

## IMPORTANT INFORMATION for BIOLOGY 131

Instructor: Lisa Nagai, M.S., R.D.  
e-mail address: [jnagai@hits.net](mailto:jnagai@hits.net)  
phone number: 255-4244

Biology 131 Course: 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 background is required; rather the course will provide elementary aspects of the several biological sciences that are needed.

**Biology 131 Lab is the laboratory to accompany M616 Biology 131. Concurrent registration in lecture and laboratory is required.**

Required Text: Wardlaw, G. Contemporary **Nutrition: Issues and Insights**, Third **Edition**

Grading for biology 131 lecture

3 exams (100 points each)	300 points
3 <b>Writing</b> Assignments	<b>30 points</b>
TOTAL	330 points

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

Exams will be primarily multiple choice with the possibility of some short **answer/essay** type questions. Study sessions outside of class will be made **available during** the semester to aid students who wish to further enhance the lectures and who want a quick review of the **material**.

Note: There will be a MAXIMUM of 15 extra-credit points given. These will primarily be in the form of pop quizzes and extra questions on the exam. These **quizzes** will be **unannounced** and will be **counted** as **extra-credit** toward your lecture grade. THERE WILL BE NO MAKE-UP on POP QUIZZES.

### General Rules

- Academic Conduct: Any student caught cheating may **receive** an "F" for the course.
- Class attendance: Regular attendance is required. Students who routinely miss class **rarely** do well. If you need to miss a class, please let me know ahead of **time**. All assignments **still** need to be turned in on time on the date it is due unless **otherwise** instructed by me to avoid **penalties**. ONLY students enrolled in the class may attend lectures and labs.
  - Late assignments: **15% reduction in your grade for late assignments. It is your responsibility to turn in work on time!**

## IMPORTANT INFORMATION for BIOLOGY 131 LAB

### Grading

6 Lab quizzes	60 points
4 Lab experiments	60 points
10 In-class <b>exercises/activities</b>	50 points
Instructor evaluation	<b>5 points</b>
	175 points

Note: Keep all returned and graded papers as proof that you turned in your assignment.

### Lab **quizzes**

There will ~~be~~ a short lab quiz **every** Monday on the ~~material that was covered~~ in our **in-class exercises and** you experiments the previous week. The quizzes will primarily be in a short answer type **format**. Your two lowest grades will be dropped. If you miss a quiz, that will count as one of your dropped **grades**. Since lab **quizzes** are returned the following class meeting, **THERE IS NO MAKE-UP ON LAB QUIZZES**.

### Lab **Experiments**

There will be four major lab **experiments** which include: enzymes, computerized **dietary** analysis, osmosis, and food safety. Therefore, it is important that you attend lab because some of these **experiments** CANNOT be made up. Part of your lab experiment grade will be the lab write-up. The format of the lab write-up will be **explained** during class.

### In-class **exercises/activities**

There will be various **in-class exercises/activities**. Some of these **activities** CANNOT be made up therefore it is important that you attend lab.

### Instructor evaluation

You will be evaluated on your performance in the lab. This grade will be based upon several things which include:

- helping clean up after lab
- having good rapport with other students
- willing to **participate** actively in lab
- lab **attendance**
- having a good attitude
- following lab rules

NOTE: FOOD and DRINKS are NOT permitted in the laboratory at Chaminade.

Lab Absence: If you cannot attend a lab at Chaminade University, there will be an assignment that you must complete in order to make up for the lab you missed. You will be given one week to complete the assignment. However, you are still responsible for the material you missed in lab. You will **still** be tested on the lab material you've missed.

TENTATIVE COURSE OUTLINE  
PEARL HARBOR 1999

week	Date	Lecture Topic	Reading	Lab	Things to bring /Reminders
Wed	July 7	introduction to the course. Why study nutrition?	Chapter 1	Introduction to lab.	
Mon	July 12	What You Eat and Why/ Tools for Design	<b>Chapters</b> 1, 2	<ul style="list-style-type: none"> <li>✓ estimating serving sizes: food models</li> <li>✓ 24-hour recall</li> <li>✓ designing a food plan</li> <li>✓ conversions</li> </ul>	Bring a food advertisement from a magazine.
Wed	July 14	Nutritional Advice	Chapter 3	<ul style="list-style-type: none"> <li>✓ issue of licensure</li> <li>✓ evaluating claims</li> </ul>	
Mon	July 19	The Human Body	Chapter 4	<ul style="list-style-type: none"> <li>✓ anatomy and physiology of the G.I. tract</li> <li>✓ parts of the cell</li> <li>video: National Geographic</li> </ul>	•• lab <b>quiz</b> #1 Choose a research topic.
Wed	<b>July</b> 21	Carbohydrates	Chapter 5	✓ food labeling	Bring in two food labels.
Mon	July 26	Carbohydrates (cont)	Chapter 5	lab <b>experiment</b> #1: enzyme#amylase	Mtg at Chaminade, Henry Hall. •• lab quiz #2
Wed	July 28	<b>EXAM</b> #1 (Chapters 1-5)			Writing Assignment #1 due
Mon	Aug 2	Lipids and Fat Substitutes	Chapter 6	<ul style="list-style-type: none"> <li>✓ cardiovascular disease: case study</li> <li>✓ fat budgeting</li> <li>✓</li> </ul>	•• lab quiz #3

	<b>Date</b>	<b>Lecture Topic</b>	<b>Reading</b>	<b>Lab</b>	<b>Things to Bring /Reminders</b>
Wed	Aug 4	Proteins	Chapter 7	lab #2: Computerized Dietary Analysis	•• Meeting @ Chaminade Bring your <b>3-day</b> food record.
Mon	Au 9	Vitamins	<u>Chapter 8</u>		
Wed	Aug 11	Water and Minerals	Chapter 9	✓ learning how to use a microscope lab experiment #3: osmosis (pass out agar plates for food safety lab) video: osmosis	<b>Meeting @</b> Chaminade <b>4- lab quiz #4</b>
Mon	Aug 16	<b>EXAM #2</b>			<b>Writing</b> Assignment #2 due
Wed	Aug 18	Weight Control, Charting a Course for Change	<b>Chapter</b> 10,12		
Mon	Aug 23	Food Safety	Chapter 17	Lab experiment #4: food safety - bacteria	•• Meeting @ Chaminade Bring your cultured agar plates. ❖ <b>Lab quiz #5</b>
Wed	Aug 25	Pregnancy and Breastfeeding	Chapter 14	✓ counseling a pregnant woman videos: National Geographic & "Giving You the Best..."	•• lab quiz #8
Mon	Aug 30	Nutrition and Infancy- Adolescence	Chapter 15	✓ case studies	
Wed	Set 1	Nutrition: Adulthood	<u>Chapter 16</u>		❖ <b>lab quiz #7</b>
Mon	Sept 6	Athletes and Fitness	Chapter 11	✓ Supermarket Tour	
Wed	Sept 8	Anorexia and Bulimia, <b>Undernutrition</b>	Chapter 13,18	✓ Supermarket Tour ✓ video: 'Eating disorders: the hunger within'	Writing Assignment #3 due
Mon	Sept 13	<b>FINAL EXAM #3</b>			

#8

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