

## Course: Biology 131 – Human Nutrition

**Location:** CCPI (Chuuk Micronesia)

**Instructor:** Dr. Elena P. Gold, PhD

**Contact information:** [CANVAS inbox](#) or [elena.gold@chaminade.edu](mailto:elena.gold@chaminade.edu)

**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 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.

### 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

### 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.

### 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 'Olelo No'eau (Hawaiian proverbs) and Marianist core beliefs:

1. Educate for Formation in Faith (Mana) E ola au i ke akua ('Olelo No'eau 364) May I live by God
2. Provide an Integral, Quality Education (Na'auao) Lawe i ka ma'alea a kū'ono'ono ('Olelo No'eau 1957) Acquire skill and make it deep
3. Educate in Family Spirit ('Ohana) 'Ike aku, 'ike mai, kōkua aku kōkua mai; pela iho la ka nohana 'ohana ('Olelo No'eau 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 no'eau ('Olelo No'eau 1430) Education is the standing torch of wisdom
5. Educate for Adaptation and Change (Aina) 'A'ohe pau ka 'ike i ka hālau ho'okahi ('Olelo No'eau 203) All knowledge is not taught in the same school

**Required Text: The Science of Nutrition (5<sup>th</sup> Edition)** ISBN: 13: 978 0 134 89867 4  
Thompson, JL; Manore, MM and LA Vaughan (Pearson) 2020.

### **Course expectations and requirements:**

This course is a 16-week course. You are required to attend class at all scheduled times 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. (Note: I am also able to check the number of times you login and the duration of your login.)

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. **Important Note: 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 the name of all students in the group on lab projects if you turn in an assignment for your group.

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 inbox or 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.

### **Technical Assistance for Canvas Users:**

- Search for help on specific topics or get tips in [Canvas Students](#)
- [Live chat with Canvas Support for students](#)
- Canvas Support Hotline for students: +1-833-209-6111
- Watch this [video to get you started](#)
- [Online tutorials](#): click on "Students" role to access tutorials

### Assessments and Activities: How you will be Graded:

#### 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:

Every 2 weeks, the discussion board will **require** you to complete **3** postings and is worth 5 points. Make your initial post by Wednesday on the first week the discussion is posted and complete commenting by Friday of the same week before the assigned due date. (I will automatically deduct 2 points if your initial post is not made by Thursday.) Discussion 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. Please be respectful of all student's input and point of view.

#### Exams:

At the end of a few chapters, you will have a 100-point test to reinforce concepts. **Study for your exam. NOTHING (Textbook, Internet, Notes or PowerPoints) can be used while taking the exam!!!) You must complete exam before completing the next week's assignments.** If you do not complete an exam, then future assignments will not be graded until the exam is completed.

#### Other Assignments:

Make sure you check all weekly modules to ensure you complete all assignments in a timely manner. Make the deadlines! You will excel in class when you make the deadlines.

#### Lab class:

**Your lab assignments are included in a different Canvas course than your lecture items.** Every 2 weeks, you will have the opportunity to obtain **approximately 20** points by completing a combination of case studies, nutritional reflections, short answer assignments and laboratory assignments. Total points for lab will be **200** 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:

Discussion Boards	100 points
Homework/Assignments	100 points
Quizzes	100 points
Regular Exams	200 points
Final Exam	200 points
Attendance & Participation	<u>100 points</u>
<b>Total (lecture points)</b>	<b>800 points</b>

Lab	<b><u>200 points</u></b>
<b>Final Total points</b> (possible for class)	<b>1000 points</b>

**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.*

## University Information

### Disability Access

If you need individual accommodations to meet course outcomes because of a documented disability, please speak with me to discuss your needs as soon as possible so that we can ensure your full participation in class and fair assessment of your work. Students with special needs who meet criteria for the Americans with Disabilities Act (ADA) provisions must provide written documentation of the need for accommodations from Kōkua 'Ike: Center for Student Learning by the end of week three of the class, for instructors to plan accordingly. If a student would like to determine if they meet the criteria for accommodations, they should contact the Kōkua 'Ike Coordinator at (808) 739-8305 for further information ([ada@chaminade.edu](mailto:ada@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

Students are expected to regularly attend all courses for which they are registered. Student should notify their instructors 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's Chaminade email address, calling the instructor's campus extension, or by leaving a message with the

instructor's division office. 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 Tutor 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.

### **Student Conduct Policy**

Campus life is a unique situation requiring the full cooperation of each individual. For many, Chaminade is not only a school, but a home and a place of work as well. That makes it a community environment in which the actions of one student may directly affect other students. Therefore, each person must exercise a high degree of responsibility. Any community must have standards of conduct and rules 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 under Student Life. [Link](#)

For further information, please refer to the Chaminade Catalog ([Link](#))

<b>Dates</b>	<b>Topics</b>	<b>Reading Assignment</b>	<b>Weekly Assignments Quizzes/Exams</b>
Week 1 Jan 9 - 13	Science of Nutrition	Chapter 1	Read Syllabus <a href="#">Discussion Board 1</a> Quiz 1
Week 2 Jan 16 - 20 <a href="#">Jan 16: MLK Day</a>	Designing a Healthful Diet	Chapter 2	Assignment 1 Quiz 2
Week 3 Jan 23 - 27	The Human Body Carbohydrates	Chapter 3 Chapter 4	<a href="#">Discussion Board 2</a> Assignment 2 Quiz 3
Week 4 Jan 30 – Feb 3 <a href="#">Feb 3-4 Diocesan Celebration</a>	Lipids Proteins	Chapter 5 Chapter 6	Assignment 3 <b>Exam 1: covers Ch. 1-5</b>
Week 5 Feb 6 -10	Metabolism <a href="#">Feb 10: Last Day to Withdraw (WNR)</a>	Chapter 7	<a href="#">Discussion Board 3</a> Assignment 4 Quiz 4
Week 6 Feb 13 -17	Nutrients Involved in Energy Metabolism, Fluid and Electrolyte Balance	Chapter 8 Chapter 9	Assignment 5 Quiz 5
Week 7 Feb 20 -24 <a href="#">Feb 20: President's Day</a> <a href="#">Feb 22: Ash Wednesday</a>	Nutrients Involved in Antioxidant Function, and Vision Nutrients Involved in Bone Health	Chapter 10 Chapter 11	<a href="#">Discussion Board 4</a> Assignment 6 Quiz 6
Week 8 Feb 27 - Mar 3	Nutrients Involved in Blood Health and Immunity	Chapter 12	<b>Exam 2: covers Ch. 6-11</b>
Week 9 Mar 6 - 10	Achieving and Maintaining a Healthful Body Weight	Chapter 13	<a href="#">Discussion Board 5</a> Assignment 7 Quiz 7
Week 10 Mar 13-17	Nutrition and Physical Activity: Keys to Good Health <a href="#">March 17: Last Day to Withdraw</a>	Chapter 14	Assignment 8 Quiz 8
Week 11 Mar 20 - 24 <a href="#">Mar 24: Prince Kuhio Day</a>	Food, Safety and Technology: Protecting Our Food	Chapter 15	<a href="#">Discussion Board 6</a> Assignment 9 Quiz 9
Week 12 Mar 27 – 30 <a href="#">Mar 31: FSM Cultural Awareness Day &amp; National Prayer Day</a>	Food Equity and Sustainability	Chapter 16	Assignment 10 <b>Exam 3: covers Ch. 12- 16</b>
Week 13 Apr 3 – 7 <a href="#">Apr 1: Cultural Festival @CCPI</a>	<a href="#">Easter Break for CCPI</a>		
Week 14 Apr 10 – 14 <a href="#">Apr 10: Easter Observance</a>	Nutrition Through the Life Cycle: Pregnancy and Year 1	Chapter 17	<a href="#">Discussion Board 7</a>
Week 15 Apr 17 - 21	Nutrition Through the Life Cycle: Pregnancy and Year 1	Chapter 17	<a href="#">Discussion Board 8</a> Assignment 11 Quiz 10
Week 16 Apr 24 - 28 <a href="#">Apr 28: Last Day of Instruction</a>	CATCH-UP: Final Assignments turned in		
<b>Final Exam Week</b> <b>May 1-4</b>	<b>FINAL EXAM (date to be determined) Includes chapter 1-16 (90%) and Chapters 17 (10%)</b>		

**\*Holidays are listed on calendar in GREEN**