Preliminary Course Syllabus
Course: Inflammation and Disease (BIO 04 W)
Quarter: Spring 2017

Instructor: Tobi L. Schmidt, Ph.D.

Course Objective:
This course is designed to give students a greater understanding of the role inflammation plays in disease. Course content will include lectures on basic immune function, types of inflammation and disease, and how lifestyle choices influence inflammation.

Grade options and requirements:
No Grade Requested (NGR): Participation is expected.
Credit/No Credit (CR/NCR): Weekly quiz and participation in the weekly discussion is required for credit.
Letter Grade (A, B, C, D or F): Weekly quiz, participation in the weekly discussion, and a final exam are required for a letter grade.

Course Outline:

Week 1: Introduction to Inflammation
  • What is inflammation
  • Health benefits of inflammation
  • Health disadvantages of inflammation

Week 2: Introduction to the Immune System
  • Overview of function
  • Specific components and their functions
  • Contribution to inflammation

Week 3: The Role of Inflammation in Disease
  • Why we need inflammation
  • Acute inflammation
  • Chronic inflammation

Week 4: Lifestyle Choices that Influence Inflammation Part 1
  • Nutrition
  • Sleep

Week 5: Lifestyle Choices that Influence Inflammation Part 2
  • Exercise
  • Life Quality