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FE '02
BIOLOGY 131L HUMAN NUTRITION LAB (1 CREDIT)

Chaminade University of Honolulu

Ms. Mary Louise Null

Fall Evening 2002

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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 and worksheets will be provided for each session. All students are expected to read materials prior to lab.
2. It is recommended that you take notes on a separate sheet of paper during the lab, so that you can neatly complete the worksheet for submission at the next lab session.
3. All assignments must conform with the Chaminade University Writing Standards.
4. The Final Lab Exam will test student on skills and concepts learned during lab activities.
5. The laboratory outline is a tentative outline and adjustments may be made with topics omitted or added.
6. 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.	The laboratory grade will be determined as follows:	
Lab reports (10)		50 %
Quizzes		15 %
Lab Final		15 %
Attendance		10 %
Participation		10 %
	Total	100%

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

WEEK	TUESDAY LAB	THURSDAY LAB
1	<u>10/8</u> The Scientific Method Evaluating Nutrition Information	<u>10/10</u> #1 Computer Diet Analysis
2	<u>10/15</u> No Lab - Double Lecture	<u>10/15</u> #2 Digestion: Enzyme Lab and #3 Osmosis Lab at Main Campus
3	<u>10/22</u> Lab Quiz 1	<u>10/24</u> #4 Calculating Calorie Needs; Comparison of Methods
4	<u>10/29</u> #5 "Rate Your Plate" for Fat, Cholesterol and Protein	<u>10/31</u> # 6 Body Fat Analysis: Comparison of Methods
5	<u>11/5</u> Ergogenic Aids- Reports on Research*	<u>11/7</u> Lab Quiz 2
6	<u>11/12</u> Evaluating Claims for Nutritional Supplements- Reports on Research*	<u>11/14</u> Evaluating Claims for Nutritional Supplements- Reports on Research*
7	<u>11/19</u> # 7 Supermarket Tour/ Interpreting Food Labels	<u>11/21</u> #8 Microbiology Lab at Main Campus
8	<u>11/26</u> US Safety Net - Hunger Programs	<u>11/28</u> HOLIDAY
9	<u>12/3</u> Lab Quiz 3	<u>12/5</u> Video and Discussion on Breastfeeding
10	<u>12/10</u> #9 Improving Childhood and Adolescent Food Intake - Case Studies	<u>12/12</u> #10 Improving Intake of Seniors - Case Studies
11	<u>12/17</u> Lab Final	

*Assignment from class