



COLLEGE OF SCIENCE
Department of Biological Sciences

Fall Semester 2026
SYLLABUS - ENDOCRINOLOGY
BIOL 4110 and 5110

Department of	Biological Sciences
Instructor Name	Dr. Anastasia Sacharidou
Office Location	Science Research Building #240
Email Address	Anastasia.Sacharidou@unt.edu
Office Hours	Prior verbal or email communication is needed to set meeting
Virtual Office Hours	Only by appointment
Course Format/Structure	In-person only
Classroom Location	Life A419
Class Meeting Days & Times	Monday and Wednesday / 2:20pm – 3:40pm
Course Catalog Description	This course covers basic concepts of Endocrinology, including principles of hormone synthesis, metabolism and action, and associated disorders.
Prerequisites	Students must complete a Biology Foundation course and one semester of Biochemistry. If a student has not completed these courses but still wishes to attend the class, consent from the instructor is required.
Recommended Text and other material	Course material will be amassed from book chapters, review articles, scientific literature and expertise of the instructor. Course material will be made available through CANVAS, or students will be given references to download their own material. There is NO required textbook but we recommend the use of the following textbooks: Endocrinology, by Hadley and Mac E. Publisher Englewood Cliffs, NJ: Prentice Hall, Identifier: endocrinology0000hadl, ISBN: 0133179265, Lccn: 95010773 Goodman's Basic Medical Endocrinology by Elizabeth H Holt, Beatrice Lupsa, Grace S Lee, Hanan Bassyouni, Harry E Peery, 2021, Elsevier, ISBN: 9780128158449 OR eBook ISBN: 9780128203347, 9780128158456

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	In addition, students may consider the use of one of the following freely downloadable textbooks from the National Library of Medicine (NCBI): Endocrinology – An Integrated Approach, by Stephen Nussey and Saffron Whitehead, Oxford BIOS Scientific Publishers; 2001, ISBN-10: 1-85996-252-1 https://www.ncbi.nlm.nih.gov/books/NBK22/ Application of Systematic Review Methods in an Overall Strategy for Evaluating Low-Dose Toxicity from Endocrine Active Chemicals, by National Academies of Sciences, Engineering and Medicine, Division on Earth and Life Studies, Board on Environmental Studies and Toxicology; Committee on Endocrine-related Low-Dose Toxicity; National Academies Press, 2017, ISBN-13:978-0-309-45862-7 https://www.ncbi.nlm.nih.gov/books/NBK453253/
Access to Learning Resources	UNT Learning Center Phone: 940-369-7006 Website URL: https://learningcenter.unt.edu/about-learning-center/index.html UNT Library: Phone: 940-565-2411 (1-887-872-0264) Website URL: https://library.unt.edu/ UNT Bookstore Email: https://unt.bncollege.com/
Website Resources: Canvas	https://unt.instructure.com/ (CANVAS) is the official web portal for this course. It will be used for several key functions, including: • Gradebook management • Assignment of required course homework • Course Exams • Submission of digital assignments • Updates to syllabus, lecture material • Official communications deemed necessary by the instructor

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Supported Devices: • iPhone • Android • Chromebook <i>Note: Tablet users can use the Canvas app</i>	Getting Help with Canvas: Canvas 24/7 Phone Support for Students: 1-833-668-8634 Canvas Help Resources: Canvas Student Guide - https://community.canvaslms.com/docs/DOC-10701 For additional assistance, contact Student Assistance Phone: 940-369-7394 Email: https://lms.unt.edu/resources/index.html If you are working with Canvas 24/7 Support to resolve a technical issue, please keep me updated on your progress in troubleshooting. If you have a course-related issue (e.g., course content, assignment trouble, quiz difficulties), please contact me during office hours or by email.
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Description:

This course is designed to provide a broad overview of vertebrate endocrinology. Course topics will include the various classes of hormones, sources of hormones, production and synthesis of hormones, receptors and target tissues, mechanisms of action and regulation, and methods used in endocrinology. Lectures and readings from the suggested primary textbook will focus on classical endocrine systems.

Learning Objectives:

Upon completion of this course students should be capable of effectively communicating how endocrine systems function. Students should develop the ability to integrate across multiple endocrine systems to understand the complexity of endocrine-related disorders better. Students should also be capable of critically evaluating information provided by the media and other literature on the topic.

Class Format:

The class will consist of lectures, discussions, special topic assignments, and examinations. The instructor may change the format of the class at their discretion.

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Lect	Date	Topic	Primary Reference
1	08/17	Syllabus/Course Introduction/ Overview	
2	08/19	Introduction to Endocrinology - Hormones	Chapter #1
3	08/24	Introduction to Endocrinology – Receptors/ Hormone action	Chapter #2-3
4	08/26	Introduction to Endocrinology – Receptors/ Hormone action	Chapter #2-3
5	08/31	Introduction to Endocrinology – Hormones/functional classification/transducers & effectors/ Interactions	Chapter #3-4
6	09/02	EXAM I – Introduction to Endocrinology	
	09/07	NO CLASSES	
7	09/09	Glands: Brain/Hypothalamus	Chapter #6-7
8	09/14	Glands: Brain/Hypothalamus	Chapter #6-7
9	09/16	Glands: Brain/Hypothalamus/Pineal	Chapter #6-7, 20
10	09/21	Glands: Brain/Hypothalamus/Pineal	Chapter #6-7, 20
11	09/23	Glands: Hypothalamus/Pituitary	Chapter #5, 7, 12
12	09/28	Glands: Pituitary	Chapter #5, 7, 12
13	09/30	Glands: Pituitary	Chapter #5, 7, 12
14	10/05	SPECIAL TOPICS – Group #1	
15	10/07	EXAM II – Hypothalamus / Pineal / Pituitary	
16	10/12	Glands: Thyroid	Chapter #9, 13
17	10/14	Glands: Thyroid	Chapter #9, 13

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18	10/19	Glands: Thyroid/Parathyroids	Chapter #9, 13
19	10/21	Glands: Adrenals	Chapter #15
20	10/26	Glands: Adrenals	Chapter #15
21	10/28	SPECIAL TOPICS – Group #2	
22	11/02	EXAM III – Thyroid / Parathyroids / Adrenals	
23	11/04	Glands: Pancreas/Peptides of the Gut	Chapter #10, 11
24	11/09	Glands: Pancreas/Peptides of the Gut	Chapter #10, 11
25	11/11	Glands: Pancreas/Peptides of the Gut	Chapter #10, 11
26	11/16	Reproductive Organs - female	Chapter #18-19
27	11/18	Reproductive Organs - male	Chapter #17
	11/23	NO CLASSES – Thanksgiving week	
	11/25	NO CLASSES – Thanksgiving week	
28	11/30	SPECIAL TOPICS – Group #3	
	12/02	NO NEW MATERIAL- pre-finals week	
	TBD	FINALS – EXAM IV – Pancreas / Reproductive organs	

Course Outline:

There will be a total of **4 exams**, each worth **100 points**. Exams will have the format of short answer questions. Each student is required to obtain a blue book (UNT Bookstore \$0.75) for each exam. If there are issues with the purchasing of blue books, please notify Dr. Sacharidou at least a week prior to the exam date so a solution can be given. Exams will be taken in person in class. No electronic devices are allowed during exams.

Additionally, **3 assigned manuscripts** that will cover various **"special topics"**. Students will be organized into small-size teams. Size will depend on class size. Each group will prepare a power point presentation to present the assigned reading on a special topic and initiate a discussion. All students are expected to actively participate

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in discussing the readings. Power PowerPoint presentation should be uploaded and shared with everyone on **CANVAS by 5 pm the day before class.** If there are difficulties with uploading/sharing the PowerPoint please contact Dr. Sacharidou as soon as possible so as a solution could be given on time.

Furthermore, **graduate students** enrolled in the course are required to write **1 literature review summary paper on topics related to "medical endocrinology."** These topics can be of personal interest but must focus on aspects of endocrinology and receive approval from the instructor. If you cannot find a suitable topic, a topic will be assigned by the instructor. The paper(s) must be sourced from scientific journal(s) and be related to one of the topics covered in the course. To receive full credit, papers must be submitted by the assigned due date. Late submissions will only receive partial credit. Graduate students are encouraged to consult with the instructor early in the semester to discuss potential ideas.

This schedule is subject to change by the instructor. Any changes will be communicated through course announcements on CANVAS, in class, and in an updated syllabus.

Grade Distribution:

Undergraduate Students

○ Class Attendance	50pts
○ Presentation of special topic	150pts
○ Discussion during special topics	50pts
○ EXAM #1	100pts
○ EXAM #2	100pts
○ EXAM #3	100pts
○ EXAM #4	100pts
Total	<u>650 points</u>

Graduate Students (additional coursework)

- | | |
|--------------------------------|--------|
| ○ Paper #1 (due by 11/11/2026) | 200pts |
|--------------------------------|--------|

Total **850 points**

Grade Scale:

A	90 % or higher
B	80 – 89.99 %
C	70 – 79.99 %
D	60 – 69.99 %
F	below 60 %

Final grades are calculated based on the percentage of the total points earned. The instructor reserves the right to alter the grading scheme and apply a curve.

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Attendance:

All students are responsible for all information and materials provided during class. Attendance is **mandatory** and, therefore, expected. Attendance will be recorded during each class. No more than 2 unexcused absences will be allowed. For excused absences, See Policy Chapter 6 Faculty Affairs – policy # 06.039 Student Attendance and Authorized Absences.

Exams make-up policy:

Exams should be taken as scheduled. No makeup examinations will be allowed except for documented emergencies. See Policy Chapter 6 Faculty Affairs – Policy # 06.039 Student Attendance and Authorized Absences. (<https://policy.unt.edu/policy/06-039>)

Unauthorized Aids During Examinations and Assessments

Students may use only those materials and resources that are expressly authorized by the instructor for a particular examination or assessment. Touching, holding, or accessing any unauthorized aid during the examination period constitutes a violation of the Student Code of Conduct, regardless of whether the aid is used. Any item that may be considered an unauthorized aid must be kept out of view and in a closed container (e.g. zipped backpack, buttoned purse, etc.) during the entirety of the examination or assessment.

Unless specifically authorized in writing by the instructor, prohibited aids include, but are not limited to:

- Mobile phones and smartphones
- Smartwatches and fitness trackers with communication, recording, or internet capabilities
- Tablets, laptops, and other computing devices
- Earbuds, headphones, and other audio devices
- Smart glasses, cameras, recording devices, and wearable technology
- Artificial intelligence (AI) tools, chatbots, and other generative AI technologies
- Notes, textbooks, study guides, formula sheets, or reference materials
- Any other device, material, or resource not expressly permitted by the instructor

Students are responsible for clarifying any questions about permitted materials before the examination begins.

Getting Help out of the classroom:

• **Office hours:**

Office-hour meetings must be scheduled in advance through verbal or email communication. Walk-ins are **NOT** available. When my schedule permits, I may also be available for brief discussions immediately after class.

• **Email communication**

I try very hard to respond to emails within 24 hours! If you do not hear from me within that time frame, please try sending a follow up email. In the event of high email volume, I may reply to you to acknowledge your message and give you a time frame for a full response.

Academic integrity:

The University (and the professors!) expects the highest standards of academic integrity. A description of the Code of Student Conduct and Discipline is in the student handbook and at:

http://www.unt.edu/csrr/student_conduct.htm.

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Academic integrity is a hallmark of higher education. You are expected to abide by the University's code of Academic Integrity policy. Any person suspected of academic dishonesty (i.e., cheating or plagiarism) will be handled in accordance with the University's policies and procedures.

Refer to the UNT Dallas Academic Integrity Policy in the appropriate Catalog at:
<http://dallascatalog.unt.edu>.

Academic dishonesty includes but is not limited to, cheating, plagiarizing, fabrication of information or citations, facilitating acts of dishonesty by others, having unauthorized possession of examinations, submitting work of another person or work previously used without informing the instructor or tampering with the academic work of other students.

Plagiarism of any sort on any assignment or exam **WILL** result in a grade of zero for that assignment.

Important dates (registering, dropping, etc):

<http://registrar.unt.edu/registration/fall-registration-guide>

Disabilities:

The Department of Biological Sciences complies with the Americans with Disabilities Act. If you qualify, please see the instructor by the 12th day of class for accommodation.

The University of North Texas makes reasonable academic accommodations for students with disabilities. Students seeking accommodations must first register with the Disabilities Services Office (DSO) to verify their eligibility. If a disability is verified, the DSO will provide you with an accommodation letter to be delivered to the faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time; however, DSO notices of accommodation should be provided as early as possible during the semester to avoid any delays in implementation. Note that a student must obtain a new letter of accommodation for every semester and must meet/communicate with each faculty member before implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student.

For additional information, see the Disability Services Office website at:
<https://studentaffairs.unt.edu/office-disability-access/index.html>

Prohibited Use of Generative AI (GenAI) Software

In this course, I want you to engage deeply with the materials and develop your critical thinking and writing skills. For this reason, the use of Generative AI (GenAI) tools like Claude, ChatGPT, and Gemini is not permitted. While these tools can be helpful in some contexts, they do not align with our goal of fostering your independent thinking. Using GenAI to complete any part of an assignment, exam, or coursework will be considered a violation of academic integrity, as it prevents the development of your own skills, and will be addressed according to the Student Academic Integrity policy. For this course, tools like Grammarly, predictive text, speech-to-text, and translation tools are considered forms of GenAI, as they blur authorship and are therefore not allowed. All work must be your own.

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Disruptive Behavior in an Instructional Setting:

Students are expected to engage with the instructor and other students in this class in a respectful and civil manner at all times to promote a classroom environment that is conducive to teaching and learning. Students who engage in disruptive behavior will be directed to leave the classroom. A student who is directed to leave class due to disruptive behavior is not permitted to return to class until the student meets with a representative from the Dean of Students Office. It is the student's responsibility to meet with the Dean of Students before class meets again and to provide the instructor confirmation of the meeting. A student who is directed to leave class will be assigned an unexcused absence for that class period and any other classes the student misses as a result of not meeting with the Dean of Students. The student is responsible for material missed during all absences and the instructor is not responsible for providing missed material. In addition, the student will be assigned a failing grade for assignments, quizzes, or examinations missed and will not be allowed to make up the work.

The Code of Student's Rights, Responsibilities, and Conduct (Policy 7.001) describes disruption as the obstructing or interfering with university functions or activity, including any behavior that interferes with students, faculty, or staff access to an appropriate educational environment. Examples of disruptive behavior that may result in a student being directed to leave the classroom include but are not limited to: failure to comply with reasonable directives of University officials, action or combination of actions that unreasonably interfere with, hinder, obstruct, or prevent the right of others to freely participate, threatening, assaulting, or causing harm to oneself or to another, uttering any words or performing any acts that cause physical injury, or threaten any individual, or interfere with any individual's rightful actions, and harassment. You are encouraged to read the Code of Student's Rights, Responsibilities, and Conduct for more information related to behaviors that could be considered disruptive.

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