

Chaminade University
Schofield Barracks

Biology 131/131 L: Human Nutrition

Term: Summer Evening 2016

Instructor:
Eric Collier BS, MBA

Office Hours:

Please contact Eric Collier by e-mail eric.collier@chaminade.edu for any questions. I will make every attempt to respond to student messages within 24 hours. Please speak to me during class breaks, before and after class, as well before and after labs.

Keys to Student Success:

Read everything in the assignments. Remember, time commitments for class requires 2 hours of out-of-class reading and preparation.

If you are having difficulty following the course material please let the professor know so that we can work out a plan to help you successfully complete the course.

Required Text:

Understanding Nutrition by Whitney and Rolfes, West Publishing, 14th edition. Feel free to purchase a used text, rental text or online version of our text to save money. 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 online skills.
- Ability to navigate the internet, send email with and without attachments
- Ability to download and install necessary free software.

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, and 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 of research techniques and reliability of results.
- c. Evaluate the nutritional adequacy of your diet using U.S. Dietary Guidelines, MyPlate, 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.

1. 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, MyPlate and the Recommended Dietary Allowances.

Primary Teaching Method:

This course will include the following components for each week:

- Reading the chapter(s) for that week.
- Doing the weekly lab reflections.
- Participating in discussion topics.
- Taking a syllabus quiz and an quiz for each chapter
- Taking 4 Exams.
- 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.

Quizzes and Exams are at the beginning of class. Quizzes, students have 30 min to complete. Exams, students will have 90 min to complete

Studying Human Nutrition will require time management and discipline. You will need to make time each week to complete assigned reading and homework assignments.

Grading:

1 Self into posting.....	7 points
1 Syllabus quiz.....	12 points
12 Weekly Chapter Notes.....	12 points each
4 Exams.....	varied points each
6 Chapter quizzes.....	30 points each
10 Lab Reflection	5 points each
10 Labs.....	various points each
1 final exam.....	100 points
Extra credit.....	varied points

Course Grade:

90-100% A

80-89% B

70-79% C

60-69% D

Less than 60% F

Class Policies:

- Quizzes and tests are all scheduled in the syllabus.
- All quizzes should take 30 minutes to complete, 90 minutes to complete each exam, and 2 hours to complete the final exam.
- Attendance & Participation Policy: Attendance, completion of assigned readings, attentiveness in lecture and lab will ensure satisfactory performance in the class. Demonstrating a thorough understanding of course material and intelligent engagement in class discussions constitutes high achievement in the course.
- Laboratory Reflection: Provide insights into lab content.

- I. Title of Lab
- II. Objective
- III. Expectations
- IV. Learned
- V. Pros/Cons
- VI. Cons: Recommendations for improvement

- Weekly Notes Submission: Submit weekly notes on next week's chapter readings by 5pm the Monday before class.
- Readings: There will be additional readings (articles, videos, research papers, etc), it is optional to provide a reflection each week, which constitutes extra credit towards grade.
- To succeed in this course you must complete the assignments as 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 for class discussion and participation each week and complete the assignments I encourage you to drop our course.

Additional Departmental and University Policies:

- **Electronic Devices.** Use of music devices and cell phones is prohibited during all Natural Science and Mathematics classes at Chaminade, unless specifically permitted by your instructor. Use of cellphones and music devices in laboratories is a safety issue. In addition, use of cellphones and music devices is discourteous and may lead to suspicion of academic misconduct. Students who cannot comply with this rule will be asked to leave class and may be subject to laboratory safety violation fines. You will be asked to leave class and marked absent if you do not comply. This will negatively affect your grade. Please refer any questions to the Dean of Natural Sciences and Mathematics.

- **ADAA Statement.** Pursuant to several federal and state laws, including the Americans with Disabilities Act of 1990, as amended by the ADA Amendments Act of 2008, and section 504 of the Rehabilitation Act of 1973, all qualified students with disabilities are protected from discrimination on basis of disability and are eligible for reasonable accommodations or modifications in the academic environment to enable them to enjoy equal access to academic programs, services, or activities. If a student would like to determine if they meet the criteria for accommodations, they should contact the Counseling Center at 808-735-4845 for further information.

- **Attendance and Tardiness.** Students are expected to attend regularly all courses for which they are registered. Students should notify their instructors when illness or other extenuating circumstances prevents them from attending class and make arrangements to complete missing assignments. Notification may be done by emailing the instructor's Chaminade email address, calling the instructor's campus extension or by leaving a message with the instructor's division office (Natural Sciences and Math (808) 440-4204. It is the instructor's prerogative to modify deadlines of course requirements accordingly. Any student who stops attending a course without officially withdrawing may receive a failing grade.

- **Unexcused absences** equivalent to more than a week of classes may lead to grade reduction for the course. Any unexcused absences of two consecutive weeks or more may result in being withdrawn from the course by the instructor. Although the instructor is not required to withdraw students in that scenario. Repeated absences put students at risk of failing grades.

- Policy on Communication. The University provides a Chaminade email address for all students. Official Chaminade communications will be sent to the students' Chaminade email address and instructors will use only this email to communicate with students. It is the responsibility of the student to check their email frequently. Report email-related problems to the Helpdesk at 808-735-4855 or helpdesk@chaminade.edu.

- Laboratory Safety Information. The following guidelines are established to provide instructions in maintaining safety for students, staff, and faculty while using any of the science laboratories at Chaminade University. The Division of Natural Sciences and Mathematics (NSM), along with the University Environmental Safety Office are responsible for enforcing the regulations set forth in the current Student Handbook. Queries should be addressed to: Dean of Natural Sciences and Mathematics (808) 440-4204; Environmental Safety Officer (808) 739-4811.

- Title IX Declaration. Chaminade University of Honolulu recognizes the inherent dignity of all individuals and promotes respect for all people. Sexual misconduct, physical and/or psychological abuse will NOT be tolerated at CUH. If you have been the victim of sexual misconduct, physical and/or psychological abuse, we encourage you to report this matter promptly. As a faculty member, I am interested in promoting a safe and healthy environment, and should I learn of any sexual misconduct, physical and/or psychological abuse, I must report the matter to the Title IX Coordinator. Should you want to speak to a confidential source you may contact the following: Chaminade Counseling Center at (808) 735-4845. Any priest serving as a sacramental confessor or any ordained religious leader serving in the sacred confidence role.

- Academic Honesty. Students are expected to have read and to abide by the "Student Rules of Conduct" which are available in your copy of Chaminade University's Student Handbook. Cheating in the form of plagiarism, collusion, deception will not be tolerated and will negatively affect your grade. An instructor for a class may modify elements of this syllabus according to the operational needs of the class.

We will use these course learning activities for each week of our fast paced 10 week class:

Date:	Description:	Assignment:
Thurs Jul 7, 2016	Introductions Review Syllabus Ch.1 Syllabus Quiz	Reading Weekly Notes (Due Jul 11 5pm)
Sat Jul 9, 2016	Lab: Chaminade University Henry Hall, Lab 3	Lab Reflection
Thurs Jul 14, 2016	Ch. 3 Quiz: Ch1	Reading Weekly Notes (Due Jul 18 5pm)
Sat Jul 16, 2016	Lab: TBA	Lab Reflection
Thurs Jul 21, 2016	Quiz Ch. 3 Ch. 4	Reading Weekly Notes (Due Jul 25 5pm)
Sat Jul 23, 2016	Lab: TBA	Lab Reflection
Thurs Jul 28, 2016	Exam I Ch. 1, 3, & 4 Ch. 5	Reading Weekly Notes (Due Aug 1 5pm)
Sat Jul 30, 2016	Lab: TBA	Lab Reflection
Thurs Aug 4, 2016	Quiz Ch. 5 Ch. 6	Reading Weekly Notes (Due Aug 8 5pm)
Sat Aug 6, 2016	Lab: TBA	Lab Reflection
Thurs Aug 11, 2016	Quiz Ch. 6 Ch. 7 & 8	Reading Weekly Notes (Due Aug 15 5pm)
Sat Aug 13, 2016	Lab: TBA	Lab Reflection
Thurs Aug 18, 2016	Exam II Ch. 5, 6, 7 & 8 Ch. 9	Reading Weekly Notes (Due Aug 22 5pm)
Sat Aug 20, 2016	Lab: TBA	Lab Reflection
Thurs Aug 25, 2016	Quiz Ch. 9 Ch. 10	Reading Weekly Notes (Due Aug 29 5pm)
Sat Aug 27, 2016	Lab: TBA	Lab Reflection

Thurs Sept 1, 2016	Quiz Ch. 10 Ch. 11 & 13	Reading Weekly Notes (Due Sept 5 5pm)
Sat Sept 3, 2016	Lab: TBA	Lab Reflection
Thurs Sept 8, 2016	Exam III Ch. 9,10,11 & 13 Ch. 19 & 20	Reading Weekly Reflection (Due Sept 12 5pm)
Sat Sept 10, 2016	Lab: TBA	Lab Reflection
Tues Sept 13, 2016	Final Exam Comprehensive	