

Ms. Mary Louise Null

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**Course Description:** Biology 131 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. Concurrent enrollment in Biology 131L 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) use and understand the components of a food label.
- 5) describe what nutrients are and state basic information about each of six categories of nutrients (e.g., functions in the body, risks of excesses/deficiencies, sources, guidelines for intake).
- 6) identify which nutrients are sources of energy for the body and how an excess or a deficiency of energy can affect the body.
- 7) define malnutrition as over- and undernutrition and discuss its causes, cures, and associated health effects.
- 8) discuss current issues related to the safety of the food supply using concepts from toxicology.
- 9) describe physiological changes that occur during the life span and explain the changes in nutrient needs that accompany these changes.
- 10) discuss how alcohol and other drugs interact with nutritional processes.
- 11) evaluate nutrition information in popular media critically, with respect to its correctness.

**HELP** is available when you need or want it. If you are having trouble with the course or have questions or comments, please arrange an appointment.

**Required Text:** G.M. Wardlaw. Contemporary Nutrition: Issues and Insights is Brown and Benchmark Publishers, 2000, 4<sup>th</sup> Edition (abbreviated GMW).

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**Course Grade:** The final grade for the course will be based on three components:

Three 40-minute examinations	30%
Average of 3 written assignments	30%
Final Examination (mandatory)	40%
Total Points	100%

Specific information about grading will be discussed during the first week of classes. Letter grades will **NOT** be assigned to individual assignments or exams; however, approximate grades for score ranges will be discussed in class.

**Examinations:** Three 40-minute in-class exams and a 120-minute in-class final will be given to provide the majority of the input for evaluating your learning in the course. Mark your **calendars** for the correct dates and times.

## NO MAKE-UP EXAMS WILL BE GIVEN

If you miss an exam and bring a written doctor's (MD's) excuse for illness, your exam score will be figured on the three remaining exams. If you do not bring a medical excuse within a week of missing the exam, no credit will be given and that portion of Your exam ~~grade will be figured on 3 exams, with the unexcused, missed exam entered as a~~ "zero". NO student may miss 2 or more examinations; **NO** student will pass the course without taking the final examination.

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)

**Assignments:** Three written homework exercises will be assigned during the semester. Assignments must be turned in during the class period on the **day they** are due, not **after** the class they will not ~~be entered later the y~~ No credit will be given for an assignment turned in after its due time and date.

Before you begin each assignment, you may want to make a photocopy of the pages you will be handing in. This way, if you make a mistake, it will be easier to redo your work on a clean page.

Topics/Readings for Semester: Tentative

WEEK	MONDAY CLASS 1645-1850	WEDNESDAY CLASS 1645-1850
1	10/1 Syllabus and Introduction, <b>What is Nutrition?</b> , Relationship of Diet and Disease. <i>GMW Preface to Student, pp xvii-xxiv</i> <i>GAM Chapter 1, 2-33</i>	10/3 Types and Sources of Nutrients, What Determines Food Intake?, Sorting Fact from Fallacy in Nutrition
2	10/8 Holiday/No Class	10/10 Tools for Diet Design <i>GMW Chapter 2, 34-71</i>
3	10/15 The Human <b>Body</b> : A Nutrition Perspective <i>GMW Chapter 3, pp 72-101</i>	10/17 The Human <b>Body</b> : A Nutrition Perspective (Continued), Water <i>GMW Chapter 8, pp 257-261</i> <b>Assignment due- 3 day diet history and analysis</b>
4	10/22 <b>Exam #1 covering topics through "The Human Body"</b> Carbohydrates <i>GMW Chapter 3, 102-133</i>	10/24 Carbohydrates(contd) Lipids <i>GMW Chapter 5, pp 134-173</i>
5	10/29 Lipids (contd.)	10/31 Protein <i>GMW Chapter 6, 174-205</i>
6	11/5 <b>Exam #2, covering Carbohydrates, Protein and Lipids</b> Vitamins <i>GMW Chapter 7, 206-255</i>	11/7 Minerals <i>GMW Chapter 8, pp 256-307</i>

7	<u>11/12</u> Holiday/No Class	<u>11/14</u> Weight Control, Nutrition for Sports and Fitness, Eating Disorders <i>GMW Chapters 8, 9, 10, pp 308-411</i> Assignment due - Interpreting Food Labels
8	<u>11/19</u> Exam # 3 covering Vitamins through Eating Disorders	<u>11/19</u> Pregnancy and Breastfeeding <i>GMW Chapter 12, p. 412-443</i>
9	<u>11/26</u> <b>Nutrition</b> Frm Infancy Through Adolescence <i>GMW Chapter 13, 444-479</i>	<u>11/28</u> Nutrition Through Adulthood <i>GMW Chapter 14, pp 480-513</i>
10	<u>12/3</u> Food Preservation and Safety Issues <i>GMW Chapter 15, pp 514-543</i>	<u>12/5</u> Hunger and Malnutrition <i>GMW Chapter 16, pp 544-576</i> Assignment due - What is the ideal diet and <u>why?</u>
11	<u>12/10</u> Current "Hot " Topics in Nutrition: Bioengineered Foods, Complementary and Alternative Health Care	<u>12/12</u> Final Exam

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** or desirable. These changes, if any, will be announced as soon as the need for them becomes apparent.