



BIOS 10501 1 - Systems of the Human Body - Instructor(s): Beatrice Fineschi, Mark D Osadjan

Project Title: **College Course Feedback - Autumn 2023**

Number Enrolled: **89**

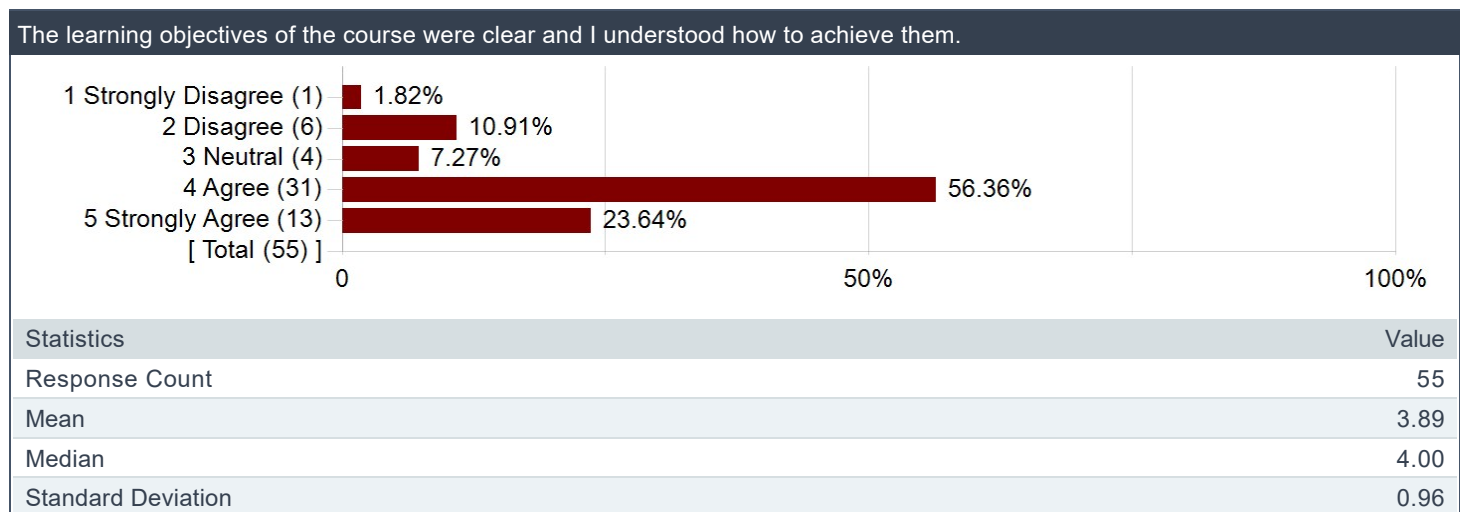
Number of Responses: **58**

Report Comments

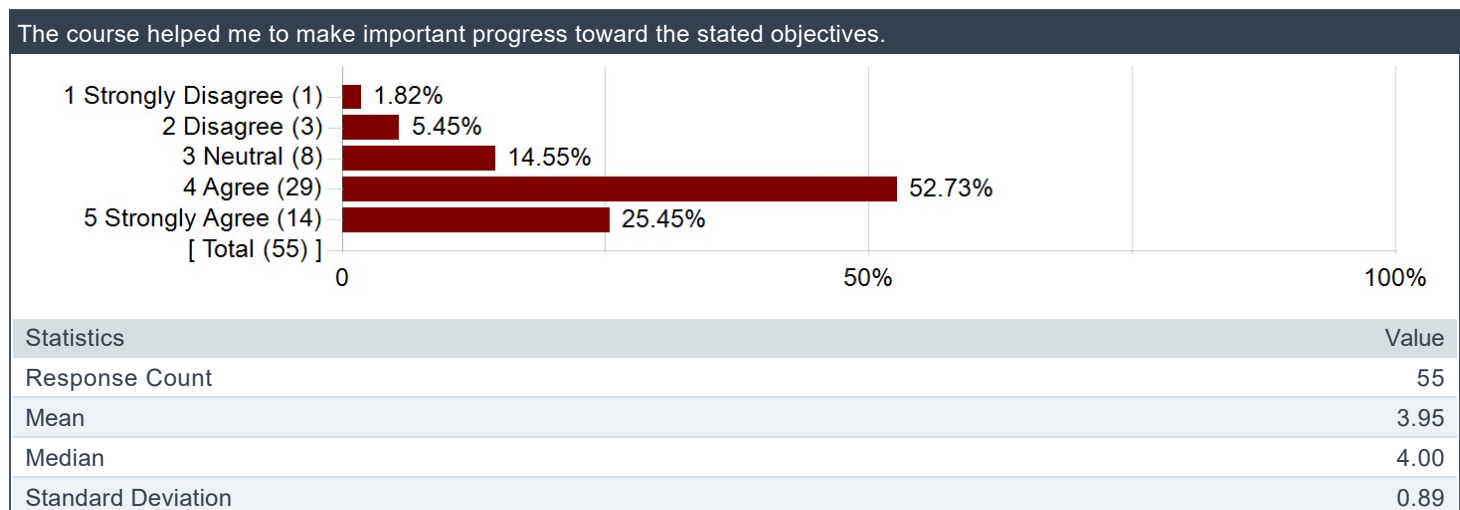
Opinions expressed in these evaluations are those of students enrolled in the specific course and do not represent the University.

Creation Date: **Friday, February 2, 2024**

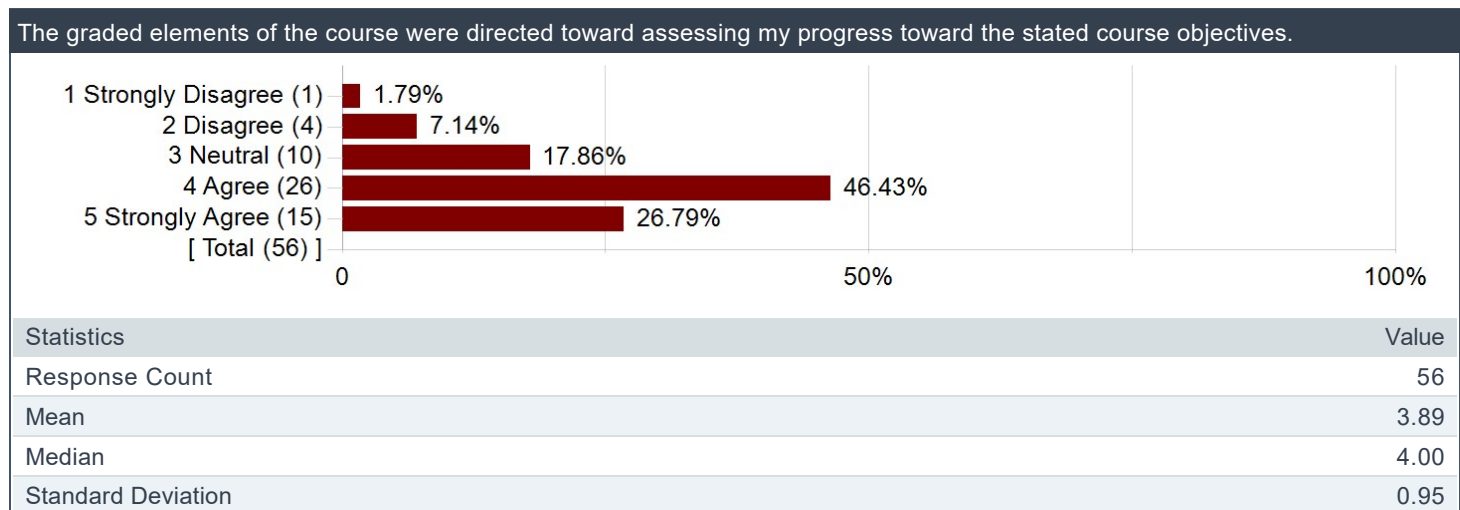
The learning objectives of the course were clear and I understood how to achieve them.



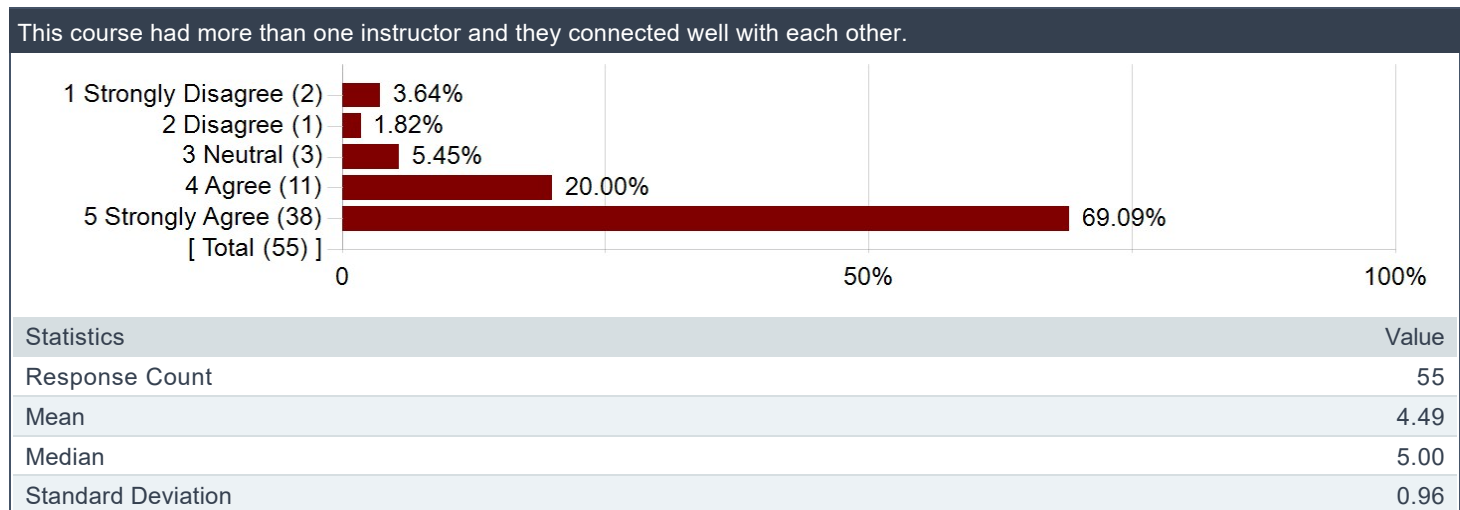
The course helped me to make important progress toward the stated objectives.



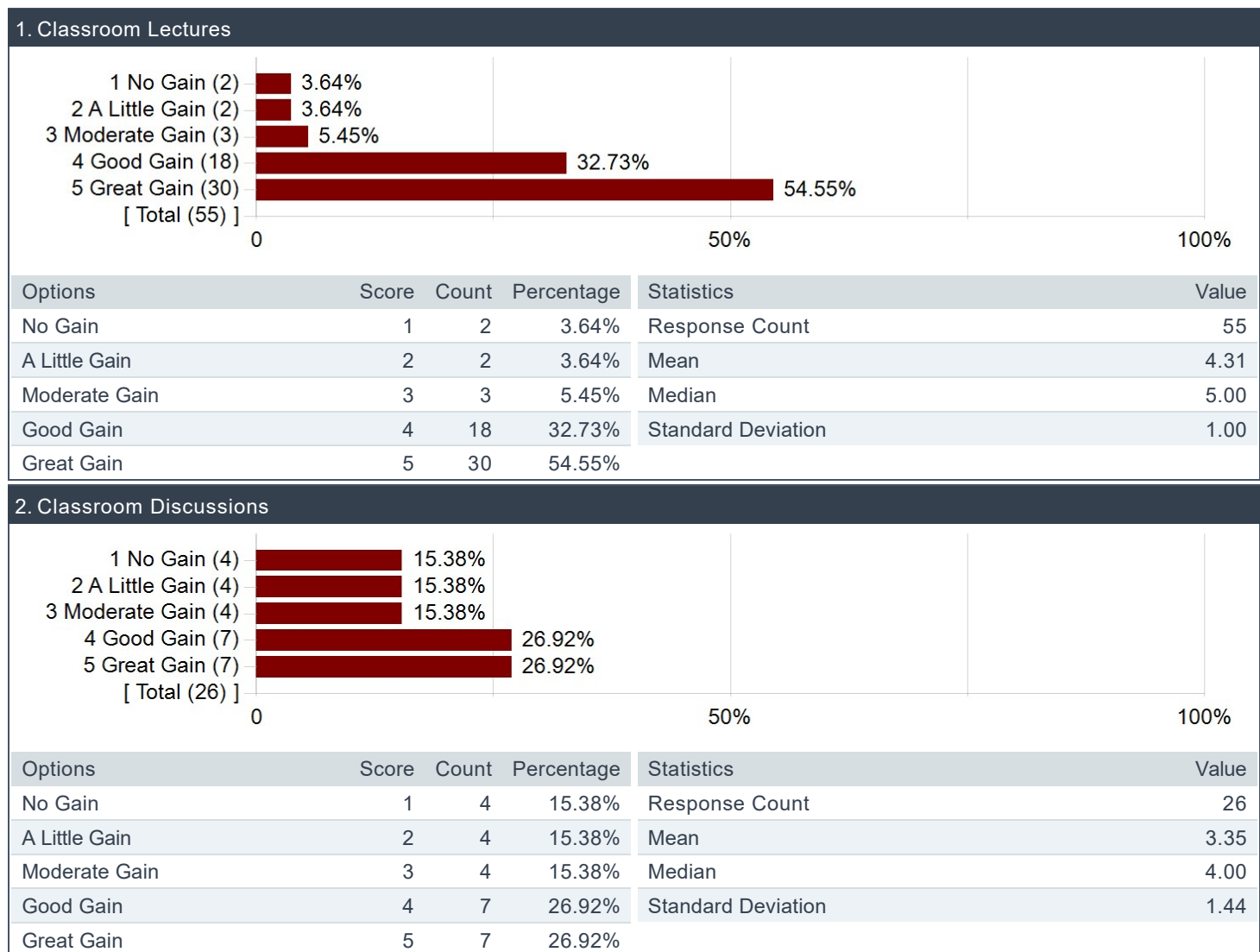
The graded elements of the course were directed toward assessing my progress toward the stated course objectives.



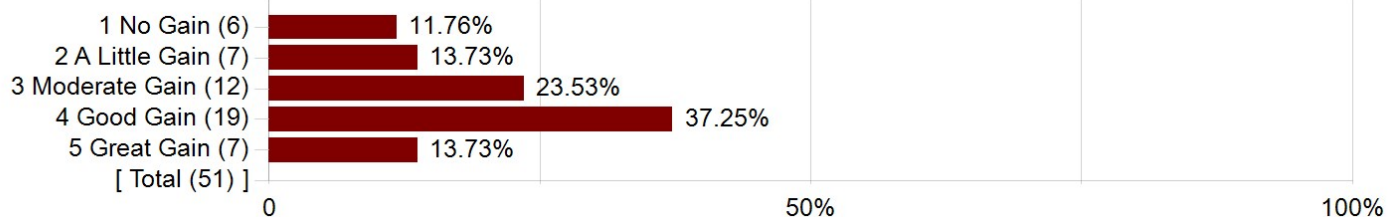
This course had more than one instructor and they connected well with each other.



How much did the following elements of the course contribute to your learning gains?

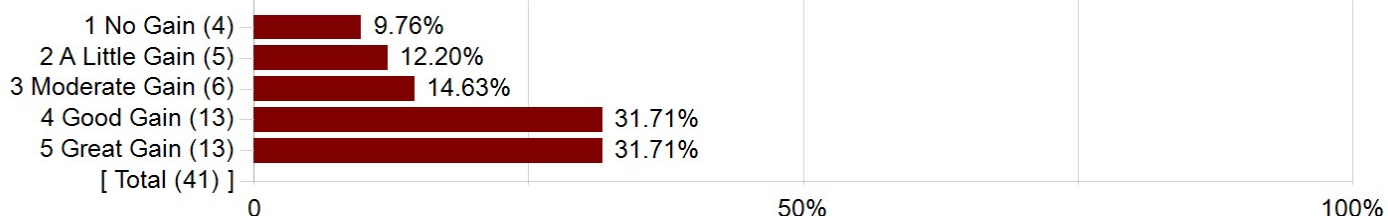


3. Assigned Readings



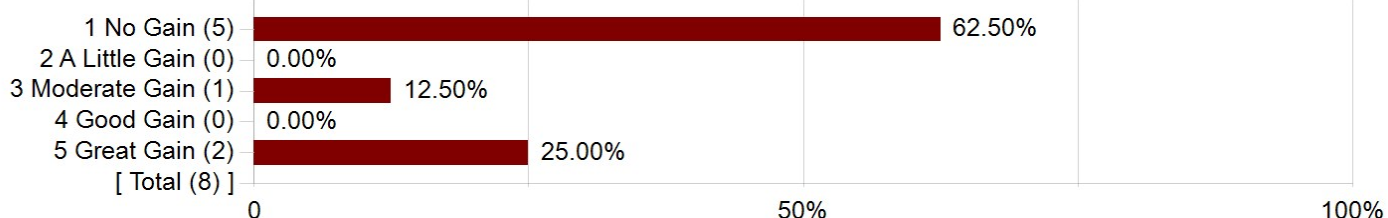
| Options | Score | Count | Percentage | Statistics | Value |
|---------------|-------|-------|------------|--------------------|-------|
| No Gain | 1 | 6 | 11.76% | Response Count | 51 |
| A Little Gain | 2 | 7 | 13.73% | Mean | 3.27 |
| Moderate Gain | 3 | 12 | 23.53% | Median | 4.00 |
| Good Gain | 4 | 19 | 37.25% | Standard Deviation | 1.22 |
| Great Gain | 5 | 7 | 13.73% | | |

4. Homework Exercises



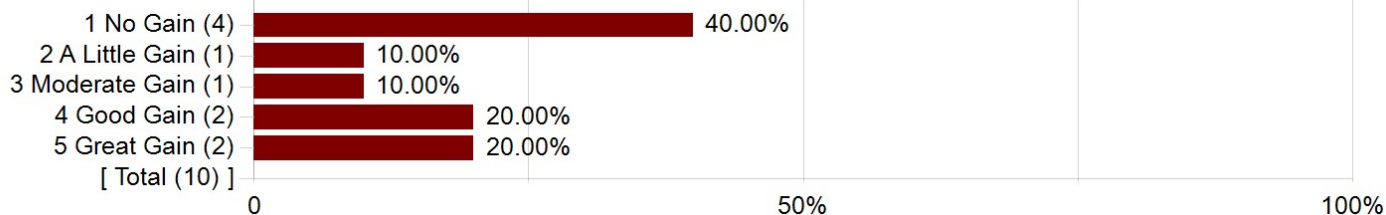
| Options | Score | Count | Percentage | Statistics | Value |
|---------------|-------|-------|------------|--------------------|-------|
| No Gain | 1 | 4 | 9.76% | Response Count | 41 |
| A Little Gain | 2 | 5 | 12.20% | Mean | 3.63 |
| Moderate Gain | 3 | 6 | 14.63% | Median | 4.00 |
| Good Gain | 4 | 13 | 31.71% | Standard Deviation | 1.32 |
| Great Gain | 5 | 13 | 31.71% | | |

5. Lab Experiences



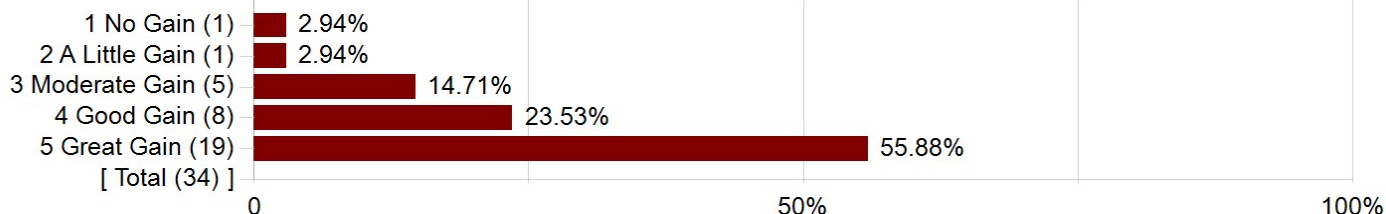
| Options | Score | Count | Percentage | Statistics | Value |
|---------------|-------|-------|------------|--------------------|-------|
| No Gain | 1 | 5 | 62.50% | Response Count | 8 |
| A Little Gain | 2 | 0 | 0.00% | Mean | 2.25 |
| Moderate Gain | 3 | 1 | 12.50% | Median | 1.00 |
| Good Gain | 4 | 0 | 0.00% | Standard Deviation | 1.83 |
| Great Gain | 5 | 2 | 25.00% | | |

6. Discussion Sessions



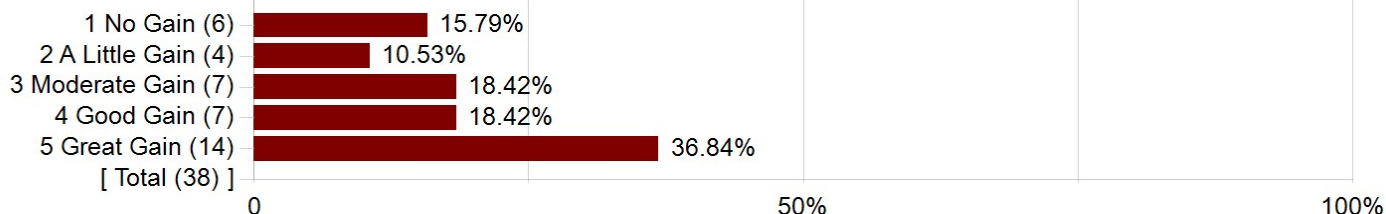
| Options | Score | Count | Percentage | Statistics | Value |
|---------------|-------|-------|------------|--------------------|-------|
| No Gain | 1 | 4 | 40.00% | Response Count | 10 |
| A Little Gain | 2 | 1 | 10.00% | Mean | 2.70 |
| Moderate Gain | 3 | 1 | 10.00% | Median | 2.50 |
| Good Gain | 4 | 2 | 20.00% | Standard Deviation | 1.70 |
| Great Gain | 5 | 2 | 20.00% | | |

7. Review Sessions



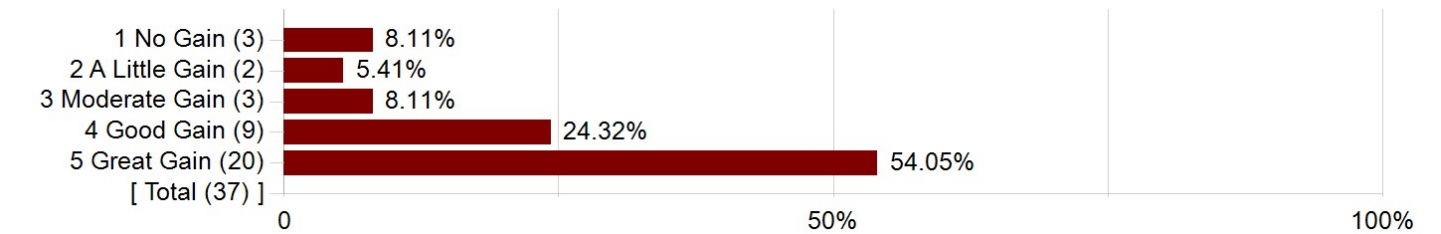
| Options | Score | Count | Percentage | Statistics | Value |
|---------------|-------|-------|------------|--------------------|-------|
| No Gain | 1 | 1 | 2.94% | Response Count | 34 |
| A Little Gain | 2 | 1 | 2.94% | Mean | 4.26 |
| Moderate Gain | 3 | 5 | 14.71% | Median | 5.00 |
| Good Gain | 4 | 8 | 23.53% | Standard Deviation | 1.02 |
| Great Gain | 5 | 19 | 55.88% | | |

8. Interactions with Other Students



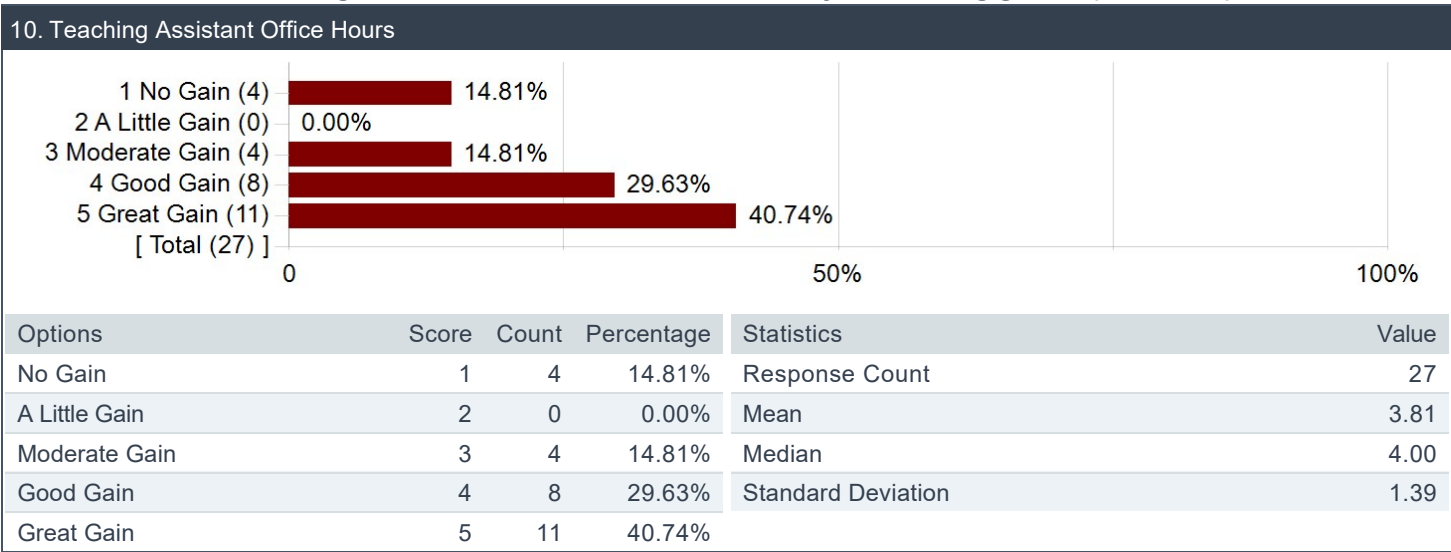
| Options | Score | Count | Percentage | Statistics | Value |
|---------------|-------|-------|------------|--------------------|-------|
| No Gain | 1 | 6 | 15.79% | Response Count | 38 |
| A Little Gain | 2 | 4 | 10.53% | Mean | 3.50 |
| Moderate Gain | 3 | 7 | 18.42% | Median | 4.00 |
| Good Gain | 4 | 7 | 18.42% | Standard Deviation | 1.48 |
| Great Gain | 5 | 14 | 36.84% | | |

9. Faculty Office Hours



| Options | Score | Count | Percentage | Statistics | Value |
|---------------|-------|-------|------------|--------------------|-------|
| No Gain | 1 | 3 | 8.11% | Response Count | 37 |
| A Little Gain | 2 | 2 | 5.41% | Mean | 4.11 |
| Moderate Gain | 3 | 3 | 8.11% | Median | 5.00 |
| Good Gain | 4 | 9 | 24.32% | Standard Deviation | 1.26 |
| Great Gain | 5 | 20 | 54.05% | | |

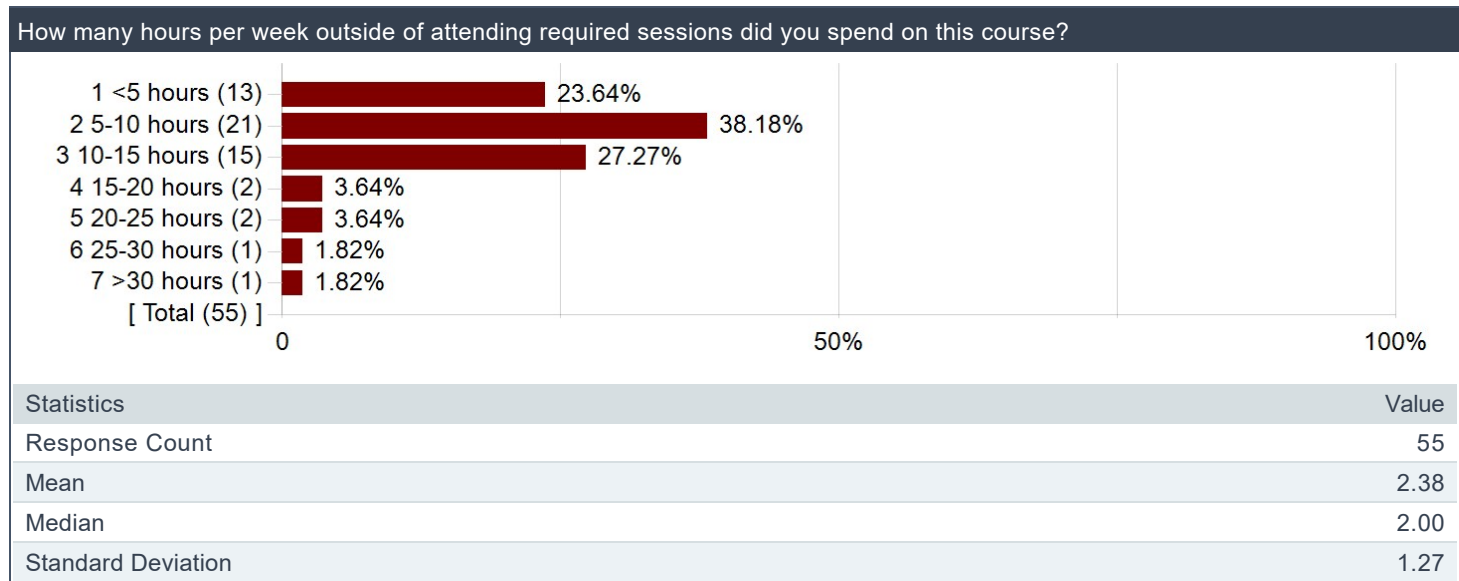
How much did the following elements of the course contribute to your learning gains? (continued)



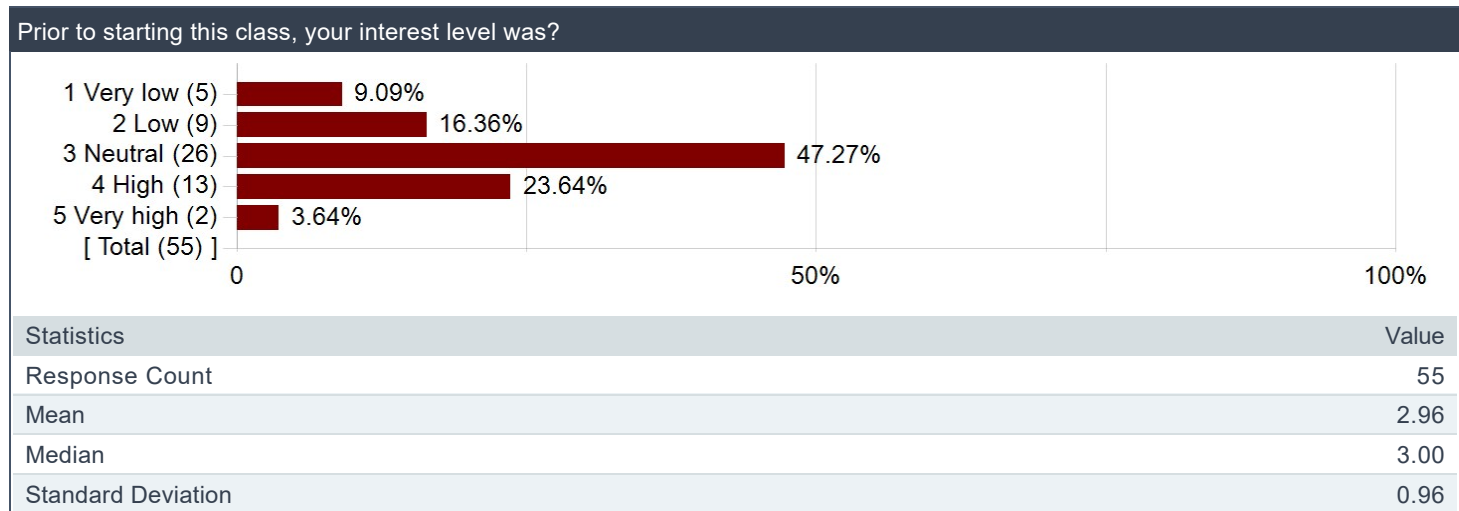
What was the most important thing (to you) that you learned in this course? What aspect of the material is still unclear for you, that you wish you could have learned better?

| Comments |
|--|
| Understanding body systems |
| The most important was the action potential and the heart and cardiovascular system were unclear. |
| I feel like the topics after the second midterm were rushed through |
| Honestly, all of the information was really interesting. If you're interested in learning how each system of the body works, then I recommend this course. However, just be aware that there is a lot of content to memorize. So, while I understand that they can't necessarily teach students how to study, I would've appreciated some resources about to learn/study/memorize larger amounts of information. |
| How body systems function! |
| I learned in this course many different systems of the human body. The material that is still unclear is all of the minute details that flew over my head since I'm a non major and don't know much about the human body to begin with. |
| I have a better general understanding of how the human body functions and how interconnected everything is within it. |
| It was nice to have a general refresher on bio, especially the muscular system. The general ideas of processes are still a little confusing. |
| Body system structures and functions, I wish we had more time to understand them more clearly |
| Learning biology requires looking at the big picture—everything has a justification for its design, and understanding the reasoning better helps you remember the design. |
| The most important thing that I learned (to me) is how voluntary and involuntary parts of the body function. I don't have any part of the material unclear, due to the great teaching style and help from the instructors. |
| We learned the mechanisms of the different body systems at rest. |
| I learned discreetly about the important of exercise. I am still unclear about the cellular level of how things work. |
| One of the most important things I learned was the way in which all systems of the body and interconnected and related. I am still unsure on some of the specifics of these functions (hormone names, precursor names, etc). |
| I learned about the various ways human body maintains homeostasis. |
| cardiac |
| Idea of homeostasis: how body regulates its internal environment with the help of its various systems |
| How different parts of our body are connected and how important it is to maintain homeostasis within our bodies to function |
| I think my weakest topic is the muscle unit and how muscles contract |
| I believe that all the topics we discussed are important. The level that we discussed those topics might have been a bit much for a non-major course. |
| The coolest thing that I learned was about how well our body automatically does things when systems get out of balance. |
| I learned all about the different systems in the human body and the inner processes that occur within them! |
| was very interesting, but wish we focused more on metabolism and exercise |
| My favorite unit was the metabolism and muscle contraction unit! I thought that this was the most interesting unit to learn about because of my interest in fitness. I would like to learn about neural connections better. |
| I think the digestive system is the most important thing I learned this quarter because it is something that I can constantly think about in everyday life. |
| The most important thing I learned was about muscle structure and contraction. An aspect of the material that is still unclear for me is the different lobes and parts of the brain. It only made up about half a lecture which made it hard to understand this very useful concept. However, I recognize that this is probably because this is a physiology sequence and not anatomy. |
| Um idk I'll probably remember the big stuff that can apply to our lives, but all the details and names of stuff will definitely be forgotten. I wish the course was more on those tangible things like digestion and energy. |
| The structures of the body and different organ systems |

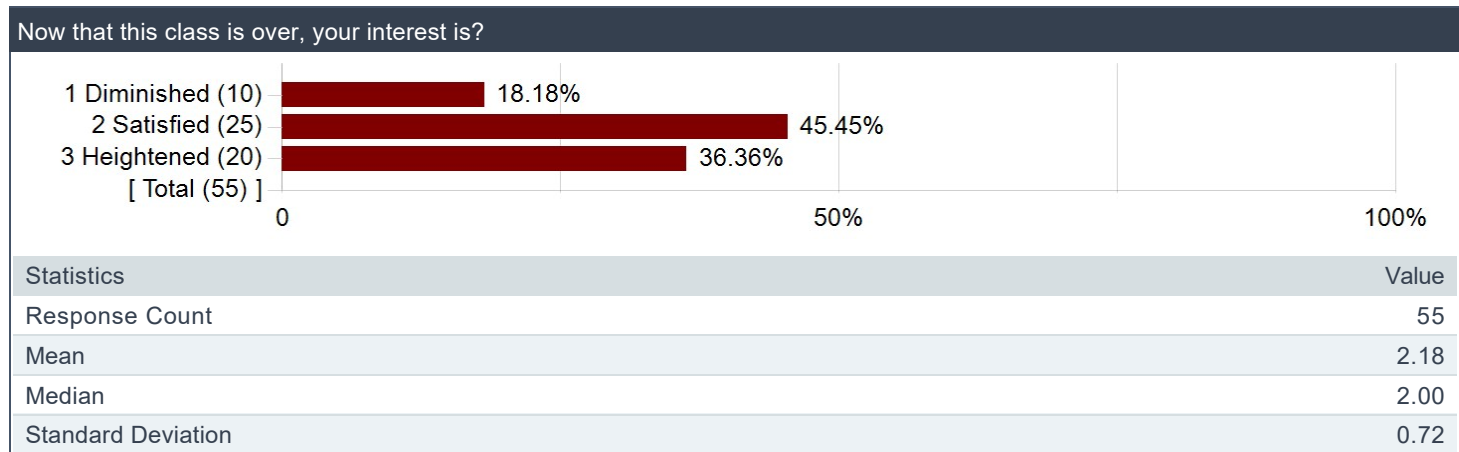
How many hours per week outside of attending required sessions did you spend on this course?



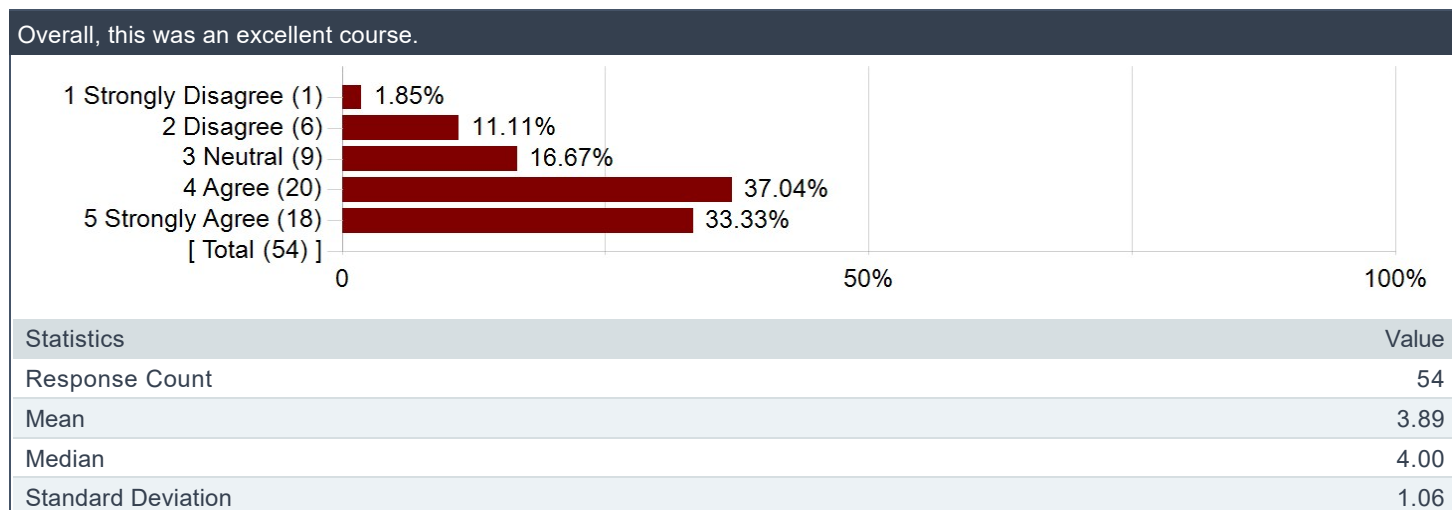
Prior to starting this class, your interest level was?



Now that this class is over, your interest is?



Overall, this was an excellent course.



Please share any advice you have for students who are considering taking the course.

| Comments |
|---|
| Find ways to review that aren't just reading the textbook or notes, something that breaks down all the sciency stuff into easier to understand language |
| Get good at memorising Take notes on the lecture slides |
| There is a lot of reading. |
| some background in biology is definitely helpful |
| The readings (assigned before each lecture) are tedious and contain a lot of information, but I recommend at least skimming them and being familiar with vocab words. This quarter, test content was only on what was covered in lectures, which usually have less/more summarized versions of information, but it helps to have a simple understanding of what's going on beforehand. That being said, this course is chill, but be prepared to memorize a lot of information. The professors want you to understand how different body mechanisms work and not just what each organ, etc. does. |
| If you are a gym rat looking for good bro science the first quarter sequence will not satisfy your interest. If you have already gotten a 5 on the AP bio exam do not bother taking. |
| Have at least a baseline understanding of the processes of the human body before this course or it will be extremely hard and confusing. |
| This class covers a lot of material in a short period of time. The professors are great resources and you will most likely have to go to office hours to understand material because it can be very confusing when presented in class, especially if you have no biology background. |
| Be attentive during lecture to make textbook reading easier |
| Portion out your time, go to every lecture because they are useful, but try to study on your own outside as well. The lectures go by very quickly, so it's useful to make the most out of the slides when they're provided. |
| This is a memorization course, if you are not a very science-oriented person who struggles with memorizing a lot of functions and concepts at once, do not take this course. |
| Take a lot of notes and review them shortly after class if possible. |
| It is a relatively chill class with interesting material that I would definitely recommend for a bio core. |
| Always study as the lectures go by. Do not wait until the last minute to cram and study for exams. There is too much information to do that. |
| Be prepared to take a lot of time studying! Take the time to genuinely understand concepts. |
| There was a lot of content so you have to consistently review throughout the quarter to be able to understand the information on the level needed for exams. |
| . |
| Typical difficulty for a core class: just need to revise material from textbook heavily before exams |
| Listen to the recordings of the lectures and take down notes word for word what they say and study that for the test. They provide |

| Comments |
|---|
| textbook readings, which can be useful if you don't understand a certain unit, but there is no need to read through every chapter for exams |
| Unfortunately, I would not consider taking this course if biology does not come naturally to you as a learner |
| I learned best when I read the textbook before class, took thorough notes during the lecture, and reviewed the slides along with the lecture recording after class. It can feel fast-paced at the moment, but make sure that you are doing this after every class to ensure that you don't fall behind! Also, when studying for the exams, I found it helpful to write all of the key concepts out on the whiteboard with a study group. Think about how each concept works together to help the body function rather than solely memorizing facts. |
| Taking notes while lectures is very important. |
| Reading the textbook before class is helpful and starting to study early before the midterms are also helpful |
| Take this course if you are genuinely interested in the topic and you don't mind tests that cover a lot of material! The most successful strategy I used was to do the readings and understand them before lecture so that class was a clarification/elaboration rather than an introduction to the material. Before a test, I re-read the readings and listened to all the lecture audios on Canvas and filled in anything I missed during class so that I would have a complete study guide that I could review. Everyone has their own study methods, and this one really worked for me. Oh and also, go to office hours if you have any questions at all – whether its a professor or a TA. |
| Be ready to spend 100 hours memorizing information. |
| This course is not a lot of work, just the weekly quiz which takes about an hour (get an online textbook!), I would have to study for like 10 hours before each exam though to actually learn the material, but watching youtube videos and going through the notes is enough to do well on the exams, if you're a good test taker you'll be chilling, otherwise this probably isn't the class for you |
| Prepare to spend a lot of time on this course |