

# Welcome to BSc (Hons) Human Bioscience

## Short course introduction

The Human Bioscience degree programme at the University of Northampton focuses on the scientific principles and techniques that underpin the study of life. Our programme of study is practical based, stimulating, and research led. The practical elements of the degree make use of purpose-built laboratories to develop your knowledge and understanding of the key issues within bioscience. Our academic team is research active, enthusiastic, and comprised of experienced scientists dedicated to developing our students to realise as much of their potential as possible and be tomorrow's [Changemakers](#). Last year Human Bioscience students recorded 100% employability, and in 2016 we were ranked second in the UK, out of the over 100 universities that offer degrees in Biological Sciences, for overall student satisfaction. This success is down to the hard work of our students and possibly due to an emphasis on our graduates being able to identify problems, and then develop and implement solutions.

As you may have noticed already, we are very proud of our students and alumni. Our graduates go on to do many things and have shown that from Northampton you can go anywhere. Together we make an enduring community of scholars and friends that now span the globe. We have untold adventures ahead and we are glad you have joined us.

Welcome to the team!

## Course overview

The study of biological sciences is an exciting way to develop the powerful transferable skills and abilities that graduates need to compete and win on the world stage, and to further realise their potential. Our Human Bioscience programme aims to do this through further developing your understanding of the human body at the level of the organs, tissues, cells, and molecules. You will investigate both, how the body works and the consequences when physiological processes go wrong. Thereby, you will explore the underlying mechanisms that underpin grave human diseases as well as normal aging. Our well-structured Human Bioscience programme was designed to stimulate wonder and questioning, and it will provide you with opportunities to explore a range of topics within this vast and dynamic subject. You will also be able to specialise in areas of interest to you throughout the course. Your tutors are actively researching at the cutting edge of their disciplines, and are recognised by our students as enthusiastic, experienced, and excellent educators. They are experts within their specialist disciplines, which include nutrition, immunology, cancer, genetics, neuroscience, pharmacology and microbiology.

The course aims to develop graduates who can think critically and analytically from a scientific perspective, to make ethically informed evaluations and interpretations of evidence, and who possess a range of powerful personal and transferable skills.

Whether you have chosen the Three Year option or the Four Year option, The Human Bioscience Programme is divided into three stages. The first stage provides an introduction to the core disciplines which underpin academic analysis and communication of bioscience. In Stages Two and Three, students can select modules from a range of modules which allows students to subtly tailor their studies towards a particular area of interest within the broader discipline.

Our Human Bioscience programme also features an optional placement module after completing 120 credits at Level 5, which focuses on developing students' awareness of their subject-specific and transferable skills, and a reflective approach to learning. We feel that this experience gives our graduates a head start when applying for employment or postgraduate training/study. But it requires making the most of your first year so that you are in a position to make necessary arrangements and be prepared for a placement in Stage 2. The final year of study will enable you to develop more confidence and independence as scholars and professionals. Further specialisation within a field culminates in an individual piece of independent research work on a topic you develop with your supervisor in her/his area of research.

The modules are clearly structured and are delivered online and face to face within an active blended learning environment, which incorporates classroom and laboratory sessions. Our online learning environment, known as the Northampton Integrated Learning Environment (NILE), enables all your sessions. Students can expect an average of about two hours of tutor contact time each week for each module. Classes are delivered in a variety of means, and our aim is to provide different kinds of opportunities for students to become actively involved in their learning. As such, for each two hours of contact time with tutors there will be an additional 3-5 hours of non-contact study. Contact time is your opportunity to make sense of what you have been independently struggling with in your 'reading'. Twenty-credit modules have built in expectations of 200 hours of studying. Additional tutorials and meetings with a personal academic tutor are additional to the time spent in the module.

You can see your Human Bioscience award map [here for 4Yr option](#) and [here for 3Yr option](#). You will see a list of the different modules within the entire programme with links to the catalogue as well as information on 'what is a pre-requisite for what', so you can start to think about your future studies.

## **CORE Programme READING list: Human Bioscience Welcome**

The above link is your starting point to help ensure you are studying properly. All of your module reading lists are open access, and can be accessed through the same link. However the individual module lists will be updated throughout September to ensure they are up to date for the new academic year.

You will also want to get some practice taking notes as most students arrive at University not knowing how to take notes.

### **Pre-Activity**

Many students have expressed that they do not know how to take notes effectively. There is no one way to do it. The purpose of note taking when studying is to facilitate **your 'reading' of a subject**. Therefore, each person needs to find what works for him/her. One method is called the Cornell Method. You can look it up, but I have provided a [\*\*Note Taking Template\*\*](#) (click to download through browser) that I have modified, that you could explore using, and modify it yourself as needed to work for you.

One of the biggest problems that many students seem to have at the start is that they think the point of the note taking is to capture what was already written or said. That approach however makes the notes not much more helpful than the original. And it can leave the student feeling like taking notes is pointless. What you want to record in your notes is not necessarily what is in the text, but rather what you think of it, how it affected you, how it relates to other material, and so forth. The most valuable parts of your notes often comes from you, and not from the source you are studying.

**So to get started** order your own copy of [\*\*Study and communication skills for the biosciences\*\*](#) from the above reading list and start preparing for University.

When you start, spend a few minutes an overview of the whole book, and note (using the [\*\*Note Taking Template\*\*](#)) what you find interesting, useful, or curious etc. Then when you delve into it, try explaining what you are struggling with and any solutions you have come up with, as well as any questions that have arisen from your study (i.e. things you want to study further to gain mastery). Your notes will also need the information necessary to quickly go back to the original source such as page numbers, and it will need easy identifiers so you can quickly identify lines of thought/enquiry, and also new words you want to become better acquainted with so you can quickly put them back into context. Look for alternative sources (i.e. websites, videos, etc.) to help make sense of what you are 'reading'.



When you complete a study session, or section of work, it is good to identify what was gained and what you experienced; try to crystallise what you are thinking, and write it in your notes before you end a study session while it is still active in your mind. That way, you do not leave all your thoughts unconnected, to just forget about them in a few hours. You think you will remember, but because you are human, you likely won't. By making the connections and writing them down you will perhaps already have your thoughts in writing for your first draft of work that you may have to produce. But at the very least, if you get just enough written down, you will be able to come back to it at a later date and be able to revive the train of thought, and get it back on track to take you onto new adventures.

I look forward to studying with you.

Best Wishes,

Dr Lehner

Programme Leader for Human Bioscience

p.s. If you have any problems please feel free to [email me](#).