

Dept. of Biological Sciences, California State University, Los Angeles
Biology 4500 – Botanical Medicine Class Syllabus, Spring 2017

Lecture: MW 3:05 – 4:20 SH C260

Instructors: Dr. Kirsten Fisher. *ASCL 393*; kfisher2@calstatela.edu
Office hours: T 11:00 am - 12:30 pm, or by appointment

Dr. Amelia Russo-Neustadt. *ASCL 217*; arusson@calstatela.edu
Office hours: M 10:30 am – 11:00 am; M 1:00 pm to 1:30 pm

Course materials and announcements will be available on Moodle

Course Overview: Throughout the world, plants have evolved alongside humans, and for many centuries, plants have been a primary source of medicine as well as food. In recent years, in spite of many advances in our understanding of medication mechanisms, we are challenged more than ever before in our pursuit of health and balance. In this course, we will introduce concepts of holistic (“whole-person”) medicine, introduce major medical systems from different parts of the world, and several medicinal plants. You will be expected to become familiar with the taxonomy and energetic properties of plants used to treat disorders of major human physiological systems, and have an introductory understanding of herbal preparations and herbal practice of three traditional systems (Chinese Medicine, Ayurveda and Western Herbalism). You will also learn the major evolutionary groups to which the medicinal plants belong and the biochemical properties displayed by members of these groups.

Grading Policy: Your grade will be based on point totals from participation in active learning exercises, and midterm and final exams.

Point values for assignments are as follows:

In-Class Exercises (12 X 10 each).....	120
Midterm Exam I.....	60
Midterm Exam II.....	60
<u>Final Exam.....</u>	<u>60</u>
TOTAL	300

Grading will be based on a percentage of total points, as follows:

93-100% = A	80-82% = B-	68-69% = D+
90-92% = A-	78-79% = C+	63-67% = D
88-89% = B+	73-77% = C	60-62% = D-
83-87% = B	70-72% = C-	<60% = F

Exams will primarily reflect the material covered in the lectures, as well as any assigned reading. Exams will be composed of short answer, short essay, and problem solving questions. Make-up exams will be given only for absences with valid, documented excuses. The final exam is cumulative, but will emphasize material presented after the previous midterm. It is essential that you attend all the lectures, as exams emphasize lecture material.

Reasonable accommodation will be provided to any student who is registered with the Office of Students with Disabilities and requests needed accommodation.

Other requirements: Each student is expected to have an AD account and access to the course materials on Moodle. The entry page for Moodle can be found on the menu of your myCalStateLA page.

Academic honesty: Students are expected to abide by the University’s Academic Honesty Policy, (<http://www.calstatela.edu/academic/senate/handbook/ch5a.htm>). Students who violate this policy will be subject to disciplinary action, and may receive a failing grade in the course for a single violation.

Biology 4500 Lecture Schedule – Spring 2017

Note that dates, topics and activities may change. Any changes to the schedule will be announced in class and posted on Moodle; it is the responsibility of the student to remain informed of any announced schedule changes

<i>Date</i>	<i>Lecture topic</i>
Jan. 23	Introduction to botanical medicine
Jan. 25	Plant morphology
Jan. 30	History of plant use as medicine I: Intro to major traditional medical systems
Feb. 1	Plant systematics
Feb. 6	History of plant use as medicine II: Intro to basic energetics and concept of holism Story of the development of Western medical practice
Feb. 8	Herbs and energetics (warm/cool, moist/dry, etc.); The six tastes
Feb. 13	Herbal preparations and administration Herbal actions
Feb. 15	Choosing herbal actions & Herbal formula preparation
Feb. 20	Midterm examination I
Feb. 22	Antimicrobials/Anti-infectives
Feb. 27	Apiaceae
Mar. 1	Respiratory system
Mar. 6	Asteraceae
Mar. 8	Cardiovascular system
Mar. 13	Solanaceae
Mar. 15	Guest Lecture – Western Herbalism
Mar. 20	Nervous system I
Mar. 22	Nervous system II
Mar. 27 - 29	Spring Break – No classes this week
Apr. 3	Adaptogens
Apr. 5	Midterm examination II
Apr. 10	Anti- cancer herbs
Apr. 12	Campus ethnobotany
Apr. 17	Gastrointestinal system
Apr. 19	Lamiaceae
Apr. 24	Guest Lecture – Ayurvedic Medicine
Apr. 26	CA medicinal plants
May 1	Endocrine system
May 3	Guest Lecture – Chinese Traditional Medicine
May 8	Final case studies project
May 10	General Review & Plant quiz
May 18	Final Exam, 1:30 – 3:30 pm