

Summer ~~1999~~ Biology 131 Hum  
July, 1999 to Se

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**Chaminade University of Honolulu**

**Campus:** Schofield Barracks or Henry Hall **at Chaminade University**

**Class Hours:** Tuesday, Thursday 9:30 P.M. to 7:35 P.M.

**Office Hours:** During breaks and after class

PM

Instructor until 7/15/99: Jasmin **Galicinao**, M.P.N., R.D. (841 - 0011)

Instructor from 7/27/99: Mae Isonaga, **M.P.H.**, R.D.

Phone: 586 - 4671

**e-mail:** [isonaga@hawaii.edu](mailto:isonaga@hawaii.edu)

**Administrative Holidays/No class:**

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

**Last day to withdraw from class:** Aug 23, 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 131L 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.
  - 8.) 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.

**Recommended :** Wardlaw, Gordon M., **Student Study Guide Contemporary Nutrition: issues and insights**, Brown & Benchmark Publishers, 1997, 3rd Edition.

### Grading

3 Exams	60%
Cumulative Final Exam	30%
Homework and Class Assignments/Activities	10%

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%, R = 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. 66m time A be ned for your qu is 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 source 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.

## **Summer 1999 Bioogy 131/ Lab Course Syllabus**

Human Nutrition Lab

Ms. Mae Isonaga, 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: 586 - 4871

**Meeting Place:** We are **required** to use **Chaminade** campus **Lab** Facilities at least twice during the session.

**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; fat and sugar **substitutes**; 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.
- B. 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**

Lab Quizzes	<b>40%</b>
Lab assignments.	<b>40%</b>
<b>Paper and Presentation</b>	<b>20%</b>

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.**

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**