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**Psyc620****Adv Topics Brain & Cog Science****Winter 2023**

<b>Instructor:</b>	Dr. Michael Antle	<b>Lecture Location:</b>	SH 278
<b>Phone:</b>	403-220-2574	<b>Lecture Days/Time:</b>	TuTh 12:30-1:45pm
<b>Email:</b>	<a href="mailto:antlem@ucalgary.ca">antlem@ucalgary.ca</a>		
<b>Office:</b>	AD018		
<b>Office Hours:</b>	Open door policy (if the door is open, come on in!), or by appointment		

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**Course Description and Objectives**

Behaviours are temporally coordinated and occur in a rhythmic fashion. The most obvious rhythmic behaviour humans engage in is sleeping; we spend 1/3<sup>rd</sup> of our lives asleep. This course will survey the behavioural, physiological, neural and clinical aspects of sleep and rhythms.

**Acknowledgments and Respect for Diversity**

Our classrooms view diversity of identity as a strength and resource. Your experiences and different perspectives are encouraged and add to a rich learning environment that fosters critical thought through respectful discussion and inclusion. The Department of Psychology would like to acknowledge the traditional territories of the people of the Treaty 7 region in southern Alberta. The City of Calgary is also home to Métis Nation of Alberta, Region III.

**Course Format**

This is an in-person class held on campus.

**Prerequisites**

Admission to the Graduate Program in Psychology and by permission of the instructor.

**Required Texts and Readings**

None – references to recommended readings will be provided on D2L

## Assessment Methods

- |  |   |   |            |
|--|---|---|------------|
| <b>1. Exams</b>  |   |   | <b>50%</b> |
| <u>Mid Term</u>  | In Class  | <b>February 28<sup>th</sup></b>   | (25%)      |
|  | <ul style="list-style-type: none"><li>• Includes all material up to Feb 16<sup>th</sup></li></ul>   |   |            |
| <u>Final</u>   | During exam period concurrent with PSYC477  |   | (25%)      |
|  | <ul style="list-style-type: none"><li>• Includes all material covered following the midterm exam (from March 2<sup>nd</sup> onward)</li><li>• Will be 2 hours in length</li></ul>       |   |            |
| <p>Exams will mostly be short answer format.<br/>Exams will emphasize lecture materials, but will also include assigned readings<br/>The use of electronic devices, books and notes are not permitted during tests</p> |   |   |            |
| <b>2. Guest Lecture</b>  |   | <b>April 11<sup>th</sup></b>  | <b>25%</b> |
|  | <ul style="list-style-type: none"><li>a. Student will give a 45-minute guest lecture on the topic of their choice within the context of a Sleep and Biological Rhythms Course</li></ul> |   |            |
| <b>3. Term Paper</b>   |   |   | <b>25%</b> |
|  | a. Outline  | <b>February 7<sup>th</sup></b>  | (5%)       |
|  |   | <ul style="list-style-type: none"><li>i. A one-page outline of the proposed topic, including 5 references</li></ul>   |            |
|  | b. Review paper on lecture topic  | <b>April 11<sup>th</sup></b>  | (20%)      |
|  |   | <ul style="list-style-type: none"><li>i. About 10 pages double spaced (not including title page and references)</li><li>ii. Details and assessment rubric to be posted to D2L</li></ul> |            |

### University of Calgary Academic Integrity Policy

Academic integrity is the foundation of the development and acquisition of knowledge and is based on values of honesty, trust, responsibility, and respect. We expect members of our community to act with integrity.

Research integrity, ethics, and principles of conduct are key to academic integrity. Members of our campus community are required to abide by our institutional code of conduct and promote academic integrity in upholding the University of Calgary's reputation of excellence. It is your responsibility to ensure that you have read and are familiar with the student academic misconduct policy:

[www.ucalgary.ca/pubs/calendar/current/k.html](http://www.ucalgary.ca/pubs/calendar/current/k.html)

**Faculty of Graduate Studies Grading System**

A+ = Outstanding performance, A = Excellent performance, A- = Very good performance

B+ = Good performance, B = Satisfactory performance, B- = Minimum pass

C+: All grades of "C+" or lower are indicative of failure at the graduate level and cannot be counted toward Faculty of Graduate Studies course requirements. Individual programs may require a higher passing grade.

**Grading Scale**

A+	96-100%	B+	80-84%	C+	67-71%	D+	54-58%
A	90-95%	B	76-79%	C	63-66%	D	50-53%
A-	85-89%	B-	72-75%	C-	59-62%	F	0-49%

It is at the instructor's discretion to round off either upward or downward to determine a final grade when the average of term work and final examinations is between two letter grades.

To determine final letter grades, final percentage grades will be rounded up or down to the nearest whole percentage (e.g., 89.5% will be rounded up to 90% = A but 89.4% will be rounded down to 89% = A-).

### Tentative Lecture Schedule

<b>Date</b>	<b>Topics</b>	<b>Assignments Due</b>
T Jan 10	Sleep – Intro, terminology, methodology	<i>First day of TR lectures</i>
R Jan 12	Sleep – Methods and development	
T Jan 17	Sleep – Evolution and Neural Control	
R Jan 19	Sleep – Neural Control	<i>Last day to drop a class without financial penalty</i>
Jan 20		<i>Last day to add or swap a course</i>
T Jan 24	Sleep – Neural Control	
R Jan 26	<i>Sleep Discussion – Lifespan</i>	<b>Presentation #1 and Thought Paper #1</b>
Jan 27		<i>Fee payment deadline for Fall Term full and half courses.</i>
T Jan 31	Sleep Disorders 1	<b>Sleep Questionnaires</b>
R Feb 2	Sleep Disorders 2	
T Feb 7	Sleep Disorders 3	<b>Term Project Outline</b>
R Feb 9	<i>Sleep Discussions – Sleep aids</i>	<b>Presentation #2 and Thought Paper #2</b>
T Feb 14	Sleep and Learning	
R Feb 16	Sleep and Learning	
Feb 20	<b>UNIVERSITY CLOSED Alberta Family Day</b>	
Feb 19-25	<b>Term Break</b>	
T Feb 28	----- <b>Midterm Exam</b> -----	
R Mar 2	Circadian Rhythms 1 – Basics + Properties	
T Mar 7	Circadian Rhythms 2 – Basics + Properties	<b>Term Project Paper</b>
R Mar 9	Circadian Rhythms 3 – Daylight Saving Time	
T Mar 14	Circadian Rhythms 4 – Organization	
R Mar 16	Circadian Rhythms 5 – Mammalian	
T Mar 21	Circadian Rhythms 6 – Molecular	
R Mar 23	Circadian Rhythms 7 – Vision	
T Mar 28	Circadian Rhythms 8 – Non-photoc	
R Mar 30	<i>Sleep Discussions 3 – Melatonin</i>	<b>Presentation #3 and Thought Paper #3</b>
T Apr 4	Circadian Rhythms 9 – Human	
R Apr 6	Circadian Rhythms 10 – Human	
Apr 7	<b>UNIVERSITY CLOSED Good Friday</b>	
Apr 10	<b>UNIVERSITY CLOSED Easter Monday</b>	
T Apr 11	Circadian Rhythms 11 – Guest Lecture	<b>Term Project Media</b>
Apr 12		<i>Last day to withdraw with permission from Fall Term half courses.</i>
Apr 15-26	----- <b>Final Exam Period</b> -----	

### **Absence from a Test/Exam**

Makeup tests/exams are **NOT** an option without the approval of the instructor (<https://www.ucalgary.ca/pubs/calendar/current/g-1-1.html>). At the instructor's discretion, a makeup test/exam may differ significantly (in form and/or content) from a regularly scheduled test/exam. Once approved by the instructor a makeup test/exam must be written within 2 weeks of the missed test/exam on a day/time scheduled by the instructor. If a student cannot write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam <https://www.ucalgary.ca/registrar/exams/deferred-exams>

### **Travel During Exams**

Consistent with University regulations, students are expected to be available to write scheduled exams at any time during the official December and April examination periods. Requests to write a make-up exam because of conflicting travel plans (e.g., flight bookings) will NOT be considered by the department. Students are advised to wait until the final examination schedule is posted before making any travel arrangements. If a student cannot write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam <https://www.ucalgary.ca/registrar/exams/deferred-exams> Students with an exceptional extenuating circumstance (e.g., a family emergency) should contact the Department of Psychology [psyugrd@ucalgary.ca](mailto:psyugrd@ucalgary.ca)

**Reappraisal of Graded Term Work** <http://www.ucalgary.ca/pubs/calendar/current/i-2.html>

**Reappraisal of Final Grade** <http://www.ucalgary.ca/pubs/calendar/current/i-3.html>

### **Academic Accommodations**

Students seeking an accommodation based on disability or medical concerns should contact Student Accessibility Services; SAS will process the request and issue letters of accommodation to instructors. Students who require an accommodation in relation to their coursework based on a protected ground other than disability should communicate this need in writing to their Instructor. [University of Calgary : B.6.1 Accommodation of Students with Disabilities or Medical Conditions \(ucalgary.ca\)](#)

### **Academic Misconduct**

For information on academic misconduct and its consequences, please see the University of Calgary Calendar at <http://www.ucalgary.ca/pubs/calendar/current/k.html>.

### **Instructor Intellectual Property**

Course materials created by professor(s) (including course outlines, presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the professor(s). These materials may NOT be reproduced, redistributed or copied without the explicit consent of the professor. The posting of course materials to third party websites such as note-sharing sites without permission is prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.

### **Copyright Legislation**

All students are required to read the University of Calgary policy on Acceptable Use of Material Protected by Copyright <https://www.ucalgary.ca/legal-services/university-policies-procedures/acceptable-use-material-protected-copyright-policy> and requirements of the copyright act (<https://laws-lois.justice.gc.ca/eng/acts/C-42/index.html>) to ensure they are aware of the consequences of unauthorized sharing of course materials (including instructor notes, electronic versions of textbooks etc.). Students who use material protected by copyright in violation of this policy may be disciplined under the Non-Academic Misconduct Policy.

### **Freedom of Information and Protection of Privacy**

Student information will be collected in accordance with typical (or usual) classroom practice. Students' assignments will be accessible only by the authorized course faculty. Private information related to the individual student is treated with the utmost regard by the faculty at the University of Calgary.

### **Student Support and Resources**

<https://www.ucalgary.ca/registrar/registration/course-outlines>

### **Important Dates**

The last day to drop this course with no "W" notation and **still receive a tuition fee refund is Thursday, January 19, 2023**. Last day add/swap a course is **Friday, January 20, 2023**. The last day to withdraw from this course is **Wednesday, April 12, 2023** [University of Calgary : Academic Schedule \(ucalgary.ca\)](https://www.ucalgary.ca/academic-schedule)