

Prq SE99

Spring 1999 Biology **131 Human** Nutrition Course Syllabus
April 5, 1999 to June 14, 1999

Chaminade University of Honolulu
Campus: Fort **Shafter** or Henry Hall at Chaminade University
Class Hours: Tuesday, Thursday 5:30 P.M. to 7:35 P.M.
Office Hours: During breaks and after class

Instructor: Jasmin Galicinao, M.P.H., R.D.
Phone: 841 - 8811

Administrative Holidays/No class:

Last day to add or drop a class: **April 12, 1999**

Last day to **withdraw** from class: **May 24, 1999**

Biology 131 Course Description:

Welcome to the study of Nutrition. Biology 131 is a 3-credit beginning level biological science course that integrates basic concepts of science with the study of human nutrition. It is designed for the person who wants an introduction to nutrition and who may later choose to major in it. No college-level science is required; rather the course will provide elementary aspects of the several biological sciences that are needed.

Biology 131 L is the laboratory to accompany Biology 131. Concurrent registration in lecture and laboratory is required.

Course content includes information on what nutrients are and what nutrients and foods do for humans; how healthy people can best get the amounts of nutrients and foods they need throughout their lifetime; how people and the environment change foods and their nutrient content; and nutrition issues of current interest.

The primary objective of this course is to provide a science-based nutrition background that will help you make appropriate, informed choices from the vast array of foods available in today's marketplace. Upon completion of this course you should be able to:

- 1.) identify factors that influence why you eat as you do and how to make changes in your diet.
- 2.) compare the various types of nutrition research with respect to type and reliability of information produced.
- 3.) use the U.S. Dietary Guidelines and Food Guide Pyramid to evaluate the nutrient adequacy of your diet.
- 4.) describe what nutrients are; state basic information about each of six categories of nutrients (ex., **functions** in the body, risks of excesses/deficiencies, sources, guidelines for intake).
- 5.) identify which nutrients are sources of energy for the body and how an excess or a deficiency of energy can affect the body.
- 6.) define malnutrition as over- and undernutrition and discuss its causes, cures, and associated health effects.
- 7.) discuss current issues related to the safety of the food supply using concepts from toxicology.
- 8.) describe physiological changes that occur during the life span 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 critically, with respect to its correctness.
 - 11.) review a scientific journal article.
 - 12.) research and present a nutrition topic of interest to you.

Required Text: Wardlaw, Gordon M., Contemporary Nutrition: Issues and Insights, Brown & Benchmark Publishers, 1997, 3rd Edition. Additional handouts will be distributed.

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Grading

2 Exams	40%
Cumulative Final Exam	30%
Research Paper and Oral Presentation	15%
Homework and Class Assignments/Activities	15%

Extra Credit: Pop quiz grades will be used for extra credit points. Pop quizzes will be given at the beginning of class. You will be quizzed on the chapter that is scheduled to be covered that day.

MAKE-UP EXAMS will NOT be given. Late graded work will not be accepted.

Letter grades for the course will be assigned as *follows*:

A=90-100% B=80-89% C=70-79% D=60-69% F= below 60%

YOU ARE RESPONSIBLE FOR MASTERING THE MATERIAL FROM THE TEXT AND THE ADDITIONAL HANDOUTS GIVEN. IT IS ESSENTIAL THAT YOU ASSUME RESPONSIBILITY FOR THE ENTIRE CHAPTER SINCE THE MATERIAL MAY NOT ALL BE COVERED IN CLASS. Class time will be **allowed** for your questions and activities. Respect others by avoiding disruption in class.

Academic Honesty

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/unallowed** 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 further information.

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 that **she** deems necessary. **These changes, if any, will** be announced as soon as the **need** for them becomes **apparent**.

Spring 1999 Biology 131 Lab Course Syllabus

Human Nutrition Lab

Ms. Jasmin Galicinao, M.P.H., R.D.

Meetings: Tuesday, Thursday 7:50 P.M. to 9:55 P.M. or TBA

Office Hours: Between classes or after class

Phone: 841 - 0011

Meeting Place: We are required to use Chaminade campus Lab Facilities at least twice during the session. A supermarket tour is also scheduled.

Text: No text will be required for laboratory. The instructor will provide laboratory handouts for each laboratory. All handouts and notations should be kept in the student's lab binder.

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

1. Be able to evaluate their nutrition status using the Food Guide Pyramid.
2. Be able to apply nutrition knowledge to evaluation of consumer concerns related to nutrition and food: food labeling; advertisements; popular publications; vegetarianism, current food and diet fads; the health food movement.
3. Be able to use computer software to assess the quality of usual diet.
4. Identify structures of the human digestive system.
5. Be able to distinguish among foods as relative sources of kcalories and the various nutrients and be aware of appropriate sources for this information. Apply this knowledge to the selection or planning of an adequate diet for yourselves.
6. Be able to calculate energy expenditure, body mass index, and waist to hip ratio.
7. Be able to evaluate weight status and energy expenditure status.
8. Be able to shop for food wisely.

Grading:

2 Lab Quizzes 35%

Lab reports or lab assignments. 65%

Letter grades for the laboratory will be assigned as follows:

A = 90 - 100% B = 80 - 89% C = 70 - 79% D = 60 - 69% F = below 60%

NO LATE ASSIGNMENTS WILL BE ACCEPTED. ATTENDANCE IS IMPORTANT.

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BIOLOGY 131 & 131 L CLASS SYLLABUS-SPRING 1999

INSTRUCTOR: JASMIN GALICINAO

TIME / DATE_	TUES. 04 /06/99	THUR. 04/08/99	TUES. 04/13/99	THUR. 04/15/99	TUE. 04/20/99
5:30 P. M.	FORT SHAFTER	FORT SHAFTER	FORT SHAFTER	Chaminade Henry Hall	Charninade Henry Hall j
5:30 - 6:30 P.M.	-INTRODUCTION -Discuss Syllabus	Discuss Chapter 2: Tools for Diet Design	Discuss Chapter 3: Nutritional Advice: Facts and Fallacies	Discuss Chapter 4: The Human Body: A Nutrition Perspective	Lab Quiz #1 Chapter 5 Lab
					Chapter 5 Lab:
6:30 - 7:35 P.M.	-Discuss CHAPTER 1: What You Eat and Why	Food Guide Pyramid Activities	Introduction to Journal articles	-Digestive System Model -Video	-Reading Labels. -How Sweet it is. -Fiber in Foods -Lactose Intolerance -Alternative Sweeteners
	Chapter 1 Lab:	Chapter 2 Lab:	Chapter 3 Lab:		
7:50 - 9:55 P.M.	-Math Tools -Food Measurements	-Evaluate your diet using the Food Guide Pyramid. -Create a Sample Menu	-Ad Evaluation -Assign Research Paper/Presentation Topics	Computer Lab Project -1st group Input 3-day diet record into the computer	Computer Lab Project -2nd group Input 3-day diet record into the computer
READINGS, ASSIGNMENTS, PROJECTS, and DUE DATES	-Read Chapter 1 and 2	-Read Chapter 3. -Assignment: Record 3-days of food intake Due 04/15	-Read Chapter 4.	-Read Chapter 5. -Study for Lab Quiz: Chapter 4 -On 04/20 brings Food Labels (ex. favorite cereal box and drinks)	-Read Chapter 6 -Bring food labels to class. - On 04/22 bring in more food labels to class.

BIOLOGY 131 and 131 Lab-CLASS SYLLABUS-SPRING 199•9

INSTRUCTOR: JASMIN GALICINAO

TIME / DATE	THUR.04/22/99	TUES.04/27/99	THUR.04/29/99	TUES.05/04/99	THUR.05/06/99
5:30 P.M.	FORT SHAFTER	FORT SHAFTER	FORT SHAFTER	FORT SHAFTER	FORT SHAFTER
5:30 - 6:30• P.M.	DISCUSS Chapter 6: LIPIDS	Discuss Chapter 7: PROTEINS	EXAM #1: Chapt. 1 to 7	Discuss Chapter 8: Vitamins	Discuss Chapter 9: Water and Minerals
6:30 - 7:35 P.M.	-Fat Content of Foods				-Bone Strength Video
	Chapter 6 Lab:	Chapter 7 Lab		Chapter 8 Lab	Chapter 9 Lab
7:50 - 9:55 P.M.	-Taste Test -Fast Foods Sample Menu	-Vegetarian recipes		Market a Vitamin	- "Persuasion Lab" -Hydration -Sodium content of foods -Calcium -Fluoride
READINGS, ASSIGNMENTS, PROJECTS, and DUE DATES	<i>-Bring more food to class.</i>	-BRING IN A VEGETARIAN RECIPE -Study chapters 1 to 7 for exam #1 on 04/29	-Read Chapter 8	<i>-Read Chapter 9</i>	<i>-Read Chapter 10</i> <i>-Study for Lab QUIZ #2</i>

BIOLOGY 131 & 131L CLASS SYLLABUS-SPRING 1999

INSTRUCTOR: JASMIN GALICINAO

TIME / DATE	TUES.05/ 11/99	THUR. 05/13/99	TUES.05/18/99	THUR.05/20/99	TUES.05/25/99
5:30 P.M.	FORT SHAFTER	FORT SHAFTER	FORT SHAFTER	FORT SHAFTER	FORT SHAFTER
5:30 - 6:30 P.M.	Lab Quiz #2	Discuss Chapter 11: Athletics and Fitness	Discuss Chapter 12: Charting a Course for Change	Discuss Chapter 13: Anorexia Nervosa and Bulimia Nervosa	Exam Chapters 8 to 13
6:30 - 7:35 P.M.	-Discuss Chapter 10: Weight Control -Obesity Video	Guest Speaker	PRESENTATION	-Video	
	Chapter 10 Lab	Chapter 11 Lab	Lab	Lab	
7:50 - 9:55 P.M.	Body Weight Assessments	Body Fat Analysis, Flexibility test	SUPERMARKET TOUR: (FIRST GROUP)	SUPERMARKET TOUR: (SECOND GROUP)	
READINGS, ASSIGNMENTS, PROJECTS, and DUE DATES		Wear Shorts Today. -Read Chapter 12	-Assignment: Behavior Change Contract due 03/08 -Read Chapter 11;	<i>Study Chapters 8 to 13 for Exam #2</i>	-DIET PROJECT and Behavior Change Contract due today. -Read Chapter 14. -Start studying for Final Exam.

BIOLOGY 131 and 131L CLASS SYLLABUS-SPRING 1999

INSTRUCTOR: JASMIN GALICINAO

TIME / DATE	THUR S.05/27/9	TUES.06/01/99	THUR.06/03/99	TUES06/08/99	THUR.06/10/99
5:30 P.M.	FORT SHAFTER	FORT SHAFTER	FORT SHAFTER	FORT SHAFT-ER	FORT SHAFTER
5:30 - 6:30 P.M.	Discuss Chapter 14: Pr -egnancy and Breastfeeding	Discuss Chapter 15: Nutrition from Infancy through Adolescence	- Discuss Chapter 16: Nutrition During Adulthood	Discuss Chapter 17: Food Safety	Co Flu E wwwzff hesis Chapters 17 end on 14 to
6:30 - 7:35 P.M.		-Feeding Infants and Children Videos	PRESENTATION	Food Additi ves	
	Chapter 14 Lab	Chapter 15 Lab			
7:50 - 9:55 P.M.	Breastfeeding video	Activity		PRESENTATION	
READINGS, ASSIGNMENTS, PROJECTS, and DUE DATES	Read Chapter 15	Read Chapter 16	Read Chapter 17	STUDY FOR FINAL EXAM	