Course Syllabus
Chaminade University Honolulu
3140 Waialae Avenue - Honolulu, HI 96816
www.chaminade.edu

Course Number: Biology 131/131L
Course Title: Human Nutrition
Department Name: Biology
College/School/Division Name: Division of Natural Sciences and Mathematics
Term: Spring 2020
Course Credits: BI 131(Lecture) is 3 credits and BI 131 Lab is 1 credit
Class Meeting Days & Hours: Monday, Wednesday & Fridays for Lecture from 11:30 a.m. to 12:20 p.m., and Tuesdays for Lab from 10:00 a.m. to 12:50 p.m.
Location: Lecture is in Ching Hall, Room 253 and the Lab will be held in Henry Hall, Room L3

Instructor Name: Sharon Omizo, M.Ed., R.D, L.D.
Email: sharon.omizo@chaminade.edu
Phone: 808-440-4204 (main Natural Science and Mathematics Division phone number))
Office Hours: available by email or appointment

University Course Catalog Description

Description from the university online catalog:
BI 131 Human Nutrition (3 credits) 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 requirement for non-science majors when taken with BI 131L. Concurrent registration in BI 131L is required.

BI 131L Human Nutrition Laboratory (1 credit) One three-hour laboratory period per week to accompany BI 131. 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 Overview

This course covers the scientific basis of modern nutritional theory and practice. It will address the needs of both healthcare professionals and anyone interested in personal nutritional requirements. Students will learn and apply these principles to diet planning for both everyday wellness, and also for the prevention and treatment of pathology. The anatomical, physiological, chemical and physical basis of this science will be explored. Student interest will determine which special topics will be emphasized. The student will be expected to apply these principles to a detailed analysis of their own diet.

Marianist Values

This class represents one component of your education at Chaminade University of Honolulu. An education in the Marianist Tradition is marked by five principles and you should take every opportunity possible to reflect upon the role of these characteristics in your education and development:

1. Education for formation in faith
2. Provide an integral, quality education
3. Educate in family spirit
4. Educate for service, justice and peace
5. Educate for adaptation and change

Native Hawaiian Values

Education is an integral value in both Marianist and Native Hawaiian culture. Both recognize the transformative effect of a well-rounded, value-centered education on society, particularly in seeking justice for the marginalized, the forgotten, and the oppressed, always with an eye toward God (Ke Akua). This is reflected in the ʻOlelo Noʼeau (Hawaiian proverbs) and Marianist core beliefs:

1. Educate for Formation in Faith (Mana) E ola au i ke akua (ʻŌlelo Noʻeau 364) May I live by God
2. Provide an Integral, Quality Education (Na'auao) Lawe i ka maʻalea a kūʻonoʻono (ʻŌlelo Noʻeau 1957) Acquire skill and make it deep
3. Educate in Family Spirit (ʻOhana) ʻIke aku, ʻike mai, kōkua aku kōkua mai; pela iho la ka nohana ʻohana (ʻŌlelo Noʻeau 1200) Recognize others, be recognized, help others, be helped; such is a family relationship
4. Educate for Service, Justice and Peace (Aloha) Ka lama kū o ka noʻeau (ʻŌlelo Noʻeau 1430) Education is the standing torch of wisdom
5. Educate for Adaptation and Change (Aina) ʻAʻohe pau ka ʻike i ka hālau hoʻokahi (ʻŌlelo Noʻeau 203) All knowledge is not taught in the same school

Learning Outcomes

By the end of our 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. Us 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.

Integration of Critical Skills:

The following critical skills are incorporated into the course content: reading, writing, critical analysis, speaking/listening and working within a multi-cultural environment.

Required Textbook: Nutrition & You (5th edition) by Joan Salge Blake, Pearson Education. There is no separate textbook for the Lab, but handouts will be given in the Lab.

Course Required Skills: Basic computer skills, ability to navigate the Internet, send email message with and without attachments, ability to download and install necessary free software.

Course Website: https://chaminade.instructure.com/courses/11318

Technical Assistance for Canvas Users:

- **Search for help on specific topics at help.instructure.com**
- **Chat live with Canvas Support 24/7/365**
- **Watch this video to get you started with online guides and tutorials:** canvasorientation.weebly.com/
- **Contact the Chaminade IT Helpdesk for technical issues: helpdesk@chaminade.edu, or call (808) 735-4855**

Tutoring and Writing Services

Chaminade is proud to offer free, one-on-one tutoring and writing assistance to all students. Tutoring and writing help is available on campus at Kōkua `Ike: Center for Student Learning in a variety of subjects (including, but are not limited to: biology, chemistry, math, nursing, English, etc.) from trained Peer and Professional Tutors. Please check Kōkua `Ike's website (https://chaminade.edu/advising/kokua-ike/) for the latest times, list of drop-in hours, and information on scheduling an appointment. Free online tutoring is also available via Smarthinking. Smarthinking can be accessed 24/7 from your Canvas account. Simply click Account – Notifications – Smarthinking. For more information, please contact Kōkua `Ike at tutoring@chaminade.edu or 808-739-8305.

Assessment and Grading Scale: Separate grades are given for the lecture and the laboratory. It is possible to receive different grades for lecture and laboratory.

Letter grades are given in all courses except those conducted on a credit/no credit basis. Grades are calculated from the student's daily work, class participation, attendance, tests, in-class activities, assigned project and examinations. They are interpreted as follows:

- **A Outstanding scholarship and an unusual degree of intellectual initiative**
- **B Superior work done in a consistent and intellectual manner**
- **C Average grade indicating a competent grasp of subject matter**
- **D Inferior work of the lowest passing grade, not satisfactory for fulfillment of prerequisite course work**
- **F Failed to grasp the minimum subject matter; no credit given**

Your grade in this course will be based on the following:

Three examinations worth 100 points each.	300 points
One assigned project/paper worth 50 points	50 points
In-class activity handouts to be completed during the class	variable points
Lecture class attendance	50 points
Total points for Lecture portion of course:	**400 points**(plus any points from variable/in-class activities)

LAB grade is based on the following:

LAB attendance and in-lab activity handouts:
Pig dissection**(10 points)**,
Sheep's heart dissection**(10 points)**,
Lactase enzyme lab**(8 points)**,
all other labs worth **6 points** **Total of 100 points for Lab portion of the course.**

Please follow the grading scale below for the Lecture portion of the course and also the grading scale for the Lab portion of the course. ***Remember that you will be given one grade for the Lecture portion and one grade for the Lab portion.***

Grading Scale for the Lecture portion:
A = 90 - 100% 360 - 400 points
B = 80 - 89% 320 - 359 points
C = 70 - 79% 280 - 319 points
D = 60 - 69% 240 - 279 points
F = less than 60% <than 279 points

Grading Scale for the LAB portion:
A = 90 - 100% 90 - 100 points
B = 80 - 89% 80 - 89 points
C = 70 - 79% 70 - 79 points
D = 60 - 69% 60 - 69 points
F = less than 60% < 60 points

Course Policies:

Late Work Policy

All assignments are due at the beginning of class on the specified date. Due dates not indicated on the course schedule will be announced in class. It is the policy of the Biology Department that any late assignments will be docked one letter grade for submissions received up to 24 hours late. Assignments received after the 24-hour grace period will receive a 'zero' for that assignment. Assignments may be accepted in advance of the due date. In case of an emergency, the instructor reserves the right to make exceptions.

Grades of "Incomplete"

Incomplete grades follow the Chaminade University policies.

Instructor and Student Communication

Questions for this course can be emailed to the instructor at sharon.omizo@chaminade.edu. Email and in-person conferences can be arranged. Response time will take place up to 24 hours.

Policy on Technology, Cell phones, music devices, tablets, and laptops

Use of music devices and cell phones is prohibited during all Natural Science and Mathematics classes at Chaminade University, unless specifically permitted by the instructor. Use of cellphones and music devices in laboratories is a safety issue. In addition, use of cellphones and music devices in any class is discourteous to others 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

ADA Policy

Statement from the New Student Handbook

Pursuant to 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 the basis of disability and are eligible for reasonable accommodations or modifications in the academic environment to enable them to 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 in the Student Support Services Building, Room 101, by phone at (808) 735-4845 or email: counselingcenter@chamiande.edu for further information.
Web: studentaffairs.chaminade.edu/counseling-center/counseling-services

Policy on Communication:

The University provides a Chaminade email address for all students. Official Chaminade communicatioins 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

Title IX Compliance

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. If you or someone you know has been harassed or assaulted, you can find the appropriate resources by visiting Campus Ministry, the Dean of Students Office, the Counseling Center, or the Office for Compliance and Personnel Services.

Attendance Policy

The following attendance policy is from the 2018-2019 Academic Catalog (p. 57-58):
Students are expected to attend regularly all courses for which they are registered. Students should notify their instructors promptly when illness or other extenuating circumstances prevents them from attending class and make arrangements to complete missed assignments. Notification may be done by emailing the instructor at: sharon.omizo@chaminade.edu or by leaving a message with the Natural Sciences and Mathematics division office(phone: 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 a grade reduction for the course. Any unexcused absence 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.

Students with disabilities who have obtained accommodations from the Chaminade University of Honolulu ADA Coordinator may be considered for an exception when the accommodation does not materially alter the attainment of the learning outcomes. Federal regulations require continued attendance for continuing payment of financial aid. When illness or personal reasons necessitate continued absence, the student should communicate first with the instructor to review the options. Anyone who stops attending a course without official withdrawal may receive a failing grade or be withdrawn by the instructor at the instructor's discretion.

Attendance is MANDATORY fo ALL laboratory experiments. Laboratory absences that are APPROVED by the instructor PRIOR to the lab are excused. A note from a doctor must be provided. Because of the nature of this course, it will be impossible to re-create several of the labs on an individual basis for make-ups. Therefore, it is EXTREMELY important that you try not to have any absences during this time. No one will pass this course with more than 2 unexcused absences. Per Chaminade University policy, attendance will be taken, and the Registrar's Office will be notified of excessive absences.

Academic Conduct Policy

From the 2018-2019 Undergraduate Academic Catalog (p. 42):

Any community must have a set of rules and standards of conduct by which it operates. At Chaminade, these standards are outlined so as to reflect both the Catholic, Marianist values of the institution and to honor and respect students as responsible adults. All alleged violations of the community standards are handled through an established student conduct process, outlined in the Student Handbook, and operated within the guidelines set to honor both students' rights and campus values.

Students should conduct themselves in a manner that reflects the ideals of the University. This includes knowing and respecting the intent of rules, regulations, and/or policies presented in the Student Handbook, and realizing that students are subject to the University's jurisdiction from the time of their admission until their enrollment has been formally terminated. Please refer to the Student Handbook for more details. A copy of the Student Handbook is available on the Chaminade website.

For further information, please refer to the Student Handbook: https://chaminade.edu/wp-content/uploads/2019/08/NEW-STUDENT-HANDBOOK-19-20-Final-8.20.19.pdf

Academic Honesty:

Students are expected to have read and to abide by the "Student Rules of Conduct" which is available in your copy of Chaminade University's Student Handbook. Cheating in the form of plagiarism, collusion, and deception will not be tolerated and will negatively affect your grade.

The success of the student Honor Code is made possible only with the acceptance and cooperation of every student. Each student is expected to maintain the principles of the Code. Examples of Honor Code violations include, but are not limited to:

- Giving or receiving information from another student during an examination,
- Using unauthorized sources for answers during an examination,
- Illegally obtained test questions before the test,
- Any and all forms of plagiarism - submitting all or part of someone else's work or ideas as your own,
- The destruction and/or confiscation of school and/or personal property,
- Violations of the Honor Code are serious. They harm other students, your professor, and the integrity of the University. Allege violations will be referred to the Office of Judicial Affairs. If found guilty of plagiarism, a student might receive a range of penalties, including failure of an assignment, failure of an assignment and withholding of the final course grade until a paper is turned in on the topic of plagiarism, failure of the course, or suspension from the University.

Violations of Academic Integrity: Violations of this principle include, but are not limited to:

- Cheating: Intentionally using or attempting to use unauthorized materials, information, notes, study aids, or or other devices in an academic exercise.
- Fabrication and Falsification: Intentioinal and unauthorized alteration or invention of any information or citation in an academic exercise. Falsification is a matter of inventing or counterfeiting information for use in any academic exercise.
- Multiple Submissions: The submission of substantial portions of the same academic work for credit(including oral reports) more than once without authorization.
- Plagiarism: Intentionally or knowingly presenting the work of another as one's own(i.e., without proper acknowledgment of the source.
- Abuse of Academic Materials: Intentionally or knowingly destroying, stealing, or making inaccessible library or other academic resource materials.
- Complicity in Academic Dishonestly: Intentionally or knowingly helping or attempting to help another to commit an act of academic dishonesty.

Plagiarism includes, but is not limited to:

- Copying or borrowing liberally from someone else's work without his/her knowledge or permission, or with his/her knowledge or permission and turning it in as your own work.
- Copying of someone else's exam or paper.
- Allowing someone to turn in your work as his or her own. DO NOT provide your homework to someone else for reference.
- Not providing adequate references for cited work.
- Copying and pasting large quotes or passages without properly citing them.

CLASS LECTURE AND LAB SCHEDULE:

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

DATE:	**TOPIC:**	**READING ASSIGNMENT:**	**COMMENTS:**
January 13, 2020 (Monday)	Welcome and Introduction, Overview of course, Review of syllabus		
January 14th (Tuesday)	**LAB** Introduction, lab rules, 1st Personal dietary Intake & analysis		
Jan. 15th (Weds.)	**What is Nutrition?**	Chapter 1	
Jan. 17th (Friday)	**What is Nutrition (continued)**	Chapter 1	***(Read pgs. 48 - 57 on Food Labels to prepare for 1/21/2020 Lab)***
Jan. 20th (Monday)	**Martin Luther King holiday - NO CLASS**		
January 21, 2020 (Tuesday)	**LAB** Metric Measuring and Food Label analysis		***Bring 2 food labels to this Lab***
Jan. 22nd (Wednesday)	**Tools for Healthy Eating**	Chapter 2	
Jan. 24th (Friday)	**Tools for Healthy Eating (continued)**	Chapter 2	(Review of websites: Dietary guidelines for Americans, ChooseMyPlate.gov, and related websites)
Jan. 27th (Monday)	**The Basics of Digestion**	Chapter 3	
Jan. 28th (Tuesday)	**LAB** Digestive System - Fetal Pig dissection		

Jan. 29, 2020 (Wednesday)	**The Basics of Digestion (continued)**	Chapter 3	
Jan. 31st (Friday)	**Carbohydrates: Sugars, Starches, and Fiber**	Chapter 4	
February 3, 2020 (Monday)	**Carbohydrates: Sugars, Starches, and Fiber (continued)**	Chapter 4	
Feb. 4th (Tuesday)	**LAB** Enzymatic activity of Lactase		
Feb. 5th (Wednesday)	**Fats, Oils, and Other Lipids**	Chapter 5	
Feb. 7th (Friday)	**Fats, Oils, and Other Lipids (continued)**	Chapter 5	
Feb. 10th (Monday)	**Proteins and Amino Acids**	Chapter 6	
Feb. 11th (Tuesday)	**LAB** Coronary Artery Lab - Sheep's Heart dissection		
Feb. 12th (Wednesday)	**Proteins and Amino Acids**	Chapter 6	
Feb. 14th (Friday)	***Review for first TEST*** (Chapters 1, 2, 3, 4, 5, and 6)		Deadline to Withdraw without Record(WNR)
Feb. 17th (Monday)	**President's Day holiday - NO CLASS**		
Feb. 18th (Tuesday)	**LAB** Enzymatic Browning		
Feb. 19, 2020 (Wednesday)	**TEST 1** (Chapters 1, 2, 3, 4, 5, and 6)		
Feb. 21st (Friday)	**Vitamins**	Chapter 7	
Feb. 24th (Monday)	**Vitamins (continued)**	Chapter 7	
Feb. 25th (Tuesday)	**LAB** Vitamin/Mineral supplement dissolvability		

Feb. 26, 2020 (Wednesday)	**Vitamins (continued)**	Chapter 7
Feb. 28th (Friday)	**Minerals and Water**	Chapter 8
March 2, 2020 (Monday)	**Minerals and Water (continued)**	Chapter 8
March 3rd (Tuesday)	**LAB** Acid-Base(pH) lab	
March 4th (Wednesday)	**Minerals and Water (continued)**	Chapter 8
March 6th (Friday)	**Alcohol**	Chapter 9
March 9th (Monday)	**Weight Maintenance and Energy Balance**	Chapter 10
March 10th (Tuesday)	**LAB** Recipe Makeover	
March 11th (Wednesday)	**Weight Maintenance and Energy Balance (continued)**	Chapter 10
March 13th (Friday)	**Weight Maintenance and Energy Balance (continued)**	Chapter 10
March 16th (Monday)	**Nutrition and Fitness**	Chapter 11
March 17th (Tuesday)	**LAB** 2nd Personal dietary Intake and analysis	
March 18th (Wednesday)	**Nutrition and Fitness (continued)**	Chapter 11
March 20th (Friday)	***Review for second TEST*** (Chapters 7, 8, 9, 10, and 11)	

March 23rd(Monday) through March 27, 2020(Friday) SPRING RECESS NO CLASSES

March 30, 2020 (Monday)	**Test 2** (Chapters 7, 8, 9, 10 and 11)		
March 31st (Tuesday)	**LAB** Calorie, Sugar, & Fat Modified Foods and Beverages		
April 1, 2020 (Wednesday)	**Consumerism and Sustainability: Food from Farm to Table**	Chapter 12	
April 3rd (Friday)	**Consumerism and Sustainability: Food from Farm to Table (continued)**	Chapter 12	
April 6th (Monday)	**Food Safety and Technology**	Chapter 13	Deadline to withdraw from Spring classes
April 7th (Tuesday)	**LAB** Petri dish bacteria (Part I), Food Safety video, State of Hawaii Dept. of Health Food Inspection guidelines and Color-coded PLACARD program		
April 8th (Wednesday)	**Food Safety and Technology (continued)**	Chapter 13	
April 10, 2020 (Friday)	**Good Friday holiday - NO CLASS**		
April 13th (Monday)	**Life Cycle Nutrition: Pregnancy through Infancy**	Chapter 14	
April 14th (Tuesday)	**LAB** Petri dish bacteria (Part II), Microscope bacteria viewing, Rat Lungworm disease in Hawaii		
April 15th (Wednesday)	**Life Cycle Nutrition: *Pregnancy* through Infancy (continued)**	Chapter 14	
April 17th (Friday)	**Life Cycle Nutrition: *Toddlers* through the Later Years**	Chapter 15	
April 20th (Monday)	**Life Cycle Nutrition: *Toddlers* through the Later Years (continued)**	Chapter 15	
April 21st (Tuesday)	**LAB** Menu Comparison		

April 22, 2020 (Wednesday)	**Hunger at Home and Abroad**	Chapter 16	
April 24th (Friday)	**Independent Study day/work on assigned project/paper. Instructor available in classroom, but NO FORMAL CLASS**.		
April 27th (Friday)	**Hunger at Home and Abroad (continued)**	Chapter 16	
April 28th (Tuesday)	**LAB** Meal Analysis and Development of Nutritious Low–cost meals		
April 29th (Wednesday)	***Review for Test 3(final test)*** Chapters 12, 13, 14, 15, and 16		
May 1, 2020 (Friday)	**Test 3** (Chapters 12, 13, 14, 15 and 16) ***Assigned paper/project due at the BEGINNING of the class.***		Last day of Instruction