic weekly work schedule with specific goals, you are much more likely to succeed in this course.
- **Active learning** is when you do more than let your eyes move across the screen or page. Active learning can include making jot notes or study notes while you are reading, practicing saying new terms and their definitions out loud, making flash cards, writing out answers to summary questions, etc.
    - This takes more time, but it will enable you to engage in the content in an active manner, thereby increasing your learning. When you start to study for a Unit Exam, you will find that you have learned and retained some of the information while you were reading. This gives you an advantage in that there will be less content that seems new when you are studying.



TENTATIVE SEMESTER SCHEDULE: All dates and topics are subject to change, as necessitated by illness, closures, or other unforeseen circumstances.

Week of	Unit and Topic	Learning Activities	Quizzes
05-Jan	Start Here Activities	Read the syllabus & other activities	Syllabus Quiz
12-Jan	Unit 1: Characteristics of Life	Notes	
	Unit 2: Scientific Method		
19-Jan	Lab 1: Cells & Microscopes	Notes, online activities, drawings	
26-Jan	Unit 3: Cell Division & DNA Replication	Notes, animations	**Lab 1 Quiz (5%)**
02-Feb	Lab 2: Cell Division & Cancer	Notes, animations, activities	
09-Feb	**Exam 1: Units 1-3 (20%)**		**Lab 2 Quiz (10%)**
16-Feb	**Break week**		
23-Feb	Unit 4: DNA, RNA, Proteins	Notes, animations	
	Lab 3: DNA, RNA, Proteins	Notes, animations, activities	
02-Mar	**Exam 2: Unit 4 (20%)**		**Lab 3 Quiz (10%)**
09-Mar	Unit 5: Inheritance	Notes, animations, videos	
16-Mar	Unit 6: Cancer	Notes, animations	
23-Mar	**Exam 3: Units 5 & 6 (20%)**		
30-Mar	Unit 7: Body Systems, & Bioenergetics	Notes, animations	
	Lab 4: Bioenergetics & Scientific Method	Notes, animations, activities	
06-Apr	Unit 8: Evolution	Notes, animations, videos	**Lab 4 Quiz (10%)**
13-Apr	Last Day of Classes ***All Assessments Due on 13-Apr. by 11:59 pm***		**Unit 8 Quiz (5%)**