



CCPI – Chuuk, Micronesia

## Biology 131 – Human Nutrition

CCPI – Chuuk, Micronesia

(Online Asynchronous; Online W 5:00P-7:00P)

Credits: 3

### Instructor Information



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

**Email:** [Your CUH email]

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

**Office Location:** Online

**Office Hours:** Upon Request

**Virtual Office Hours:** Varies

#### Communication

Contact me via Canvas inbox or email and I will be sure to respond to you within 48 hours.

### Course Description & Materials

#### Catalog Course Description

**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.

#### Time Allocation

This is a three-credit hour course requiring 135 clock hours of student engagement, per the official CUH Credit Hour Policy. Over the 15 weeks of this course, students will spend time in class and out of class, reading text/reviewing lecture presentations, completing assignments, studying for exams, taking exams and taking a final exam during the scheduled time.

## Required Materials

**Required Text: The Science of Nutrition (5<sup>th</sup> or 6<sup>th</sup> Edition)** ISBN: 13: 978 0 134 89867 4  
Thompson, JL; Manore, MM and LA Vaughan (Pearson) 2020.

## Canvas (<https://chaminade.instructure.com>)

Students are expected to attend all class sessions and actively participate/login into Canvas 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 to download course materials such as PowerPoints and Word documents whenever possible 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 if 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 2 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 the deadline, 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.

## Learning Outcomes

### Course Learning Outcomes (CLOs)

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 healthy 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.

### 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, and integrity of creation.
5. Educate for adaptation and change.

[Include a paragraph that explains how this course specifically addresses one or more of the Marianist values listed above.]

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

1. Educate for Formation in Faith (Mana) E ola au i ke akua ('Ōlelo 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

## Course Activities

### Discussions

Every 2 weeks, the discussion board will **require** you to complete **3** postings and is worth a total of 5 points. Make your initial post by Wednesday on the first week the discussion is posted and complete commenting on classmates' posts 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 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 students' input and point of view.

### Homework

You are expected to read chapters in the textbook prior to class.

### 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/short answer, and you are allowed to take all quizzes 2 times.** The highest score on quizzes will be saved.

## Exams

At the end of a few chapters, you will have a 100-point test to reinforce concepts. **Study for your exam. (Textbook, Internet, Notes or PowerPoints) cannot be used while taking the exam!!!) You must complete exam before completing 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.

## Course Policies

### Attendance

Students are expected to regularly attend all courses for which they are registered. Students should notify their instructors when illness or other extenuating circumstances prevent them from attending class and decide to complete missed assignments. Notification may be done by emailing the instructor's Chaminade email address.

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 accommodation from the Chaminade University of Honolulu Tutor Coordinator may be considered 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.

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

### Changes to the Syllabus

While the provisions of this syllabus are as accurate and complete as possible, your instructor reserves the right to change any provision herein at any time. Every effort will be made to keep you advised of such changes, and information about such changes will be available from your instructor.

### Grades of Incomplete

In rare instances, a student may be granted an incomplete. However, the terms of incomplete must be completed prior to established deadlines. Incomplete will not be granted when students do not attend class regularly and have an extenuating circumstance which prohibited completion of the course in the normal term.

### Final Grades

#### Lecture:

Discussion Boards	10 %
Homework/Assignments/Quizzes	30 %
Regular Exams	30 %
Final Exam	20 %
Attendance & Participation	<u>10 %</u>
<b>Total</b>	<b>100 %</b>

Final grades are submitted to [Self-Service](#):

- A = 90% and above
- B = 80-89%
- C = 70-79%
- D = 60-69%
- F = 59% and below

## Important Information

### Academic Honesty

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.

For the most up to date information, please refer to the [Academic Honesty Policy](#) on the Chaminade University Catalog website.

#### **TITLE IX AND NONDISCRIMINATION STATEMENT:**

Chaminade University of Honolulu is committed to providing a learning, working and living environment that promotes the dignity of all people, inclusivity and mutual respect and is free of all forms of sex discrimination and gender-based violence, including sexual assault, sexual harassment, gender-based harassment, domestic violence, dating violence, and stalking. As a member of the University faculty, I am required to immediately report any incident of sex discrimination or gender-based violence to the campus Title IX Coordinator. For pregnant and parenting students, I am also obligated to provide you with similar resources for support and protections available to you. My goal is to make sure that you are aware of the range of options available to you and have access to the resources and support you need.

#### **Hazing Prevention Resources and Athlete Helpline:**

Assists athletes, parents, coaches, and any allies interested in ensuring physical and mental safety for sports communities by offering confidential emotional support, crisis intervention, informational athlete-focused resources, and guidance related to concerns about any type of abuse—including hazing.

#### Chaminade University's Hazing

Policy: <https://catalog.chaminade.edu/studenthandbook/codeofconduct>

<https://hazingpreventionnetwork.org/athlete-helpline/>

<https://hazingpreventionnetwork.org/how-to-report-hazing/>

**Basic Needs Resources:** <https://chaminade.edu/basic-needs/>

#### **Nondiscrimination Policy & Notice of Nondiscrimination**

Chaminade University of Honolulu is committed to providing a learning, working and living environment that promotes respect and the dignity of all people and is free from all forms of sex based discrimination, sexual misconduct, and harassment in any form including, but not limited to, gender based violence such as sexual harassment and sexual assault, stalking, and domestic and dating violence. These behaviors are harmful to the well-being of our community members, the learning/working environment, and collegial relationships among our students, faculty, and staff. All forms of prohibited conduct under this policy are regarded as serious University offenses, and violations will result in discipline, including the possibility of separation from Chaminade University. State and federal laws also address conduct that may meet

Chaminade University's definitions of prohibited conduct, and criminal prosecution may take place independently of any disciplinary action instituted by Chaminade University. *On-campus Confidential Resources may also be found here at [CAMPUS CONFIDENTIAL RESOURCES](#).*

The University's Nondiscrimination Policy and Grievance Procedures can be located on the University webpage at: <https://chaminade.edu/compliance/title-ix-nondiscrimination-policies-procedures/>.

To report information about conduct that may constitute sex discrimination or make a complaint of sex discrimination under Title IX, please refer to the [Campus Incident Report form](#). Chaminade University of Honolulu prohibits sex discrimination in any education program or activity that it operates.

### **Campus Safety/ SafeSwords**

A program for students, faculty and staff, who may feel uncomfortable or unsafe walking alone on campus, at any time of the day. Call security, and a security professional will meet you at your location on campus. The security professional will escort you to your residence hall, car, etc. Students may utilize this when walking to and from night classes around campus or after late night events. [SafeSwords Webpage](#)

### **CUH Alert Emergency Notification**

To get the latest emergency communication from Chaminade University, students' cell numbers will be connected to Chaminade's emergency notification text system. When you log in to the Chaminade portal, you will be asked to provide some emergency contact information. If you provide a cellphone number, you will receive a text from our emergency notification system asking you to confirm your number. You must respond to that message to complete your registration and get emergency notifications on your phone.

### **Assessment for Student Work**

With the goal of continuing to improve the quality of educational services offered to students, Chaminade University conducts assessments of student achievement of course, program, and institutional learning outcomes. Student work is used anonymously as the basis of these assessments, and the work you do in this course may be used in these assessment efforts.

### **Student with Disabilities Statement**

Chaminade University of Honolulu offers accommodations for all actively enrolled students with disabilities in compliance with Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act (ADA) of 1990, and the ADA Amendments Act (2008).

Students are responsible for contacting Kokua Ike: Center for Student Learning to schedule an appointment. Verification of their disability will be requested through appropriate documentation and once received it will take up to approximately 2–3 weeks to review them. Appropriate paperwork will be completed by the student before notification will be sent out to their instructors. Accommodation paperwork will not be automatically sent out to instructors



each semester, as the student is responsible to notify Kokua Ike via email at [ada@chaminade.edu](mailto:ada@chaminade.edu) each semester if changes or notifications are needed.

### **Kōkua 'Ike: Tutoring & Learning 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 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 on Account > TutorMe. For more information, please contact Kōkua 'Ike at [tutoring@chaminade.edu](mailto:tutoring@chaminade.edu) or 808-739-8305.

## Due Dates

Dates	Topics	Reading Assignment	Weekly Assignments Quizzes/Exams
Week 1	Science of Nutrition	Chapter 1	Read Syllabus Discussion Board Syllabus Discussion Board 1 Quiz 1
Week 2	Designing a Healthful Diet	Chapter 2	Assignment 1 Quiz 2
Week 3	The Human Body Carbohydrates	Chapter 3 Chapter 4	Discussion Board 2 Assignment 2 Quiz 3
Week 4	Lipids Protein	Chapter 5 Chapter 6	Assignment 3 Exam 1: covers Ch. 1-5
Week 5	Metabolism	Chapter 7	Discussion Board 3 Assignment 4 Quiz 4
Week 6	Nutrients Involved in Energy Metabolism, Fluid and Electrolyte Balance	Chapter 8 Chapter 9	Assignment 5 Quiz 5
Week 7	Nutrients Involved in Antioxidant Function, and Vision Nutrients Involved in Bone Health	Chapter 10 Chapter 11	Discussion Board 4 Assignment 6 Quiz 6
Week 8	Nutrients Involved in Blood Health and Immunity	Chapter 12	Exam 2: covers Ch. 6-11
Week 9	Achieving and Maintaining a Healthful Body Weight	Chapter 13	Discussion Board 5 Assignment 7 Quiz 7
Week 10	Nutrition and Physical Activity: Keys to Good Health	Chapter 14	Assignment 8 Quiz 8
Week 11	Food, Safety and Technology: Protecting Our Food	Chapter 15	Discussion Board 6 Assignment 9 Quiz 9
Week 12	Food Equity and Sustainability	Chapter 16	Assignment 10 Exam 3: covers Ch. 12- 16
Week 13	Nutrition Through the Life Cycle: Pregnancy and Year 1	Chapter 17	Discussion Board 7
Week 14	Nutrition Through the Life Cycle: Pregnancy and Year 1	Chapter 17	Discussion Board 8 Assignment 11 Quiz 10
Week 15	CATCH-UP: Final Assignments turned in		
Final Exam Week	FINAL EXAM (date to be determined) Includes chapter 1-16 (90%) and Chapters 17 (10%)		