

Bm



Biology <sup>40</sup>131 - Human Nutrition  
**Chaminade University of Honolulu - Fall 1999**  
**Ft. Shafter- Evening Classes**

Instructor:	Mae Isonaga		Class meets at:	Room 6
Office:	Classroom		Class Meets on:	Mondays & Wednesdays
Telephone:	586-467		Meeting times:	5:30 - 7:35; 7:50 - 9:55 lab
Office Hours:	During breaks or After class		E-mail:	<a href="mailto:isonaga@hawaii.edu">isonaga@hawaii.edu</a>

### Course Description:

This 3-credit course is designed to provide students who are nonmajors in biological science with an introduction to the science of human nutrition. The student will be exposed to some of the basic components of biology and how these concepts apply to nutrition. The focus of the course is on practical application of sound nutrition principles.

Biology 131 L is the laboratory accompanying Biology 131, and concurrent registration in 131 (lecture) and 131 L is required.

### Course Content:

What we eat and why - Designing a healthful diet (Food guide pyramid) - Fats, proteins and carbohydrates - Vitamins, minerals and water • Weight control - Sports nutrition - Eating disorders • Nutrition for the lifespan - Food Safety - Undernutrition

### Required text:

Gordon M. Wardlaw, Contemporary Nutrition - Issues and Concepts, 3<sup>rd</sup> Edition, WCB/McGraw Hill, 1997.

"Supplemental text: Student study guide for required text

### Course Objectives:

Upon completion of this course, students should be able to:

1. identify factors that influence food intake and list ways to improve intake
2. identify credible/non-credible sources of nutrition information
3. design a healthful diet using the Food Guide Pyramid and Dietary Guidelines for Americans
4. identify macronutrients and major micronutrients and describe their functions, risks of **excesses/deficiencies**, food sources and guidelines for intake
5. describe excess as well as over-nutrition and their associated problems
6. describe nutrition requirements for the physically active individual
7. describe nutrition requirements specific to the 3 lifestyles described in the text

8. identify the major food pathogens and describe how foodborne illness can be prevented
9. discuss the interaction of alcohol and drugs with normal nutrition processes
10. discuss some of the new "hot topics" in nutrition, such as phytochemicals, anti-oxidants, genetically engineered foods and ergogenic aids
11. practice healthy eating using knowledge gained in class

Course Grade:

<del>3 Exams</del> , each <del>NO 50 points</del>	<del>150</del>	225-250 points - A
1 <u>Final exam worth 100 points</u>	<u>100</u>	200-224 points
		175-199 points - C
<b>Total</b> possible points	250	150-174 points - D
		<150 points - F

NO MAKE-UP EXAMS WILL BE GIVEN. ALL STUDENTS MUST TAKE THE FINAL. IF YOU MISS AN EXAM, YOU MUST PROVIDE THE INSTRUCTOR WITH A WRITTEN, PHYSICIAN'S EXPLANATION, or you will be given a score of zero for the exam. If you provide the instructor with an MD's note, our total possible points will be 200. NO ONE can miss more than ~~one~~ exam.

The exams will be mostly multiple choice with some short answers.

Because the university is an academic community with high professional standards, its teaching function is seriously disrupted and subverted by academic dishonesty. Such dishonesty includes but is not limited to, cheating, which includes giving/receiving unauthorized assistance during an examination; obtaining information about an examination before it is given; using inappropriate/unallowable sources of information during an examination; altering answers after an examination has been submitted; and altering the record of any grade. Refer to the Chaminade University catalog for more information.

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



Biology 131 Laboratory - Human Nutrition  
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This lab accompanies Biology 131 Lecture and is required for all students registered in the course. For course description and content, see the syllabus for BI 131. The lab will parallel topics ~~discussed during~~ lecture. No text is required for this lab.

Course Objective:

The primary objective of this lab is to provide the student with skills to apply practical nutrition knowledge to everyday life. The student will be able to perform all the tasks named in the lecture syllabus, as well as be able to:

1. evaluate their nutritional health based on their nutrient intake and energy expenditure, using manual methods as well as computer software
2. identify structures and organs important to the human digestive system and discuss their function
3. ~~evaluate foods using~~ the "Nutrition Facts" label
4. develop healthy meal plans and name ~~lowfat~~ cooking methods
5. discuss the differences between the various cooking oils, and name the ~~best~~ better choices
6. make better choices while grocery shopping
7. make recommendations to friends and family about nutritious food choices

Course Assignments:

See calendar

Course Grade:

6 quizzes, with the 5 highest scores computed in the final grade	50 points
5 lab assignments, worth 10 points each	50 points
3 day food intake assignment + computer lab	25 points
<u>Short paper and presentation</u> _	<u>25 points</u>

Total possible points                      150 points

135 +	A
120 - 134	B
105 - 119	C
90 - 104	D
<90	F

NO MAKE UP QUIZES OR ASSIGNMENTS WILL BE GIVEN. If you miss a class due to illness, your late assignment will be accepted IF your illness is verified by a physician's note. It is your responsibility to contact the instructor to receive a copy of class assignments should you miss a class. Failure to do so will result in a zero score for the assignment.

Your participation in lab is mandatory, and leaving early will result in the lowering of your grade.

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