Prerequisites: ENGL F111X or higher; placement in DEV F105 or higher; or permission of instructor. This course may not be used as a biology elective credit for a major in biological science.

Instructor Information
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Office Hours
By appointment. If you have questions about the class or would like to discuss your class performance, we encourage you to come and see us by appointment. We’re both happy to meet with you.

Course description
An Introduction to Human Nutrition provides students with an understanding of basic nutritional science and how the principles of nutrition can be used to achieve and maintain optimum health and well-being. Students will consider their own food choices in light of the scientific concepts covered in class.

Course goals
To provide students with an overview of the fundamentals of human nutrition science.

Learning objectives
Upon completion of this course, you will be able to do the following:

- Understand how the Dietary Guidelines, Recommended Dietary Allowances (RDA’s) and Food Guide Pyramid are used in planning healthy diets for individuals and groups.
- Understand and describe the basic functions, food sources and human requirements of nutrients.
- Understand the digestion, absorption and transport of nutrients.
- Describe the factors influencing energy balance and describe the effectiveness of various weight loss and maintenance strategies.
- Evaluate personal dietary intakes and practices for nutritional adequacy and recommend strategies for improvements.
- Understand the role of nutrition in health promotion and disease, particularly chronic disease prevention.
• Describe nutrition issues surrounding food safety and other consumer concerns
• Demonstrate an understanding of the role of food choice in promoting personal, community and environmental health
• Demonstrate an understanding of the scientific process and apply it to current issues in health and nutrition

**Instructional Methods**
The course includes lectures, class discussion, in-class activities, text book and journal article readings, and assignments. *Student participation is important and this requires that all students come prepared having read the required readings in advance.*

This class will focus on teaching scientific concepts in addition to exploring personal decision-making. My goal is for you to consider your own food choices in light of the knowledge you are gaining.

**Course Readings**

*Required:*
- Lab assignments will be distributed weekly.
- Additional readings will be assigned to supplement the main textbook or as part of various homework assignments; these will be made available on Blackboard.

**Some useful websites:**
My Plate [http://www.choosemyplate.gov/](http://www.choosemyplate.gov/)
Linus Pauling Institute Micronutrient Information Center [http://lpi.oregonstate.edu/infocenter/](http://lpi.oregonstate.edu/infocenter/)
American Dietetic Association [www.eatright.org](http://www.eatright.org)
American Society for Nutritional Sciences [www.asns.org](http://www.asns.org)
ILSI Human Nutrition Institute [http://hni.ilsi.org](http://hni.ilsi.org)
American Heart Association [www.americanheart.org/](http://www.americanheart.org/)

**Student Evaluation**

**Points Possible:**

<table>
<thead>
<tr>
<th>Category</th>
<th>Points Possible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exams</td>
<td>300 (100 points each)</td>
</tr>
<tr>
<td>Journal entry (10)</td>
<td>80 points (8 points each)</td>
</tr>
<tr>
<td>Vitamin/mineral presentation</td>
<td>25 points</td>
</tr>
<tr>
<td>Food bank menu assignment</td>
<td>20 points</td>
</tr>
<tr>
<td>Weekly reading quizzes (8)</td>
<td>40 points (5 points each)</td>
</tr>
<tr>
<td>Laboratory Assignments (11)</td>
<td>220 points (20 points each)</td>
</tr>
</tbody>
</table>

**Total Possible Points: 685**

Introduction to Human Nutrition, Biology 120X: tentative syllabus (subject to change)  Bersamin Spring 2015
Grades will be on a straight percentage basis.
A= 94-100%; A-=90-93.9%; B+= 87-89.9%; B= 84-86.9% ;B-= 80-83.9%; C+= 77-79%; C= 74-76.9% ;
C- 70-73.9 % D+= 67-69%; D = 64-66.9%; D-= 60-63.9%; F= 59% and below

Instructor and course evaluation:
Teaching is a learning process and it is difficult to facilitate learning without student feedback. I request feedback throughout the semester that will allow me to address problems or difficulties while the course is on-going. Unsolicited constructive feedback is welcome anytime.

Course Requirements:
Exams: There will be 3 in-class exams. Exams will include T/F, multiple-choice, matching, short answer and essay questions. Exams will be based on lectures, readings, labs and assignments. There will be NO make-up exams. Under very unusual circumstances early exams will be offered with approval from the instructor; arrangements must be made well in advance.

Readings:
In-class discussions and activities will require that you have completed the required readings. The course reading list is included in the syllabus. Additional readings (e.g. newspaper articles, journal articles, policy briefs, etc.) will be assigned throughout the semester and will be provided as hand-outs or posted on Blackboard. Student participation is important and this requires that all students come prepared having read the required readings in advance.

Weekly reading quiz: To facilitate keeping up with the course reading and material you will take a weekly quiz on blackboard. There will be 11 weekly quizzes. Each quiz will consist of 5 multiple-choice questions, and you will have 10 minutes to complete it. Your three lowest quiz scores will be dropped at the end of the semester. Only 8 quizzes will count towards your final grade.

Please pay close attention to the class schedule for all of the due dates. Quizzes are due by 11 pm Eastern Standard Time on the date indicated. Late quizzes will not be graded.

Labs (11 @ 20 points each).
You are required to attend the lab section in which you are officially enrolled. If you need to attend another lab sections for some reason, you must obtain permission from the TA in advance. You are expected to be on time to labs.

Lab assignments will be posted on Blackboard at least one week in advance. Paper copies of your completed assignments are due at the beginning of lab on the due date. No late assignments will be accepted. If you are not able to turn in an assignment due to extenuating circumstances (i.e. medical emergency for which you have a doctor’s note), please come and see me during my office hours or by appointment. You must be present for lab in order to earn any credit for the
work on that lab; in other words, if you aren’t at lab one week, you will receive a zero on it unless arrangements are made in advance for extenuating circumstances.

Labs:
1. Measuring the nutrition environment
2. Sensory evaluation of foods
3. Nutritional epidemiology: data collection
4. Nutritional epidemiology: data analysis
5. Carbohydrate, ag policy, and health
6. Nutritional epidemiology: data dissemination
7. Health assessment
8. Nutrition education
9. Microbiology and fermentation
10. Outbreak investigation
11. Sports nutrition

Journal Entries:
You will be asked to complete 10 journal entries, worth 8 points each over the course of the semester. The journal entries are designed to help you reflect on your own attitudes toward food and nutrition and to actively explore your reaction to class readings and discussions. A question to focus your journal entry will be provided in class, usually the Thursday before it is due. In addition to reflecting on the question, you will be asked to note something in class you found particularly interesting, something you found challenging, and any additional feedback you have about the class.

There is no length requirement. You will be evaluated on the quality of your entry. Please familiarize yourself with the journal entry evaluation rubric. You are responsible for evaluating your “effort” on the journal entry.

Food Bank Volunteer (extra credit): You have the opportunity to earn 10 extra credit points by volunteering for a minimum of 1 hour at the Food Bank. To earn full credit, please write a journal entry reflecting on your experience.

Vitamin/mineral presentation
In pairs, you will be responsible for developing and delivering a 15 minute presentation on a vitamin or mineral. Presentation guidelines will be provided in class and posted on Blackboard.

Current events (extra credit):
Throughout the course, you have the opportunity to earn up to 10 extra credit points by bringing a newspaper or internet article related to a topic covered in class, summarizing its contents for the class, and providing a one paragraph written summary. Current events must have been published within the last year. You will earn five points for each current event article and summary. Written and oral summaries should, at minimum:
- State the objectives of the study
- Summarize the study design and findings
- Provide a copy of original article (if available) to me (preferably as a PDF)
• Provide your opinion on how the “average” reader will respond to the article. Will the article influence decision making or thinking? Does the article leave out any important information?

**Course Policies**

**Communication:** Announcements and schedule changes will be made by e-mail or on Blackboard. It is your responsibility to check your e-mail or Blackboard at least twice weekly. I encourage you to contact me with any comments or questions. If you don’t understand something please ask.

**Attendance:** Daily attendance and participation are expected.

**Withdrawal:**
Jan. 30: Deadline for 100 percent refund of tuition and fees
Jan. 30: Deadline for student-initiated and faculty-initiated drops (course does not appear on academic record)
Mar. 13: Deadline for student-initiated and faculty-initiated withdrawals (W grade appears on academic transcript)

**Honor Code and Plagiarism:** You are expected to uphold the UAF standard of conduct for students relating to academic dishonesty. You assume full responsibility for the content and integrity of the academic work you submit. For the student code or additional information, please use the following URL http://www.uaf.edu/catalog/current/academics/regs3.html

**UAF Disability Services**
Disabilities Services: The Office of Disability Services implements the Americans with Disabilities Act (ADA), and insures that UAF students have equal access to the campus and course materials. I will work with the Office of Disabilities Services (208 WHIT, 474-5655) to provide reasonable accommodation to students with disabilities. **If you require any assistance due to documented disability, please let me know by the 2nd week of classes and I will be happy to make whatever accommodations are necessary.**