

Course: Biology 131 – Human Nutrition

Location: CCPI (Chuuk Micronesia)

Days/Times: Monday - Friday 7:00 pm – 8:20 pm (Summer Session 2: 2016 term)

Lab times: 9:00 am until 12 noon.

Instructor: Elena P. Gold, Ph.D.

Contact information: elena.gold@chaminade.edu

Course description: This course is an introduction to basic concepts and current research in human nutrition. The nature and roles of nutrients, nutrient requirements throughout the human life cycle, diseases resulting from over- and under- nutrition, food safety and food sources will be discussed. It will address the needs of both health professionals and anyone interested in personal nutritional requirements. The anatomical, physiological, chemical and physical basis of this science will be explored. Student interest will determine which special topics will be emphasized.

Course objectives:

The primary objective of this course is to provide a science-based nutritional background that will help students make appropriate, informed choices from the vast array of foods available in today's marketplace. Upon successful completion of this course, students will be able to:

1. Identify factors that influence why you eat as you do and how to make healthful changes in your diet
2. Use the U.S. Dietary Guidelines and ChooseMyPlate.gov to evaluate the nutritional adequacy of diets
3. Use and understand the components of a food label
4. Describe what nutrients are and state basic information about each of the six categories of nutrients (e.g. functions in the body, risks of excesses/deficiencies, sources etc.)
5. Identify which nutrients are energy-yielding and which are non-energy yielding.
6. Define malnutrition (as over- or under- nutrition) and discuss its causes, cures, and associated health effects
7. Discuss current issues related to food safety
8. Describe the physiological changes that occur throughout the lifespan and explain the changes in nutrient needs that accompany these changes
9. Discuss how alcohol and other drugs interact with nutritional processes
10. Evaluate nutrition information in popular media for its soundness
11. Understand how nutrition affects physical activity ability
12. Understand the role of nutrition in primary and secondary disease prevention and treatment
13. Gain an appreciation for nutritional science and biological sciences.

Required Text: Understanding Nutrition, 12th edition. Whitney & Rolfes (9780538734653)

Students will be responsible for completing the reading assignments listed in the course schedule. Assigned reading shall be used to supplement all lecture material.

Schedule:

The following schedule is tentative & may be adjusted based on class interest and schedule.

Date	Topic	Reading Assignment	Comments
July 5, 2016	Welcome and Introductions		
July 11-15	Overview of course, Review of syllabus Lab rules and regulations Guidelines for Designing a Healthy Diet Choosing What You Eat and Why - Tools for Healthy Eating	Chapter 1 Chapter 2	Homework #1 Quiz #1 Chapter 1/2
July 16, 2016 Saturday	Lab 1: Reading food labels Lab 2: What's on your plate?		
			July 13, 2015(Monday) Last day to add/drop/change
July 18-22	The Basics of Digestion Carbohydrates Fats, Oils, and other Lipids Proteins and Amino Acids	Chapter 3 Chapter 4 Chapter 5 Chapter 6	Homework #2 Quiz #2 Chapter 3/4
July 23, 2016 Saturday	Lab 3: CHO-modified foods Lab 4: FAT-modified foods		
July 25-29	Vitamins Minerals and Water Alcohol	Chapter 7 Chapter 8 Chapter 9	Homework #3 Quiz #3 Chapter 5/6
July 30, 2016 Saturday	Lab 5: Recipe Makeover group project time Lab 6: Calorie Calculations		
August 1-4	Weight Management and Energy Balance Nutrition and Fitness Consumerism: From Farm to Table Food Safety and Technology	Chapter 10 Chapter 11 Chapter 12 Chapter 13	Homework #4 Quiz #4 Chapter 7-9
August 5, 2016	Final Exam	handout	

Quizzes:

Quizzes will be given each week throughout the term to assess comprehension of assigned readings.

Attendance:

Students are expected to attend all class sessions and actively participate/login while in attendance. Non-attendance in class will not be deemed an excuse for material missed unless a note from a doctor or commanding officer is proffered. Make-up exams will be offered if the absence is “excused”. Inform the instructor ahead of time if there will be any required absences.

ADA Accommodations:

If you have a disability and/or would like to determine if you qualify for ADA accommodations, please contact the Counseling Center at (808)735-4845.

Assessment:

The following components will be used to assess students’ final grades:

Quizzes	80
Labs	120
Final Exam	100
Homework/Assignments	50
<u>Attendance & Participation</u>	<u>50</u>
400 total points	

Grading:

90 - 100% =	A
89 – 80% =	B
79-70% =	C
69-60% =	D
< 60% =	F

Academic honesty is an essential aspect of all learning, scholarship, and research. It is one of the values regarded most highly by academic communities throughout the world. Violations of the principle of academic honesty are extremely serious and will not be tolerated. Students are responsible for promoting academic honesty at Chaminade by not participating in any act of dishonesty and by reporting any incidence of academic dishonesty to an instructor or to a University official. Academic dishonesty may include but is not limited to theft of records or examinations, alteration of grades, cheating (giving/receiving unauthorized assistance during an examination, submitting work of another person or work previously used in another class), fabrication of information or citations, facilitating acts of academic dishonesty by others, and plagiarism. Questions of academic dishonesty in a particular class are first reviewed by the instructor, who must make a report with recommendations to the Dean of the Academic Division. Punishment for academic dishonesty will be determined by the instructor and the Dean of the Academic Division and may range from an 'F' grade for the work in question to an 'F' for the course to suspension or dismissal from the University.