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BIOLOGY 131L HUMAN NUTRITION LAB (1 CREDIT)

Chaminade University of Honolulu

Ms. Mary Louise Null

Fall 2001

Office: Henry Hall, Room 16

Office Hours: by appointment

Phone: 625-0335

E-mail: MARYLUE@msn.com

COURSE SYLLABUS AND TENTATIVE OUTLINE

TEXT: No text will be required for laboratory. The instructor will provide laboratory handouts for each laboratory. Students must keep a looseleaf laboratory notebook in which all handouts and notations will be placed.

OBJECTIVES: The primary objective of the Human Nutrition Laboratory is to present the practical methods and techniques used in the study of human nutrition.

At the completion of the laboratory course, each student should be able to do the following:

1. Evaluate their nutritional status (nutrient intake and expenditure) both through manual methods and also through the use of computers;
2. Identify structures of the human digestive system;
3. Explain techniques used to test for the effectiveness of digestive enzymes;
4. Perform simple laboratory experiments; and
5. Write short laboratory reports

ASSIGNMENTS, OUTLINE, and ATTENDANCE:

1. Lab handouts will be provided.
2. All students are expected to read handouts prior to lab.
3. All assignments must conform with the Chaminade University Writing Standards.
4. The laboratory outline is a tentative outline and adjustments may be made with topics omitted or added.
5. Attendance is mandatory. Students are expected to be prompt for laboratory. Unexcused absences may result in the lowering of the final laboratory grade by one letter grade for each unexcused lab absence.

MAKEUP WORK:

Makeup labs and quizzes are not normally given. See your instructor regarding any extenuating circumstances.

LATE PAPERS:

Biology department policy: Papers submitted within 24 hours after the due date are lowered by one letter grade. Papers submitted after 24 hours after the due date are not accepted.

Grading

1. A separate grade is given for laboratory.
2. There will be two lab quizzes. The first quiz will cover material in the lab up to that date, and the second quiz will cover the material since the first quiz.
3. The laboratory grade **will** be determined as follows:

Quizzes	30%
Writeups	50%
Notebooks	10%
Attendance and participation	10%

CLASS STANDING, OFFICE HOURS AND EXTRA HELP:

1. Students may obtain their grades at any time by consulting with the instructor. Students with D or F grades will receive deficiency notices. It is recommended that students receiving deficiency notices make an appointment to see the instructor.
2. Office hours are listed at the beginning of the syllabus. Students are urged to make appointments if student schedules conflict with office hours.
3. Tutoring services are available through the Chaminade University Learning Center.

Note: Every effort has been made to insure that the material in this syllabus is accurate and complete. However, occasionally changes must be made in the printed schedule. Thus the instructor reserves the right to make any changes in the contents of this syllabus or in the course of study that she deems necessary or desirable. These changes, if any, will be announced as soon as the need for them becomes apparent.

TENTATIVE LABORATORY OUTLINE

SATURDAY LAB 0800-1210
10/6 Using the scientific method to evaluate nutrition claims and advice
10/13 Dietary Analysis - Comparison of different tools and <u>techniques</u>
10/20 Digestive System Video, *Lactase Enzyme Lab (at <u>main campus</u>)
10/27 Lab Quiz Sugar and fat substitutes - product comparisons/taste tests, Fiber demonstration
11/3 *Calculating calorie/protein/carb/fat needs, <u>comparison</u> of recommendations and tools
11/10 , *Supermarket Tour, interpreting food labels, <u>product placement</u> and advertising
11/17 Lab Quiz <u>*Body Fat Analysis, comparison of techniques</u>
11/24 Breastfeeding Video <u>Identifying food and nutrition resources in the community</u>
12/1 *Case Studies: Nutritional Assessment
12/8 *Food safety lab (at <u>main campus</u>)

* Writeups will be required