

BIOLOGY 131 LAB: HUMAN NUTRITION (1 CREDIT)

Fall 2003

Tuesday 2:00-4:50 pm.

Henry Hall Room 8

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Office Hours: by appointment

COURSE SYLLABUS AND TENTATIVE OUTLINE

Objectives: At the completion of the laboratory course, each student should be able to do the following:

1. Evaluate his/her dietary intake and energy expenditure via manual calculations and computers.
2. Identify the structures and functions of the human digestive system.
3. Identify appropriate portion sizes of foods.
4. Perform simple laboratory experiments.
5. Write short laboratory reports.
6. Make group presentations.

Text: No text will be required for laboratory. Lab topics will parallel the material covered in lecture, therefore students should remain current on their lecture readings. The instructor will provide laboratory handouts for each class. Handouts are to be read **BEFORE** coming to lab. Students must keep a loose-leaf laboratory notebook for all handouts and notations. Please also bring a calculator to each class!

Assignments: All assignments must conform with the Chaminade University Writing Standards. There will be several in class assignments and homework assignments. All assignments are due at the **BEGINNING** of class. Unexcused homework assignments turned in after the due date will be reduced by one grade (25%) for every class period late.

Attendance: Attendance is **MANDATORY**. Students are expected to be prompt for laboratory and dressed in appropriate attire. There are no make ups for assignments such as quizzes that are missed as a results of arriving to class late.

Grading: A separate grade is given for lab and is comprised of the following: quizzes (45%), assignments (25%), diet analysis report (20%), and attendance and participation (10%). Final grades will be assigned as follows:

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

TENTATIVE LABORATORY OUTLINE

The following outline is tentative and adjustments may be made with topics omitted or added in the future. Due dates will be announced at the time the assignment is given.

Lab Date	Topic/Assignment
8/26	Introduction Nutrition Quiz video
9/2	Food Guide Pyramid Size Matters
9/9	Distribute Diet Analysis Project Digestion: video and models
9/16	Quiz 1: Digestion Water content of food
9/23	Anthropometrics Part I
9/30	Anthropometrics Part II Review Diet Analysis Project
10/7	Diet Analysis Report due, discussion Eating disorders video
10/14	Quiz 2: Anthropometrics, water Nutrition for athletes video
10/21	Food Labels
10/28	Supermarket tour
11/4	TBA
11/11	HOLIDAY – no class
11/18	TBA
11/25	TBA
12/2	Quiz 3: final Cultural Food Group Presentations

**Biology Laboratory
Rules and Regulations**

Shoes must be worn at ALL times when in the lab. Students will NOT be allowed in the laboratory without shoes. Sandals and open-toed shoes are prohibited in the lab.

Lab coats, goggles and safety glasses must be worn when performing work in the laboratory. This includes manipulation of chemicals (both hazardous and nonhazardous).

Eating, drinking, smoking, etc. is not permitted in any laboratory or any area where chemicals are being used or stored.

Wash work surfaces well before leaving the laboratory.

Clean up the work area on completion of an operation or at the end of each day.

No waste shall be disposed down the drain unless otherwise instructed to do so.

No guests or animals will be allowed in the lab.

Long hair must be secured back and off the shoulders, as appropriate.

Ties, carves, and other loose clothing must be secured.

Wash promptly whenever a chemical has contacted your skin.

Do not smell or taste chemicals.

I have read and agree to the above biology lab rules and regulations. I realize that failure to comply with the above rules may result in a reduction of points from my lab grade.

Student signature

Date