

**Human Nutrition
Fall 2011**

BIOL3210
TR 11:00 AM - 12:15 PM
FH1040

Instructor: Dr. Sally E. Harmych
Office: BO 1009A
Phone: (419) 530 – 4585
email: sally.harmych@utoledo.edu (I will also answer questions pertaining to the course via email)

Office Hrs: **M 1:00 PM – 3:00 PM**
T 9:30 AM – 10:30 AM
W 1:00 PM - 3:00 PM, or by appointment

Required Text: Byrd-Bredbrenner, Carol, Moe, Gaile, Beshgetoor, Donna, Berning, Jacqueline (2009) *Wardlaw's Perspectives in Nutrition, Eighth Edition*. McGraw-Hill Companies, New York, NY. ISBN# 978-0-07-296999-7

Important Dates:

September 8	Writing Assignment I due
October 6	Writing Assignment II due
October 18	No class – Fall break
<i>October 30</i>	<i>Last day to Withdraw</i>
November 8	Writing Assignment III due
November 22 & 24	No Classes – Thanksgiving
December 8	Writing Assignment IV due

Exam Schedule:

Exam I	September 15	100 pts.
Exam II	October 13	100 pts.
Exam III	November 17	100 pts.
Final Exam	Thursday, December 15	200 pts.
	10:15 – 12:15 PM	

*****Academic dishonesty may lead to failure of this course. Read the University policy about this subject*****

Evaluation

Students will be evaluated based on 3 lecture exams worth 100 pts each and a comprehensive final exam worth 200 pts. The exams will consist of a variety of different questions including matching, true/false, multiple choice, short answer and essay. In addition, each student will write 4 writing assignments that are worth 25 points each.

Grading Scale:

Exams will be scored as % correct points, which will correspond to a letter grade according to the table below. This scale is based on the assumption that knowledge of more than 50% of the material is needed to pass this course.

<u>GRADE</u>	<u>% CORRECT</u>	<u>GRADE</u>	<u>%CORRECT</u>
A	90 – 100	C	67 - 70
A-	87 – 89	C-	63 - 66
B+	83 – 86	D+	59 - 62
B	79 – 82	D	55 - 58
B-	75 – 78	D-	51 - 54
C+	71 – 74	F	0 - 50

***Any student listed in the course after **October 28** can only receive a grade of **A – F**.

Any student who stops attending class after taking the first test will receive a grade of F for all the missed tests, ***unless that student withdraws from the course by October 28th***.

I will only assign **IN** grades in extraordinary cases when unexpected conditions prevent a student from completing the course within the term of enrollment. An IN grade must be removed by the end of the following semester.

Attendance: Attendance is not mandatory; however, I will stress the main points in lecture. If you do attend lecture, I expect your attention. Cell phones, pagers, arriving late/leaving early, and talking are not acceptable. It is your responsibility to get the notes if you miss lecture. I do not give out my notes to be copied but would be happy to go over the material with you.

Required Reading:

Chapter 1	The Science of Nutrition
Chapter 4	Human Digestion and Absorption
Chapter 5	Carbohydrates
Chapter 6	Lipids
Chapter 7	Proteins
Chapter 8	Alcohol
Chapter 12	Fat Soluble Vitamins
Chapter 13	Water Soluble Vitamins
Chapter 14	Water and the Major Minerals
Chapter 15	Trace Minerals
Chapter 9	Energy Metabolism
Chapter 2	Tools of a Healthy Diet
Chapter 3	The Food Supply
Chapter 10	Energy Balance, Weight Control and Eating Disorders
Chapter 11	Nutrition, Exercise, and Sports
Chapter 16	Nutritional Aspects of Pregnancy and Breastfeeding
Chapter 17	Nutrition During the Growing Years
Chapter 18	Nutrition During the Adult Years

Writing Assignments

This semester you will be asked to complete 4 writing assignments worth 25 points each. These writing assignments will each be 1-2 typed pages and will be over a current topic in nutrition, an article that you choose or a common nutrition myth. These will be better explained during the semester.