Course Information

Days & Times
Lectures on:
Tuesday, Wednesday, Friday
12:30-1:20 p.m.

Term 2: January 7-April 10
Reading week: February 18-22
Good Friday: March 29

Class Location
TSH B105

Course Website
Avenue to Learn

Instructor Contact Info
Dr. Michelle MacDonald

Office
HSC 4H45

Phone
905.525.9140 x22316

Email
macdonml@mcmaster.ca

Preference
I receive numerous emails each
day and will do my best to
respond to all in a timely man-
er. Please do not hesitate to
contact me
by phone
at any
time! We can then set an
appointment to meet at a mu-
tually convenient time.

Course Inquiries
Please direct all general
course-related inquiries to the
instructor during class. Many
other students probably have
the same questions! I save
time for questions and answers
at the beginning and end of
each class. Don’t be shy! I
want to get to know you!

I also arrive to class early and
stay late after class has ended
for anyone who would like to
meet in person.

Head Teaching Assistant
You can also direct any and all
questions related to the course
to the head TA, Alex Weber,
at weberam2@mcmaster.ca.

About the Course

Course Overview
An introduction to key princi-
ples in intermediary metabo-
lism. The course will cover
principles of bioenergetics,
major pathways for carbohy-
drates, proteins and lipids in
energy production, nitrogen
metabolism, biosynthesis of
small molecules, photosynthe-
sis, as well as the integration
and regulation of metabolic
activities.

Recommended Text
Biochemistry by Garrett & Gri-
sham. The quizzes and exam
will be based on material cov-
ered in class.

Teaching and Learning
Strategies
Students learn better and re-
member more when they are
actively involved in their learn-
ing. Lecture notes will be
posted after each lecture on
Avenue to Learn, but you are
encouraged to become in-
volved in in-class activities to
help support and reinforce
your learning.

Please feel free to contact me
if you have any questions, re-
quire further support or have
concerns about the course,
and I will do my best to ad-
dress these in a timely manner
to ensure the smoothest possi-
bile delivery of this course.

My background is in the area
of human muscle biochemistry
and metabolism, looking at
how the body uses different
fuels at rest and during exer-
cise. I presently have research
interests in how students best
learn Biochemistry.

I hope to help you learn and
share my interest and enthusi-
asiasm for human nutrition and
metabolism!
Evaluation and Due Dates

~8 quizzes and assignments 75%  Scheduled throughout the term (on average one quiz/assignment every 1.5 weeks)
‘Your way’ project 25%  Due April 15 by 10:00 am in drop-box outside HSC 4H39
or
‘Your way’ project 25%  Due April 15 by 10:00 am in drop-box outside HSC 4H39
Final exam (cumulative) 75%  Two-hour cumulative exam during final exam period in April

Drop Boxes
Assignments/projects must be submitted to the appropriate drop box outside of HSC 4H39. Note: Electronic submissions will not be accepted, and a mark of zero will be assigned to the piece of work.

Important
To avoid the necessity of a formal appeal for reassessment of final grades, you must ensure that any concerns you may have regarding your mark are brought to the attention of the TA within one week of the return of the paper/project/other course requirement in class. Any papers not picked up when they are returned in class can be picked up the following day in class.

Late Penalties
The late penalty for submitted work is 20% per day (including Saturday and Sunday). No work will be accepted after 2 days.

Teaching Assistants

<table>
<thead>
<tr>
<th>Students with last name:</th>
<th>Students with last name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alexandra Friel <a href="mailto:frielaj@mcmaster.ca">frielaj@mcmaster.ca</a> ALI-DAN</td>
<td>Kirsten Bell <a href="mailto:bellke3@mcmaster.ca">bellke3@mcmaster.ca</a> DAY-HAN</td>
</tr>
<tr>
<td>George Marcott <a href="mailto:marcotgr@mcmaster.ca">marcotgr@mcmaster.ca</a> HAS-LIN</td>
<td>Sophie Joanisse <a href="mailto:joanissd@mcmaster.ca">joanissd@mcmaster.ca</a> LIT-PAR</td>
</tr>
<tr>
<td>Alex Weber <a href="mailto:weberam2@mcmaster.ca">weberam2@mcmaster.ca</a> PAT-TO</td>
<td>Tanya Woloshanksy wолос<a href="mailto:ht@mcmaster.ca">ht@mcmaster.ca</a> TOD-ZIK</td>
</tr>
</tbody>
</table>

Policies

Missed Work
If you are absent from the university for a minor medical reason, lasting fewer than 5 days, you may report your absence, once per term, without documentation, using the McMaster Student Absence Form. Absences for a longer duration or for other reasons must be reported to your Faculty/Program office, with documentation, and relief from term work may not necessarily be granted. When using the MSAF, report your absence to macdonml@mcmaster.ca. You must then contact the instructor immediately (normally within 2 working days) by email at macdonml@mcmaster.ca to learn what relief may be granted for the work you have missed, and relevant details such as revised deadlines, or time and location of a make-up exam.

Please note that the MSAF may not be used for term work worth 30% or more, nor can it be used for the final examination. The proportion of the missed test/assignment will be automatically reweighed to the final exam.

Academic Integrity
You are expected to exhibit honesty and use ethical behavior in all aspects of the learning process. Academic credentials you earn are rooted in principles of honesty and academic integrity.

Academic dishonesty is to knowingly act or fail to act in a way that results or could result in unearned academic credit or advantage. This behaviour can result in serious consequences, e.g., the grade of zero on an assignment, loss of credit with a notation on the transcript (notation reads: “Grade of F assigned for academic dishonesty”), and/or suspension or expulsion from the university.

It is your responsibility to understand what constitutes academic dishonesty. For information on the various types of academic dishonesty please refer to the Academic Integrity Policy located at http://www.mcmaster.ca/academicintegrity.

The following illustrates only three forms of academic dishonesty:
1. Plagiarism, e.g. the submission of work that is not one’s own or for which other credit has been obtained.
2. Improper collaboration in group work.
3. Copying or using unauthorized aids in tests and examinations.
# Quizzes and assignments

<table>
<thead>
<tr>
<th>Assessments</th>
<th>Scheme 1:</th>
<th>Scheme 2:</th>
<th>Dates:</th>
<th>Dates:</th>
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<tbody>
<tr>
<td>Assignment 1</td>
<td>9.375</td>
<td>10.75</td>
<td>Friday, January 18</td>
<td>Ergogenic aids</td>
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<tr>
<td>Quiz 1</td>
<td>9.375</td>
<td>8</td>
<td>Friday, January 25</td>
<td>Intro to metabolism and glycolysis</td>
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<tr>
<td>Assignment 2</td>
<td>9.375</td>
<td>10.75</td>
<td>Wednesday, February 6</td>
<td>Application of fermentation</td>
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<tr>
<td>Quiz 2</td>
<td>9.375</td>
<td>8</td>
<td>Tuesday, February 26</td>
<td>TCA cycle, oxidative phosphorylation, glycogen</td>
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<td>Assignment 3</td>
<td>9.375</td>
<td>10.75</td>
<td>Friday, March 8</td>
<td>Critical analysis of a research paper related to project</td>
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<td>Quiz 3</td>
<td>9.375</td>
<td>8</td>
<td>Tuesday, March 19</td>
<td>Topics TBA</td>
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<td>Assignment 4</td>
<td>9.375</td>
<td>10.75</td>
<td>Wednesday, March 27</td>
<td>Topics TBA</td>
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<td>Quiz 4</td>
<td>9.375</td>
<td>8</td>
<td>Wednesday, April 3</td>
<td>Integration of metabolism</td>
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<td>Total</td>
<td>75%</td>
<td>75%</td>
<td>(drop 2 lowest)</td>
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<td>(drop 2 lowest)</td>
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Note: Proposal for the ‘Your Way Project’ is due on Friday, March 1st. See guidelines for the project posted on Avenue.