

**Chaminade
University
Online
Learning**

**Biology
131/131
L: Human
Nutrition**

Term: Summer 2014

**Instructor:
Karen Robbins,
Ph.D., R.D.,C.D.E.**

Office Hours:

This is an on-line
course.

Please contact me by
e-mail so I can assist
you with your
questions:

karen.robbs@adjunct.chaminade.edu

E-Mail:

Please e-mail me
within our course and
I will make every
attempt to respond to
student messages
within 24 hours.

Accommodations

If you feel you may
need an

**Biology 131/131L: Human
Nutrition, Online Section**



Karen Robbins, Ph.D.,R.D.,C.D.E.

Required Text:

Understanding Nutrition by Whitney and Rolfes, West Publishing, 13th edition. You can purchase your text from the Chaminade bookstore or via an on-line source of their choice. If you order your text from somewhere outside of Hawaii, you probably need to use express shipping.

Required Skills:

- Basic computer and on-line skills.
- Ability to navigate the Internet, send email with and without attachments
- Ability to download and install necessary free software. Examples: Adobe Acrobat Reader and Real Player.

Course Description:

In this introductory nutrition course you will explore the newest frontiers in nutrition and learn how to apply nutrition principles to your own food choices. Solidly based on science, this course will help you to understand how key nutrients (carbohydrates, lipids, proteins, amino acids, vitamins, minerals and water) affect health, disease, energy balance and weight control.

Student Learning Outcomes:

Students who successfully complete this course will:

- a Identify factors that influence why you eat as you do and how changes can be made in your diet.
- b Compare the various types of nutrition studies in terms

accommodation for any type of disability, please contact me or make an appointment to see one of the college counselors in Student Services.

Keys to Student Success

Read everything on the on-line assignments. Remember, time commitments for on-line classes are comparable to in-class classes.

If you are having difficulty following the course material please let me know so that we can work out a plan to help you successfully complete the course. I can't help you if you don't ask!

of research techniques and reliability of results.

c Evaluate the nutritional adequacy of your diet using U.S. Dietary Guidelines, the Food Pyramid, the Recommended Dietary Allowances, the food labels and the Food Composition Table.

d List and describe the six classes of nutrients, their functions, risks of excesses/deficiencies, sources and guidelines for intake.

e Identify the energy producing nutrients and how excess or deficiency of energy can affect the body.

f Describe over and under nutrition and discuss causes, cures and associated health risks.

g Describe the effects of farm production, processing and storage on nutrients.

h Discuss current issues related to the safety of the food supply.

i Discuss how alcohol and drugs interact with the nutritional processes.

j Describe the physiological changes that occur during the life cycle and explain the changes in nutrient needs that accompany these changes.

k Evaluate nutrition information in popular media critically.

l Apply the competencies learned to plan a menu/select from a restaurant menu that would meet the requirements for an individual based on the U.S. Dietary Guidelines, the Food Pyramid and the Recommended Dietary Allowances.

Primary Teaching Method:

This online course will include the following components for each week: Reading the chapter for that week, filling out the note taking guidelines and uploading them to the Dropbox feature of our class, doing the lab assignments, threaded discussion questions, and taking the on-line quizzes and tests. This may seem like an awful lot of work to do but remember instead of spending several hours a week in the classroom and lab, you will be spending at least that much time working through the chapter materials and weekly homework assignments. There is definitely **more** work involved in the online version of the course.

Quizzes and tests are all on-line. There is generally a one week time period for accessing each quiz/test. Within that one week time period you will need to choose a one hour time period to log on and take the quiz/test. Thus, you will need to choose your time wisely. **Quizzes and tests will not**

be electronically reopened if you fail to log in to take them during the time period that they are electronically open.

Studying Human Nutrition within the online format will require time management and discipline. You will need to make time each week to complete assigned reading and homework assignments. Grading is as follows:

Grading:

1 self into posting	7 points
15 note taking guidelines	15 points each
4 Tests	varied points
each	
16 Quizzes	25 points
each	
16 Threaded Discussion Postings	7 points each
15 Labs	Various points each
1 final exam	100 points
Extra credit	60 points

Course Grade

90-100%	A
80-89%	B
70-79%	C
60-69%	D
Less than 60%	F

Class Policies:

- Exams will be taken online. Quizzes and tests are all scheduled in the syllabus. You must choose a one-hour block of time to log on and complete the exam. You must select your time wisely since the exam can only be opened once and only remains open for one hour. It is my intention that you take the exam without the aid of your book or notes. I will not be in your home watching you, so let your conscience be your proctor. **It is your responsibility to take the quiz/test within the one week time period the quiz/tests is electronically open. I will not re-open quiz/tests. Please plan your time accordingly.**
- Homework is a very important aspect of this class as it allows you to apply concepts from your reading in the text and from lecture notes to real world problems and examples. Homework assignments **must** be submitted each week. **In the unlikely event that you submit an assignment beyond the designated time period, there will be a 10% late penalty for each**

week it is late.

- To succeed in this course you must complete the homework assignments, they add up to a big part of your course grade. This is a fast paced 4 credit science lab class so it's very important to complete all assignments on a timely basis and not fall behind. If you are not prepared to log into our course each week and complete the assignments I encourage you to drop our course.

Course Schedule:

Week 1

July 7 to 13 Chapter 1

Post information to under "introduction" to introduce yourself to your classmates and to your nutrition teacher. Include information about your major, which island or state is your home, if you work and why you are taking this class. Be Creative! 7 points

Threaded discussion posting 7 points
Completed note taking guideline 15 points
Lab: Weight of the Nation and worksheet 20 points
On-line multiple choice quiz 25 points

Week 2

July 14 to 20 Chapter 2

Threaded discussion posting 7 points
Completed note taking guideline 15 points
On-line multiple choice quiz 25 points
Lab: Food Browning 20 points
Lab: The Calorie Detectives 5 points

Week 3

July 21 to 27 Chapter 3

Threaded discussion posting 7 points
Completed note taking guideline 15 points
Lab: Breakfast/snack bars 10 points
On-line multiple choice quiz 25 points
Test #1 on Chapters 1, 2, 3. 65 points

Week 4
July 28 to August 3 Chapters 4 and 5

Chapter 4:	
Threaded discussion posting	7 points
Completed note taking guideline	15 points
On-line multiple choice quiz	25 points
Lab: The Real Bears	10 points

Chapter 5:	
Threaded discussion posting	7 points
Completed note taking guideline	15 points
Lab: Coronary Artery Bypass surgery	10 points
On-line multiple choice quiz	25 points

Week 5
August 4 to 10 Chapters 6 and 7

Chapter 6:	
Threaded discussion posting	7 points
Completed note taking guideline	15 points
Lab: Milk lab	10 points
On-line multiple choice quiz	25 points
Test #2 on Chapters 4, 5, 6.	65 points

Chapter 7:	
Threaded discussion posting	7 points
Completed note taking guideline	15 points
Lab: Alcohol calculation lab	10 points
On-line multiple choice quiz	25 points

Week 6
August 11 to 17 Chapters 8 and 9

Chapter 8:	
Threaded discussion posting	7 points
Completed note taking guideline	15 points
On-line multiple choice quiz	25 points

Chapter 9:	
Threaded discussion posting	7 points
Completed note taking guideline	15 points
Lab: supermarket lab	40 points
On-line multiple choice quiz	25 points

Week 7

August 18 to 24 Chapters 10 and 11

Chapter 10:

Threaded discussion posting:	7 points
Completed note taking guideline	15 points
Lab: Vitamin/mineral supplement eval	10 points
On-line multiple choice quiz	25 points

Chapter 11:

Threaded discussion posting:	7 points
Completed note taking guideline	15 points
Lab: Evaluating supplements	10 points
On-line multiple choice quiz	25 points
Test #3 on Chapters 7 to 11	65 points

Week 8

August 25 to 31 Chapters 12 and 13

Chapter 12:

Threaded discussion posting	7 points
Completed note taking guideline	15 points
Lab: portion distortion lab	10 points
On-line multiple choice quiz	25 points

Chapter 13:

Threaded discussion posting	7 points
Completed note taking guideline	15 points
Lab: water lab	10 points
Lab: caffeine lab	5 points
On-line multiple choice quiz	25 points

Week 9

September 1 to 7 Chapters 18 and 19

Chapter 18:

Threaded discussion posting	7 points
Your completed note taking guideline	15 points
Lab: Heifer International lab	10 points
On-line multiple choice quiz	25 points

Chapter 19:

Threaded discussion posting	7 points
Your completed note taking guideline	15 points
Lab: Our food supply lab	10 points
On-line multiple choice quiz	25 points
Test#4 on Chapters 12, 13, 18, 19	60 points

Week 10
September 8 to 14

Final exam 100 points

Extra Credit Labs:

Food Inc and worksheet 25 points

The Apple Pushers and worksheet 25 points

The Weight of the Nation, Kids 10 points

This is the last week to submit any tardy assignments for points

