

Course: Biology 131 Lab – 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.

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 '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

Lab class:

Your lab assignments are included in a different Canvas course than your lecture items. Every week, you will have an assignment. A total of 70% of the final grade will come from a combination of case studies, nutritional reflections, short answer assignments and other laboratory assignments. A final comprehensive presentation is worth 30% of the final grade. Total percent for all assignments is 100%.

ADA Accommodations:

If you have a disability and/or would like to determine if you qualify for ADA accommodation, please contact the Counseling Center at CCPI.

University Information

Disability Access

If you need individual accommodation 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).

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. 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 or inbox email on the Canvas site.

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.

Student Conduct Policy

Campus life is a unique situation requiring the full cooperation of everyone. 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 to reflect both the Catholic and 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](#))

Assignments Schedule:

The following schedule is tentative & may be adjusted based on class progression and schedule

Date	Weekly Assignments	Percentage Points
Week 1	Welcome and Introductions Lab rules and regulations Discussion: Reflections on Food Topics	5% 5%
Week 3	MyPlate.gov Quiz and Assignment	10%
Week 4	Case Study 1	5%
Week 5	Lab 1: Reading food labels	5%
Week 6	Lab 2: What's on your plate?	5%
Week 7	Assignment: Food Calculations	10%
Week 8	Case Study 2	5%
Week 10	Lab 3: CHO-modified foods	5%
Week 12	Lab 4: FAT-modified foods	5%
Week 14	Lab 5: Recipe Makeover	10%
Week 15	Disease and Obesity Group PowerPoint	30%
	Total	100%

Course expectations and requirements

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.

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 the deadlines, you will receive a zero.

Discussion Boards:

Discussion posts require thoughtful insight and educated opinions. If you include information for outside sources to support your opinion (This is recommended.), ensure that you include a reference for it at the end of your discussion post.

Homework/Other Assignments:

Make sure you check all weekly modules to ensure you complete all assignments in a timely manner. See each assignment for point value.

Lab class:

Your lab assignments are included in a different Canvas course than your lecture items

Grading:

Lab is a 1 credit course and will be graded separately.

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.