Course: Biology 131 – Human Nutrition Location: CCPI (Chuuk Micronesia)

Instructor: Dr. Elena P. Gold, Ph.D.
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Lecture course description: An introduction to basic concepts and current research in 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. Fulfills the General Education science 8 requirement for non-science majors when taken with BI 131L. Concurrent registration in BI 131L is required.

Laboratory course description: Survey of methodology and instrumentation involved in the analysis and evaluation of foods, their nutritional value, and diets. Concurrent registration in BI 131 is required.

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	Topics	Reading Assignment	Weekly Assignments
July 2-7	Welcome and Introductions 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 The Basics of Digestion	 Chapter 1 Chapter 2 Chapter 3	**Discussion Board Question** **Powerpoint Slides** **Homework/Assignment** **Quizzes: Ch. 1-3** **Test #1**
	July 4: Holiday		
	Lab 1: Reading food labels Lab 2: What's on your plate?		
July 9-14	Carbohydrates Fats, Oils, and other Lipids Proteins and Amino Acids	Chapter 4 Chapter 5 Chapter 6	**Discussion Board Question** **Homework/Assignment** **Quizzes: Ch. 4-6** **Test #2**
	Lab 3: CHO-modified foods Lab 4: FAT-modified foods		
July 16-21	Vitamins Minerals and Water Alcohol	Chapter 7 Chapter 8 Chapter 9	**Discussion Board Question** **Homework/Assignment** **Quizzes: Ch. 7-9** **Test #3**
	Lab 5: Recipe Makeover group project time Lab 6: Calorie Calculations		
July 23-28	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	**Discussion Board Question** **Homework/Assignment** **Quizzes: Ch. 10-13** **Test #4**
July 30-Aug 4	Final Exam Week	Handout	

Course expectations and requirements

This course is a fast-paced 5-week course. You are required to attend class daily and complete all assignments in a timely manner. Students are expected to attend all class sessions and actively participate/login while in attendance. Assignment deadlines are listed on Canvas course site each week. Your TA will update me on your attendance.

An important strategy for class is for you download course materials such as Powerpoints and Word documents whenever possible in order to work offline in the case of internet interruptions. Work smart and consistently to finish the course. There will not be deadline extensions for individual students. Extensions will be given to the entire class in the event that the internet is interrupted for more than a 24-hour period. You are responsible for reading the text outside of class and coming to class prepared to supplement your learning by completion of assignments.

For laboratory assignments, often you are given the option of working in a group. I highly recommend working with a partner or up to 3 students in a group to complete assignments in a timely manner. Either one person may upload the LAB coursework when working in groups or all students may upload the work. Include all students in the group name on lab projects.

Lecture assignments are independent assignments unless otherwise stated. No two students think exactly alike as we are all unique. If there is a trend of 2 or more students turning in the same work, all students will receive a zero. Academic honesty is essential (*See policy at the end of this syllabus.)*

Contact me in **Canvas via email** for emergencies or notify your TA with issues that arise in class that prevent you from completing work. If you do not inform me prior to deadlines, you will receive a zero.

Quizzes:

Quizzes will be given for each chapter throughout the term to assess comprehension of assigned readings and understanding of Powerpoint supplementary material. Quizzes are multiple choice and you are allowed to take all quizzes 2 times. The highest score on quizzes will be saved.

Discussion Boards:

Each week, you discussion board is worth 5 points. Posts require thoughtful insight and also educated opinions. If you include information for outside sources to support your opinion (this is recommended.), make sure that you include a reference for it at the end of your discussion post.

Tests:

Each week you will have a 50-point test to reinforce concepts. You must complete tests before completing the next week's assignments. If you do not complete a test, then future assignments will not be grades.

Homework/Other Assignments:

Make sure you check all weekly modules to ensure you complete all assignments in a timely manner.

Lab class:

Your lab assignments are included in a different Canvas course than your lecture items. Each week you will have the opportunity to obtain 50 points by completing a combination of case studies, nutritional reflections, short answer assignments and laboratory assignments. Total points for lab will be 250 points.

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 CCPI.

Assessments:

The following components will be used to assess students' performance:

Lecture:

Quizzes	120
Tests	200
Final Exam	60
Homework/Assignments	100
Attendance & Participation	20
	500 total points

Lab: 250 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.