

Course Syllabus

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Course Title: Human Nutrition

Course Number: BI131-01

Course credits: 3

Term: Fall 2023

Meeting Days: Tuesday & Thursday

Meeting Hours: 11:30 am - 12:50pm

Meeting Location: Room 102 Hale Hoaloha (HHOA), [link to campus map](#)
(<https://chaminade.edu/student-success/nso/nso-campus-map/>)

Instructor: Michael Dohm, PhD

Department: Biology, School of Natural Sciences and Mathematics, Chaminade University of Honolulu

Office: Wesselkamper Science Center (WSC) rm. 108

Office Hours: 9 - 11 am on Wednesday & Friday or by appointment

Email: mdohm [at] chaminade.edu (current students: use [CANVAS Messaging](#))

Phone: 808-739-8543

Website: <https://letgen.org> (<https://letgen.org>)

A pdf version of the syllabus is available from the [Syllabus Archive \(https://syllabus.chaminade.edu/\)](https://syllabus.chaminade.edu/).

Course Overview

This course covers the scientific basis of modern nutritional theory and practice. It will address the needs of both health professionals and anyone interested in personal nutritional requirements. Students will learn and apply these principles to diet planning for both everyday wellness and 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.

University Course Catalog 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 BI131L. Concurrent registration in BI131L is required.

Required Learning Materials

Nutrition: Science and Applications, 4th edition, by Lori Smolin and Mary Grosvenor (2019); [Chaminade University Bookstore \(https://chaminade.bncollege.com/shop/chaminade/page/find-textbooks\)](https://chaminade.bncollege.com/shop/chaminade/page/find-textbooks)

Course website

Materials provided by the instructor to BI131L students are hosted in CANVAS at <https://chaminade.instructure.com/courses/28846>

Technical Assistance for Canvas Users:

- Search (Google, Bing, etc.) 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
- Contact the Chaminade IT Helpdesk for technical issues: helpdesk@chaminade.edu or call (808) 735-4855

Suggested Learning Materials

Open textbook: Human Nutrition, 2018 <https://pressbooks.oer.hawaii.edu/humannutrition/>
(<https://pressbooks.oer.hawaii.edu/humannutrition/>)

FDA Nutrition resources: <https://www.fda.gov/food/food-labeling-nutrition/nutrition-education-resources-materials> (<https://www.fda.gov/food/food-labeling-nutrition/nutrition-education-resources-materials>)

World Health Organization (WHO): <https://www.who.int/health-topics/nutrition>
(<https://www.who.int/health-topics/nutrition>)

Tutoring and Writing Services

Chaminade University 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/> (<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 TutorMe. Tutor Me can be accessed 24/7 from your Canvas account. Simply click Account – Notifications – TutorMe. For more information, please contact Kōkua 'Ike at tutoring@chaminade.edu or 808-739-8305.

Course Credit Hour Expectations

BI131 is a three-credit hour course and therefore requires a minimum of 135 hours of student engagement (see CUH Credit Hour Policy). One university semester credit hour typically includes one hour of in-class contact time with the professor plus two hours of preparation time by the student. Thus, over the course of the semester, students enrolled in BI131 are expected to spend about 40 hours in class, 20 hours on quizzes, 35 hours on homework, and up to 40 hours preparing for the four exams (3 midterm plus a 2-hour final exam). These times are approximate -- individual needs may vary. Time spent outside of class by students may be better expressed by tasks to do. For example, students can re-write and update lecture notes, perform focused reading from the textbook and other resources, problem solving, developing concept maps, and creating and taking practice exams.

Assessment

Your grade for the course is based on four elements: exams, quizzes, homework, and group mini-projects. All work will be submitted to CANVAS: no materials may be submitted to instructor's email address, nor shall students share work via Google Drive or other resource. Due dates for assignments are reported as month/day (mm/dd). In general, assignments are due by 11:59 pm HST on the date due. Details about each graded element are discussed in class with materials posted in Canvas.

Homework supports learning of topics. Homework will consist of short-answer questions and active learning exercises to apply knowledge to actual situations.

Quizzes are typically multiple choice questions, designed to check comprehension of lecture and chapter readings.

Exams include questions to test knowledge, provide opportunities for students to analyze and synthesize real world situations relevant to human health.

Group Projects allow students to focus and develop work in their area of interest from reading and lecture. Homework and quizzes are to be conducted by individuals and each student is expected to do their own work. Two project-based activities will be implemented during the semester. Students will work in groups (no more than 3 students per group) on topics selected in consultation with the instructor. Each project will include topic mini-review, brief presentation, and peer evaluation.

Grading

Points available and weights for each graded element are listed in the table.

table: Graded elements for BI131

Item	How many?	Points, each item	Weight
Homework	10	10	22%
Quizzes	10	10	22%
Exams	4	50	44%
Group Projects	2	2 X 25 = 50	12%
Mini-reviews	2	2 X 10 = 20	
Slide shows	2	2 X 4 = 8	
Presentations	2	2 X 10 = 20	
Peer evaluations	2	2 X 1 = 2	
Total		450	100%

Official grade records

Canvas provides a way for you to monitor your graded assignments. This is convenient, but students should be aware that the final word about grades depends on the Official Grade Book for the course. Thus, although the Canvas record will show your points for an assignment, be advised that your assigned grade is finalized by the official grade book, which is maintained by Dr Dohm. You may always inquire about your current standing in the course by sending a [message to Dr Dohm from within Canvas](#).

Grading Scale

Letter grades are given in all courses except those conducted on a credit/no credit basis. They are interpreted as follows:

Table: Chaminade University grading scale

A	92 - 100%	Outstanding scholarship and an unusual degree of intellectual initiative
B	80 - 89%	Superior work done in a consistent and intellectual manner
C	70 - 79%	Average grade indicating a competent grasp of subject matter
D	50 - 69%	Inferior work of the lowest passing grade, not satisfactory for fulfillment of prerequisite course work.
F	< 49%	Failed to grasp the minimum subject matter; no credit given

Course Schedule

Click [here to view the schedule for BI131](#).

The schedule is tentative and subject to change by the instructor.

Student (Course) Learning Outcomes

By the end of our course, students will be able to:

1. Differentiate between food groups and nutrients
2. Describe the functions, food sources, and risk of deficiencies of nutrients
3. Discuss the different nutrient requirements for different ages and life situations
4. Describe the role that nutrition plays in the prevention of certain diseases

Alignment of Course Learning Outcomes (CLO) to Biology Program Outcomes (PLO)

Table: Alignment of Course Learning Outcomes (CLO) to Biology Program Outcomes (PLO)

Course Learning Outcomes	Biology Program Learning Outcomes	Marianist values
1	4	2, 5

2	4	2, 5
3	4, 6	2, 5
4	4, 6	2, 5

Biology Program Learning Outcomes

1. Apply the scientific method in the design and testing of hypotheses
2. Transform and display, statistically evaluate, validate, and interpret scientific data and communicate the results of such analyses effectively both orally and in writing.
3. Acquire and comprehend information from published scientific literature, databases and bioinformatics software to extract and interpret biological data
4. Recognize the chemical and physical principles that underlie all life forms, and the biological organization at the molecular, cellular, tissue, organ, organism, and system levels that emerge from these principles
5. Define the components and processes of genetic and epigenetic information transmission, and their determinant effects on the adaptive and evolutionary processes that they drive
6. Evaluate the etiology of major human disease burden in terms of, pathophysiological mechanisms, epidemiology within populations and possible therapeutic approaches
7. Integrate an awareness of bioethical issues to positively influence the application of science to service, justice and peace in the solution of societal problems

University outcomes

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 '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 ('Ōlelo 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 ('Ōlelo 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 ('Ōlelo 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 ('Ōlelo No'eau 203) All knowledge is not taught in the same school

Alignment of Natural Sciences Courses with Marianist and Hawaiian values of the University

The Natural Sciences Division provides an integral, quality education: sophisticated integrative course content taught by experienced, dedicated, and well-educated instructors.

- We educate in the family spirit – every classroom is an Ohana and you can expect to be respected yet challenged in an environment that is supportive, inclusively by instructors who take the time to personally get to know and care for you.
- We educate for service, justice and peace, since many of the most pressing global issues (climate change, health inequity, poverty, justice) are those which science and technology investigate, establish ethical parameters for, and offer solutions to.
- We educate for adaptation and change. In science and technology, the only constant is change. Data, techniques, technologies, questions, interpretations and ethical landscapes are constantly evolving, and we teach students to thrive on this dynamic uncertainty.

The study of science and technology can be formative, exploring human creativity and potential in the development of technologies and scientific solutions, the opportunity to engage in the stewardship of the natural world, and the opportunity to promote social justice. We provide opportunities to engage with the problems that face Hawai'i and the Pacific region through the Natural Sciences curriculum, in particular, those centered around severe challenges in health, poverty, environmental resilience, and erosion of traditional culture. The Marianist Educational Values relate to Native Hawaiian ideas of mana, na'auao, ohana, aloha and aina. We intend for our Natural Sciences programs to be culturally-sustaining, rooted in our Hawaiian place, and centered on core values of Maiau, be neat, prepared, careful in all we do; Makawalu, demonstrate foresight and planning; `Ai, sustain mind and body; Pa`a Na`au, learn deeply.

Course policies

Canvas "grading"

Canvas "grades" are tentative and not official. Canvas scores available to students are not official until the instructor announces such to the class. Official grading is done by the instructor and records are kept

on the instructor's computer.

Instructor and Student Communication

Questions for this course can be posted to the instructor via CANVAS. Online, in-person and phone conferences can be arranged. Most messages to Canvas will be replied within 24 hours, often much sooner. Email to instructor's chaminade.edu e-mail may take up to 3 days for response.

Graded materials will be returned within 7 - 10 days.

Accessibility and Accommodations

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 the Counseling Center by the end of week three of the class, in order for instructors to plan accordingly. 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 (counselingcenter@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 [Chaminade University Undergraduate Catalog \(https://catalog.chaminade.edu/generalinformation/academicaffairs/policies/attendance\)](https://catalog.chaminade.edu/generalinformation/academicaffairs/policies/attendance): Students are expected to attend regularly 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 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.

Late Work Policy

There are no make-ups for quizzes, unless a physician's note documents your absence during quizzes. Journal article presentations CANNOT be made-up. Quizzes and assignments are due by 8:59am HST on the assigned date. Up to 10% grade reduction will be assessed for each 12 hour late assignment. All quizzes and assignments close by 3 days post the due date.

Grades of "Incomplete"

Students and instructors may negotiate an incomplete grade when there are specific justifying circumstances. An Incomplete Contract (available from the Divisional Secretary and the Portal) must be completed. When submitting a grade, the "I" will be accompanied by the alternative grade that will automatically be assigned after 90 days. These include IB, IC, ID, and IF. If only an "I" is submitted the default grade is F. The completion of the work, evaluation, and reporting of the final grade is due within 90 days after the end of the semester or term. This limit may not be extended. Please note that instructor availability to the student during the incomplete period is likely to be limited.

Writing Policy

Instructions for the writing assignments are detailed for each individual assignment on the canvas course page.

Potential resources for writing assignments:

- Google Scholar
- Pubmed
- Sullivan Library

Cell phones, tablets, and laptops

Instructor policy: Students are encouraged to use personal digital devices during class provided such use does not distract others or interfere with class activities.

University policy: Music Devices and Cellular Phones: *Unless specifically permitted by your instructor* [emphasis by instructor], use of music devices and cell phones is prohibited during all Natural Science and Mathematics classes, as it is discourteous and may lead to suspicion of academic misconduct.

Students unable to comply will be asked to leave class. Out of consideration for your classmates, please set your cell phone to silent mode during class. Students are encouraged to bring laptops or tablets to class as the instructor will assign online activities and readings that will require the use of a laptop or tablet. Laptops and tablets should not be misused, such as checking distracting websites. Use your best judgment and respect your classmates and instructor.

Recording of lecture material

Students may not record audio or video of lectures conducted by the instructor nor of any media presented during the lecture. All materials presented in class by the instructor will be made available to students.

Academic Conduct Policy

The success of the 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. Example 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 – submit 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 Academic Integrity: Violations of the principle include, but are not limited to:

- Cheating: Intentionally using or attempting to use unauthorized materials, information, notes, study aids, or other devices in an academic exercise.
- Fabrication and Falsification: Intentional 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 Dishonesty: Intentionally or knowingly helping or attempting to help another to commit an act of academic dishonesty.

Plagiarism includes, but is not limited to:

- Complete or partial copying directly from a published or unpublished source without proper acknowledgement to the author. Minor changes in wording or syntax are not sufficient to avoid charges of plagiarism. Proper acknowledgement of the source of a text is always mandatory.
- Paraphrasing the work of another without proper author acknowledgement.

- Submitting as one's own original work, however freely given or purchased, the original exam, research paper, manuscript, report, computer file, or other assignment that has been prepared by another individual.

Consequences of academic honesty violations:

From the [Chaminade University catalog](#)

(<https://catalog.chaminade.edu/generalinformation/academicaffairs/policies/academichonesty>): 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 theft of records or examinations, alteration of grades, and plagiarism, in addition to more obvious dishonesty. 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 Academic Division and may include an "F" grade for the work in question, an "F" grade for the course, suspension, or dismissal from the University.

Additional information on student conduct can be found in the student handbook.

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/> (<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.

Online Tutoring through Smarthinking

- All CUH students are eligible to use Smarthinking, an online tutoring system. Students can access Smarthinking via their Canvas account.
- Through Smarthinking, students can connect in real-time with an expert educator in a variety of subjects using a virtual whiteboard technology. Students also have an option to schedule a 30-minute appointment with a tutor of their choice. The Online Writing Lab provides students with the ability to receive a detailed, personalized critique of any written assignment through a formal critique process.

- All sessions are archived and available for students to review at any time for studying or test preparation.

Course Summary:

Date	Details	Due
Fri Aug 25, 2023	 Quiz -- First assignment (https://chaminade.instructure.com/courses/28846/assignments/304520)	due by 11:59pm
Fri Sep 8, 2023	 Homework -- Supplements and USP Verification (https://chaminade.instructure.com/courses/28846/assignments/295980)	due by 11:59pm
Wed Sep 27, 2023	 Exam01 - Fall 2023 (https://chaminade.instructure.com/courses/28846/assignments/295974)	due by 11:59pm
Fri Oct 20, 2023	 Quiz 1 (https://chaminade.instructure.com/courses/28846/assignments/295989)	due by 11:59pm
Mon Oct 23, 2023	 Exam02 Fall 2023 (https://chaminade.instructure.com/courses/28846/assignments/295973)	due by 11:59pm
Fri Oct 27, 2023	 Project group (https://chaminade.instructure.com/courses/28846/assignments/295988)	due by 11:59pm
Fri Nov 3, 2023	 Homework 03 - Individual differences for apolipoproteins (https://chaminade.instructure.com/courses/28846/assignments/295981)	due by 11:59pm
	 Quiz03: Chapter 5 (https://chaminade.instructure.com/courses/28846/assignments/295990)	due by 11:59pm
Sun Nov 5, 2023	 Project 1 - status report (https://chaminade.instructure.com/courses/28846/assignments/295985)	due by 11:59pm
Wed Nov 8, 2023	 Homework 04 -- Cellular Energy (https://chaminade.instructure.com/courses/28846/assignments/295982)	due by 11:59pm
Fri Nov 10, 2023	 Quiz04: Chapter 6	due by 11:59pm

Date	Details	Due
	(https://chaminade.instructure.com/courses/28846/assignments/295991)	
Mon Nov 13, 2023	 Project 1: Submit your Presentation here (https://chaminade.instructure.com/courses/28846/assignments/295986)	due by 11:59pm
	 Project 1: Submit your review paper (https://chaminade.instructure.com/courses/28846/assignments/295987)	due by 11:59pm
Mon Nov 20, 2023	 Exam03 Fall 2023 (https://chaminade.instructure.com/courses/28846/assignments/295975)	due by 11:59pm
Fri Nov 24, 2023	 Homework 5 - Reflection (https://chaminade.instructure.com/courses/28846/assignments/295983)	due by 11:59pm
	 Reflection: The Truth about fat (https://chaminade.instructure.com/courses/28846/assignments/295992)	due by 11:59pm
Fri Dec 1, 2023	 Homework 6: Essential or not? (https://chaminade.instructure.com/courses/28846/assignments/295984)	due by 11:59pm
Mon Dec 4, 2023	 Student Course Evaluation (https://chaminade.instructure.com/calendar?event_id=32282&include_contexts=course_28846)	12am
Thu Dec 7, 2023	 Exam04 Fall 2023 (https://chaminade.instructure.com/courses/28846/assignments/295976)	due by 11:59pm
Fri Dec 8, 2023	 Student Course Evaluation (https://chaminade.instructure.com/calendar?event_id=32281&include_contexts=course_28846)	12am
Wed Dec 13, 2023	 Final project (https://chaminade.instructure.com/courses/28846/assignments/295977)	due by 11:59pm