

University of North Texas at Dallas
Spring 2025
SYLLABUS

BIOL 3090: Undergraduate Research: 3Hrs			
Department of	Health and Life Sciences	Division of	Liberal Arts and Sciences
Instructor Name:	Dr. Kelly Varga		
Office Location:	Room 249, Building 2		
Email Address:	Kelly.varga@untdallas.edu		
Office Hours:	Monday 10am -noon		
Classroom Location:	LAB		
Class Meeting Days & Times:	TBD		
Course Catalog Description:	This 16-week undergraduate research seminar will focus on developing a foundation in understanding the state of healthy eating, food security, nutrition, and health literacy on college campuses, with a specific emphasis on UNT Dallas. Students will engage in a semester-long research project to evaluate and promote sustainable, measurable changes in healthy eating behaviors among college students. The course will integrate literature reviews, campus food audits, IRB protocols, and survey design to prepare students for research-based approaches to improving campus health and nutrition.		
Prerequisites:	BIOL 1710, BIOL 1720 and consent from the instructor		
Co-requisites:			
Required Text:	NONE		
Access to Learning Resources:	UNT Dallas Library: phone: (972) 780-3625; web: http://www.unt.edu/unt-dallas/library.htm UNT Dallas Bookstore: phone: (972) 780-3652; e-mail: 1012mgr@fheg.follett.com		
Learning Objectives/Outcomes:	At the end of this course, the student will		
1	Develop skills in academic literature review and synthesis related to healthy eating and food security.		
2	Conduct a comprehensive food audit of the UNT Dallas campus		
3	Understand Institutional Review Board (IRB) protocols and complete IRB training and certification.		
4	Design effective research surveys tailored to studying healthy eating behaviors and interventions.		
5	Propose actionable, evidence-based recommendations for promoting sustainable, measurable changes in healthy eating on campus.		

Course Outline

This schedule is subject to change by the instructor. Any changes to this schedule will be communicated by the instructor.

Timeline	Undergraduate Research	Location	Outcome
1/22	<p>Introduction to Course and Research Basics</p> <p>Introduction to shared teams' folder for research, literature, presentations, etc.</p>	Dr. Varga's Office unless otherwise noted in teams	Review of ppt and basic introduction Dr. Varga provides; consider applications of research and basic questions.
Week of 1/27	<p>Literature Review I: Understanding the Problem:</p> <ul style="list-style-type: none"> The current state of food security and nutrition literacy among college students Techniques for conducting literature reviews. 	Dr. Varga's Office unless otherwise noted in teams	<ul style="list-style-type: none"> Summary of five relevant peer-reviewed articles in a one-two page document or ppt. Include APA citations in text and at end for good practice. Highlight considerations and questions about findings.
Week of 2/3	<p>Literature Review II: Strategies for Change:</p> <ul style="list-style-type: none"> Review of successful interventions promoting healthy eating 	*May need to be virtual, Dr. Varga will be at a conference.	<ul style="list-style-type: none"> Add to presentation key methodologies that generated progression of health and nutrition on campus. Focus on methodology: do they have surveys we could model? Education based interventions. Where is this housed: faculty? A pantry? Student affairs? Highlight methods you found to be impactful/helpful.
Week of 2/10	<p>Campus Food Audit I: Planning and Methods:</p> <ul style="list-style-type: none"> Introduction to food audits and their importance Planning the UNT Dallas campus food audit 	Dr. Varga's Office unless otherwise noted in teams	<ul style="list-style-type: none"> Exclusively focus research on food audits of college campuses. Pull out 3-5 papers to discuss and review the methods; how best should we perform this audit? What are the needed metrics/data based on our question? Begin to generate and Audit plan with objectives and timeline.
Week of 2/17	<p>Campus Food Audit II: Plan implementation and data collection:</p> <ul style="list-style-type: none"> Discuss the worksheet and structure of what to collect. 	Dr. Varga's Office unless otherwise noted in teams	<ul style="list-style-type: none"> Completed data collection worksheets generated to collect uploaded into teams.
Week of 2/24	Data Collect around campus	No meeting planned but can have placeholder for addressing any concerns	
Week of 3/3	Data collect around campus	Dr. Varga's Office unless otherwise noted in teams	Raw data discussion, next steps? Repeat if needed?
Week of 3/10	Spring Break: Take a break 😊		
Week of 3/17	Review, discuss findings and adjust based on data.	Dr. Varga's Office unless otherwise noted in teams	<p>Review literature- do our findings add to college food knowledge?</p> <p>Were surveys taken in addition? If so, what did these look like?</p>

Week of 3/24	Introduction to IRB Protocols <ul style="list-style-type: none"> • Overview of Institutional Review Board (IRB) process and ethical research practices • UNT Dallas IRB requirements • What does this tool allow us to do with our data if anything? 	Dr. Varga's Office unless otherwise noted in teams	IRB Training Modules
Week of 3/31	Continue survey discussion and framing outline	*May need to be virtual	IRB Training Modules/certification
Week of 4/7	Research proposal, presentation and poster. <ul style="list-style-type: none"> • Discus lay out of each • Discuss what is needed in each and why 	Dr. Varga's Office unless otherwise noted in teams	Introduction, methodology and results written and in presentation mode
Week of 4/14	Continue proposal and presentation prep	Dr. Varga's Office unless otherwise noted in teams	Results and discussion including next steps finalized in written and presentation mode
Week of 4/21	Presentation prep and discussion	Dr. Varga's Office unless otherwise noted in teams	Practice, refinement, adjustment
Week of 4/28	Presentation and discussion around next steps/semester Summer?	Dr. Varga's Office unless otherwise noted in teams	End of semester presentation to CSME, Public Health,