BIOLOGY 120 X
INTRODUCTION TO HUMAN NUTRITION
Spring 2019; 4 Credits
Lecture: T/R 9:45-11:15, Location: 107 Murie, In-Person
Lab: M/W 10:30-1:30, Location: 302 Murie
CRN: 33271/33272

Prerequisites: ENGL F111X or higher; placement in DEVM 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
Andrea Bersamin, PhD (Instructor)
Email: aberrians@alaska.edu
Telephone: (907)474-6129
Office: 228 AHRB
Office hours: By appointment. If you have questions about the class or would like to discuss your class performance, I encourage you to come and see me by appointment.

Jessica Johnson (TA)
E-mail: jjjohnson20@alaska.edu
Office: 232 AHRB
Office hours: Thursday 1:15-2:15p

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.

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 or in class.

Some useful websites:
Dietary Guidelines for Americans http://health.gov/dietaryguidelines/
My Plate http://www.choosemyplate.gov/
Linus Pauling Institute Micronutrient Information Center http://lpi.oregonstate.edu/infocenter/
American Society for Nutritional Sciences www.asns.org
ILSI Human Nutrition Institute http://hni.ilsi.org
American Heart Association www.americanheart.org/
American Diabetes Association www.diabetes.org/

Course Requirements:
Exams: There will be 3 in-class exams, each for 100 points. 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: (10 at 5 points each). To facilitate keeping up with the course reading and material you will take a weekly quiz on blackboard. There will be 10 weekly quizzes. Each quiz will consist of 5 multiple-choice questions, and you will have 10 minutes to complete it.

Please pay close attention to the class schedule for all of the due dates. Late quizzes will not be graded.

Labs (12 @ 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.

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.

Journal Entries:
You will be asked to complete 5 journal entries, worth 10 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. 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 will also be asked to peer review a total of 10 journal entries. Each peer review is worth 2 points. Your peer review assignment will be emailed to you. For full credit you must complete the rubric and make at least 1 substantive comment.

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 (25 points). 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 nutrition, 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 5 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?

Cooking on a budget with limited equipment (extra credit)
You have the opportunity to earn 5 extra credit points by bringing a healthy home-made dish to share with the class that costs <$5 to make (this amount is flexible) and uses very little equipment. Ideally the dish will make enough for all students to be able to taste it (even just one spoonful) but this isn’t a requirement. For full credit, please submit a document that includes the recipe, cost per serving, and a statement about the dietary quality of the dish. Please come talk to me if you’d like to prepare a dish but are unable to obtain the ingredients.

### Student Evaluation

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<th>Points Possible:</th>
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<tr>
<td>Exams (3)</td>
<td>300 (100 points each)</td>
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<td>Journal entry (5)</td>
<td>50 points (10 points each)</td>
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<td>Vitamin/mineral presentation</td>
<td>25 points</td>
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<td>Weekly reading quizzes (10)</td>
<td>50 points (5 points each)</td>
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<td>Let’s get acquainted quiz</td>
<td>2 points</td>
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<td>Laboratory Assignments (12)</td>
<td>250 points (variable points each)</td>
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**Total Possible Points: 677**

**To calculate your grade: your points/655**

**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 Policies

Communication: Announcements and schedule changes will be made by e-mail or on Canvas. It is your responsibility to check your e-mail and Canvas regularly. I encourage you to contact me with any comments or questions. If you don’t understand something please ask. I will do my best to reply to e-mails within 24 hours.

Late assignments: Late assignments will not be accepted unless prior arrangements have been made with me at least 1 week before the assignment due date or there is an extenuating circumstance.

Lab section: It is important to arrive to your scheduled lab section on time. 4 points will be deducted from your lab score for every 15 minutes you’re late. You will receive half credit for assignments submitted up to a week late. No credit will be given after one week.

Attendance: Daily attendance and participation are expected.

Withdrawal:
Jan. 25: Deadline for student-initiated and faculty-initiated drops with refund (course does not appear on academic record)
Mar. 29: Last day for student- 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

Student Protections and Services Statement
Every qualified student is welcome in my classroom. As needed, I am happy to work with you, disability services, veterans' services, rural student services, etc to find reasonable accommodations. Students at this university are protected against sexual harassment and discrimination (Title IX), and minors have additional protections. As required, if I notice or am informed of certain types of misconduct, then I am required to report it to the appropriate authorities. For more information on your rights as a student and the resources available to you to resolve problems, please go the following site: www.uaf.edu/handbook/

Effective Communication
Students who have difficulties with oral presentations and/or writing are strongly encouraged to get help from the UAF Department of Communication’s Speaking Center (907-474-5470, speak@uaf.edu) and the UAF English’s Department’s Writing Center (907-474-5314, Gruening 8th floor), and/or CTC’s Learning Center (604 Barnette st, 907-455-2860).
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<td>Food Choices</td>
<td>Chapter 1</td>
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<td>Vitamins and Minerals</td>
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<td>T</td>
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<td>Dietary supplements and functional foods</td>
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<td>Energy Balance</td>
<td>Read pages 407-426 and 538-581</td>
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<td>Faces of malnutrition</td>
<td>Read pages 666-691</td>
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<td>Nutrition for Physical Performance</td>
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<td>Food Technology</td>
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<td>TR</td>
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<td>Metabolism</td>
<td>Read pages 380 to 395</td>
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<td>Due 4/19</td>
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<td>Alcohol</td>
<td>Read pages 134-157 and 396-400</td>
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Final Exam: April 30 at 8am