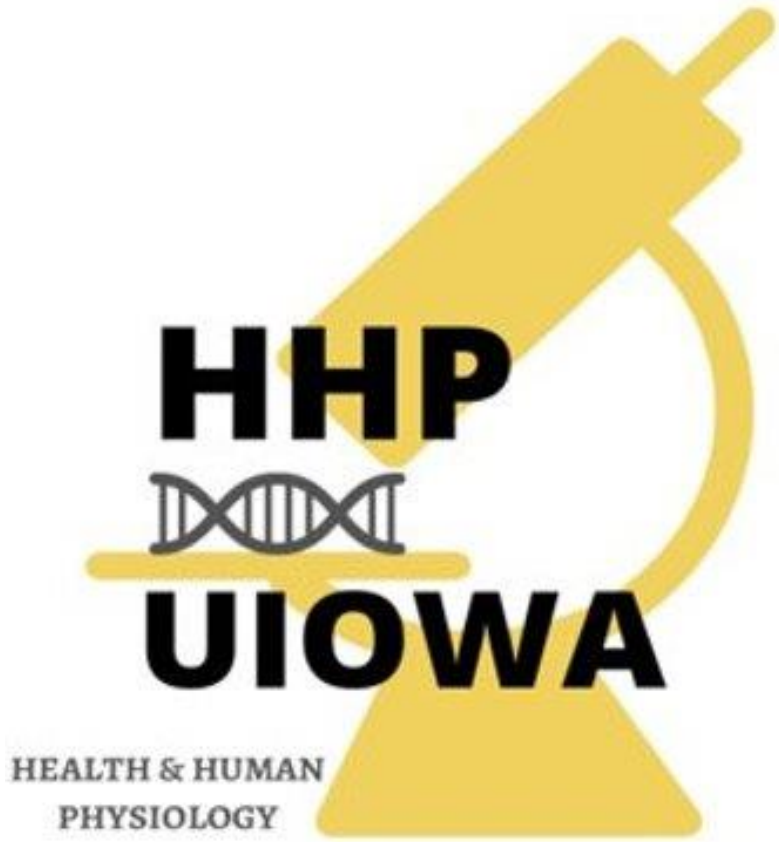
COURSE INFO/TIPS FALL 2021



HHP@UI

PREREQUISITE/CORE COURSES

PRINCIPLES OF CHEMISTRY I & II, 4 S.H. EACH

- PChem 1 (CHEM:1110): Prof. Adam Brummett (Professors change every semester)
- PChem 2 (CHEM:1120): Prof. Renee Cole and Prof. David McCurdy (Professors change every semester)
- Principles of Chemistry counts towards the Natural, Quantitative, and Social Sciences (GenEd)
- 5 components
  - Lecture (Online, Required)
  - Discussion sections (In-person, Required)
  - Case studies (In-person, Required)
  - Laboratories (In-person, Required)
  - Exams (In-person)

Letter Grade	Percent
A range (A^-, A, A^+)	85 – 100%
B range (B^-, B, B^+)	75 – 84.9%
C range (C^-, C, C^+)	65 – 74.9%
D range (D^-, D, D^+)	55 – 64.9%
F range	0 – 54.9%

PRINCIPLES OF CHEMISTRY I & II TIPS

- Tips
  - Attend Professor office hours, TA office hours, and SI sessions

  Understand the Professor's teaching style; examination format; do the practice problems & practice exams; attend lectures and discussions since exams are lecture and discussion heavy; go over exams and understand what you missed; REVIEW! Final is cumulative; making flashcards of formulas/concepts; forming study groups can be very helpful.

  - PRINCIPLES OF CHEMISTRY I: email CHEM-1110@UIowa.edu PRINCIPLES OF CHEMISTRY II: email CHEM-1120@UIowa.edu (Questions about lecture/ discussion content and homework)
  - PRINCIPLES OF CHEMISTRY I: email CHEM-1110lab@UIowa.edu PRINCIPLES OF CHEMISTRY II: email CHEM-1120lab@UIowa.edu (Questions about case studies/ lab content)
  - On campus resource (Tutor Iowa): https://tutor.uiowa.edu/resources

FOUNDATIONS OF BIO, 4 S.H.

- BIOL:1411 Prof: Amr El Zawily (Professors change every semester, similar content)
- Not an HHP requirement if B.A., is required for B.S.
- 3 components

- Lecture (Online, Required)

- Dry and Wet Lab (In-person, Required)

- Exams (In-person)

Letter grades	Percentage range
A range	100 - 84
B range	83.9 - 72
C range	71.9 - 58
D range	57.9 – 52
F	< 51.9

FOUNDATIONS OF BIO TIPS

- Tips
  - Attend Professor office hours and SI sessions

  Understand the Professor's teaching style; examination format; do practice exams and understand concepts/application, not just memorization; attend lectures and labs since exams are lecture and lab heavy; go over exams and understand what you missed; REVIEW! Final is cumulative; making flashcards of functional groups/concepts/formulas; forming study groups can be very helpful.

  - Read the textbook and take notes!
  - Review reading quizzes!
  - Know the cycles/functional groups and drawing them out!
  - Understand the iclicker questions (some questions are on the exam)
  - Read the lab manual before lab (lab quizzes)

BIOCHEM

- Not an HHP requirement, but counts toward HHP elective credit
- Required for Pre-PA and Pre-Med students
- Grades are exam based: 5 exams in total
- It is easy to fall behind in this class, make sure to stay up to date as this course covers a lot of content
- Tips:
  - Attend all 3 lectures and optional help session weekly
  - Complete recommended practice problems in the book
  - Understand Learning Objectives and Key Concepts for each chapter

BIOSTATS

- Professors change every semester
- One of the statistics option for the B.A. and the B.S. degree
- Three weekly lectures + one discussion session
- Grades are based on homework, quizzes, and exam scores
- Tips:
  - Attend office hours if you do not understand the homework
  - Attend each lecture and take notes
  - Make study sheets for each chapter of the exam
  - Understand each of the formulas for the class

ORGANIC CHEMISTRY I & II, 3 S.H. EACH

- Professors change every semester for both parts, however similar content is taught
- Prerequisite(s): Principles of Chemistry 2 for Orgo 1; Orgo 1 for Orgo 2
- Not an HHP requirement, however a requirement for some pre-professional programs (pre-PA, pre-med, etc..)
- Only lectures and discussions, no labs (Organic Chemistry Lab is its own class)
- Tips
  - FOR BOTH: attend office hours; **understand the professor's teaching style and exam format**; practice as many problems as possible; discussion is optional but always a good idea to attend; use learning objectives to guide studying; forming study groups can be incredibly helpful; attend SI
  - ORGANIC CHEMISTRY 1: flashcards because lots of concepts to memorize (e.g. functional groups)
  - ORGANIC CHEMISTRY 2: keep drawing reactions, syntheses, and mechanisms

ORGANIC CHEMISTRY II LAB

- Dr. Martin and Dr. Das
- Pre req: Orgo 1, you can take this course along with Orgo 2
- 2 Lab days and one lecture each week
- Course contains frequent lab reports and lab quizzes
- Class is curved (A top 15%, etc)
- Tips:
  - Watch lab videos before going into lab
  - Make detailed flow chart (part of pre-lab)
  - Attend TA office hours to double check lab reports
  - Follow the exact instructions when writing lab reports (too much or less will cause you to lose points)
  - During lab, make sure to record lots of details about the reactions this will help with lab report

COLLEGE PHYSICS 1 (PHYS:1511), 4 S.H.

- Professors alternate every semester.
  - Professor Kletzing in the fall
  - Professor Onel in the spring
- Prerequisite(s): none!
- Required for Human Physiology B.S. majors, but some graduate schools require you to take this class
- Class is bell-curved with three 15-point midterm exams (15% each), one 25-point cumulative final exam (25%), labs (15%), and homework (15%)
  - Exams are multiple choice, where half of questions are conceptual and other half are problem-solving
- Tips
  - Pay close attention to demonstrations in class! Will help for concept questions
  - PRACTICE PROBLEMS! Textbook practice problems are most helpful
  - Office hours are super helpful for conceptual questions
  - Go to SI

CALCULUS FOR BIOLOGICAL SCIENCES (MATH:1460), 4 S.H.

- Professors change every semester, however similar content is taught
- A math class option for people who are BA or BS human physiology majors, as well as for those on a pre-health track.
- Starts with review of pre-calculus content before diving into calculus. It also takes place in some form every day, so you get enough exposure to the course content.
- Tips
  - PRACTICE PROBLEMS! Can't stress this one enough
  - Make flashcards when trying to memorize certain formulas and concepts
  - Attend SI, as these sessions provide lots of practice
  - Always do the provided review problems
  - Make use of the full discussion section time
  - Stay on top of homework and course content

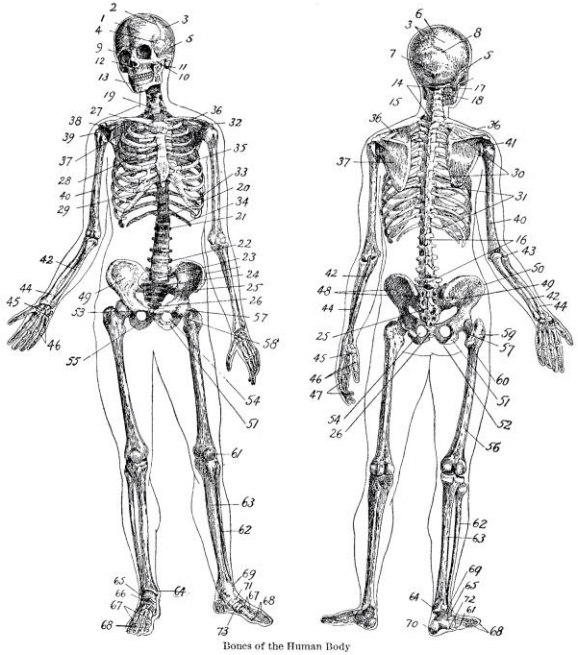
HHP COURSES

PHYSICAL ACTIVITY & HEALTH (HHP:2200), 3 S.H.

- Professor Fletcher or Professor Hosteng
- Prerequisite(s): none!
  - It's a **required** class for BS and BA human physiology majors
  - Fulfills the values & culture gen ed requirement :)
- Very application-based with lots of memorization
- Tips
  - Use learning objectives to guide learning
  - Attend SI sessions, they're super helpful
  - Make flashcards and repetition
  - Keep up with course assignments and lectures
  - Possibly helpful: sign up for this class during a semester when class load is not as heavy on memorization-intensive content

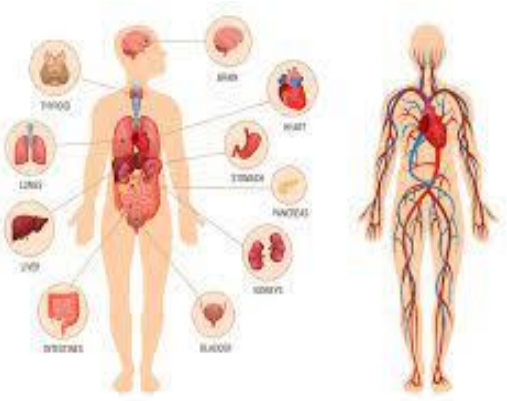
ANATOMY FOR HUMAN PHYSIOLOGY WITH LAB (HHP:3115), 5 S.H.

- Dr. Fagenbaum
- Prerequisite(s): Foundations of Biology (BIOL:1411)
- Split up into two sections that combine for one final grade --> lecture (3 s.h.) and lab (2 s.h.)
- Memorization heavy
- Tips
  - LECTURE: Pay close attention in lectures. You only need to know everything from lectures for the lecture exams, but everything from lecture is fair game.
  - LAB: utilize the entire class period, **go to office hours**, and draw things out. In this portion of the class, you'll have to identify where everything is in the body, so repetition is key!
  - BOTH: Follow the learning objectives provided



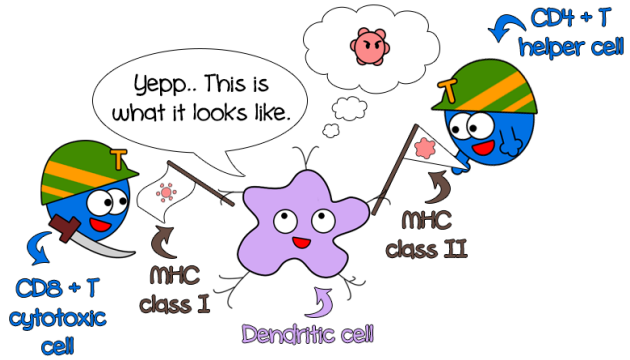
HUMAN PHYSIOLOGY WITH LAB

- Dr. Rogers
- Physiology for B.S.
- Organized into regions of human body
- Tips
  - Illustrate pathways!!!
  - Review content before lecture to gain familiarity
  - Take anatomy first
    - Guides understanding of physiology
- Lab
  - Software based
  - Very fun- some clinical applications (practice manual BP, blood glucose checks and what they mean)
  - Student presentations (1)



IMMUNOLOGY IN HEALTH AND DISEASE

- Professor Flanagan
- Useful for pre-professional education prep (pre-med, pre-PA, etc.)
- Integrates some pathophysiology
- Tips:
    - Illustrate pathways to guide understanding of concepts
    - "Story tell" the concepts to someone else (or yourself if you study out loud like me!)
    - Do not focus so much on taking note of **every** word- most of the information is in PowerPoint lectures
        - Focus more on additional content shared in lecture that is not on the lecture already- helps guide understanding and put into more comprehendible words
- Grade= exams + quizzes
    - Quizzes week prior to exam (very helpful for review of content when it is near exam time)



Antigen presentation by Immense Immunology Insight

INTERNATIONAL MEDICINE: EXPERIENTIAL LEARNING (HHP STUDY ABROAD)

- Dr. Fagenbaum- faculty leader
- Dominican Republic
- 3 HHP credits= 1 HHP course elective!
- Very helpful/useful opportunity for future health care providers!
- Patient histories, practice PH (as provider and as patient)
- Virtual simulations to help practice physical examination/patient interviews
- Cultural components
- No exams
- Lectures- pathologies
    - Accompanied by quizzes

https://study-abroad.international.uiowa.edu/programs/details/index.php?crse=3536#program