



Human Nutrition
The University of Toledo
College of Natural Science and Mathematics
BIOL3210-001 CRN 53406

Instructor:	Dr. Sally E. Harmych	Term:	Fall 2015
Email:	sally.harmych@utoledo.edu	Class Location:	WO3246
Office Hours:	M/W 1-3 pm T/R 9-10am	Class Day/ Time:	TR 11:00am – 12:15 pm
Office Location:	WO1235K		
Office Phone:	419.530.4585	Credit Hours:	4

COURSE/CATALOG DESCRIPTION

Lectures covering nutrition and transport in humans, role of nutrition in growth and development, nutritional diseases.

STUDENT LEARNING OUTCOMES

- Define the basic terms and processes related to nutrition science
- Identify the major functions and food sources of each macronutrient (carbohydrate, protein, lipid) and micronutrient (vitamins and minerals)
- Learn how nutrients in food affect and are affected by metabolic functions of the human body.
- Evaluate the validity of nutritional information
- Identify the prevalence of food insecurity and hunger
- Summarize the nutrients of concern during human growth and development and throughout the aging process

TEACHING STRATEGIES

I expect that since you are taking this course you are interested in learning about the subject of Human Nutrition. The best way to be successful is to read the text, attend lecture, take notes and do your online assignments. It is helpful if you read the text before attending lecture. When you come to lecture it is expected that your focus will be on the material covered, not your cell phone, latest email or Facebook postings, or today's news headlines. During lecture I will outline the subject matter and cover key points. In addition, attending lecture gives you an opportunity to ask questions about the material and helps me know when you are having difficulties. What is covered in lecture is much more likely to be seen on exams. I encourage you to ask questions if you are having difficulty. You can also ask me questions directly after class, during office hours, via email or over the phone. I am here to help you be successful, but I cannot do that if you do not ask.

PREREQUISITES AND COREQUISITES

BIOL 3070 FOR LEVEL UG WITH MIN. GRADE OF D

REQUIRED TEXTS AND ANCILLARY MATERIALS

Byrd-Bredbenner, Carol, Moe, Gaile L., Beshgetoor, Donna, Berning, Jacqueline R. (2013) Wardlaw's Perspectives in Nutrition, 9th ed., McGraw-Hill, New York, NY. (ISBN# 9780073522722)

TECHNOLOGY REQUIREMENT

Powerpoint
Blackboard Access

UNIVERSITY POLICIES

The University is an equal opportunity educational institution. Please read The University's Policy Statement on Nondiscrimination on the Basis of Disability Americans with Disability Act Compliance (http://www.utoledo.edu/policies/administration/diversity/pdfs/3364_50_03_Nondiscrimination_o.pdf)



ACADEMIC ACCOMMODATIONS

The University of Toledo is committed to providing equal access to education for all students. If you have a documented disability or you believe you have a disability and would like information regarding academic accommodations/adjustments in this course please contact the Student Disability Services Office at (419)530-4981 or through the UT website at <http://www.utoledo.edu/offices/student-disability-services/index.html>

CLASSROOM EXPECTATIONS

Examinations start and end at specified times. Under no circumstances will students be admitted to an exam after the first student has left the exam. Extra time will not be given for students that show up late. If you must miss an exam you must contact me within 24 hours to schedule the make-up exam. When we meet you must have a written excuse. If proper documentation is not provided then the missed exam will be scored as your lowest exam score for the semester. If you know in advance that you must miss an exam for a legitimate reason then please see me to schedule an early exam.

Please see me by the end of the first week of classes if you have special needs concerning testing. You may take the exams in the Student Testing center (FH1080).

GRADING

Students will be evaluated based on 3 lecture exams worth 100 points each and a comprehensive final exam worth 150 points. 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 complete 2 writing assignments that are worth 20 points each.

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

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 March 27th can only receive a grade of A – F.**

Any student who stops attending class after taking the first exam will receive a grade of F for all the missed exams, ***unless that student withdraws from the course by March 27, 2015.***

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.



Schedule of Lectures (This schedule is subject to change. Any changes will be announce in class)

Week	Date	Topic	Module
1	August 25	Intro to Course & The Science of Nutrition	1
	August 27	The Science of Nutrition	1
2	September 1	Toolse of a Healthy Diet	2
	September 3	The Food Supply	3
3	September 8	Human Digestion and Absorption	4
	September 10	Human Digestion and Absorption	4
4	September 15	Exam 1 (Chapters 1-4)	
	September 17	Carbohydrates	5
5	September 22	Carbohydrates	5
	September 24	Lipids	6
6	September 29	Lipids	6
	October 1	Proteins	7
7	October 6	No classes - Fall Break	
	October 8	Alcohol	8
8	October 13	Energy Metabolism	9
	October 15	Energy Metabolism	9
9	October 20	Exam 2 (Chapters 5-9)	37, 38
	October 22	Energy Balance, Weight Control and Eating Disorders	10
10	Octoer 27	Nutrition, Exercise and Sprots	11
	October 29	Fat Soluble Vitamins	12
11	November 3	Fat Soluble Vitamins	12
	November 5	Water Soluble Vitamins	13
12	November 10	Water Soluble Vitamins	13
	November 12	Water and the major Minerals	14
13	November 17	Water	14
	November 19	Trace Minerals	15
14	November 24	Exam 3 (Chapters 10-15)	
	November 26	No Classes - Thanksgiving Break	
15	December 1	Nutritional Aspects of Pregnancy and Breastfeeding	16
	December 3	Nutrition During the Growing Years	17
16	December 8	Nutrition During the Adult Years	18
	December 10	Final Review and Discussion Day	
	December 17	Final Exam: 10:15-12:15 PM, WO3246 (Thursday)	



Policy Statement on Academic Dishonesty

Academic dishonesty will not be tolerated. Among the aims of education are the acquisition of knowledge and development of the skills necessary for success in any profession. Activities inconsistent with these aims will not be permitted. Students are responsible for knowing what constitutes academic dishonesty. If students are uncertain about what constitutes plagiarism or cheating they should seek the instructor's advice. Examples of academic dishonesty include, but are not limited to:

- Plagiarizing or representing the words, ideas or information of another person as one's own and not offering proper documentation;
- Giving or receiving, prior to an examination, any unauthorized information concerning the content of that examination;
- Referring to or displaying any unauthorized materials inside or outside of the examination room during the course of an examination;
- Communicating during an examination in any manner with any unauthorized person concerning the examination or any part of it;
- Giving or receiving substantive aid during the course of an examination;
- Commencing an examination before the stipulated time or continuing to work on an examination after the announced conclusion of the examination period;
- Taking, converting, concealing, defacing, damaging or destroying any property related to the preparation or completion of assignments, research or examination;
- Submitting the same written work to fulfill the requirements for more than one course.

While academic integrity is particularly the responsibility of the student, the faculty members also have a responsibility. Assignments and tests should be constructed and proctored so as to discourage academic dishonesty. Faculty members are expected to inform their students explicitly as to what materials and procedures are authorized for use in the preparation of assignments or in examinations (e.g., the use of calculator, computer, text materials, etc.). Should cases of academic dishonesty be found among students, the instructor may choose to counsel the student, or the following sanctions may be imposed:

- The student may be assigned an F for the work in question.
- The student may be assigned an F for the course. In this case the instructor should inform the Dean and the student of this action. The Dean will make certain that the student receives the F grade and is not permitted to withdraw from the course.
- The student may be placed on probation or suspended for some definite period of time, dismissed or expelled by the Dean if either the seriousness of the offense or a record of repeated offenses warrants it. A notation that such a sanction has been imposed will be made part of the student's permanent record. It is expected that the Dean will consult with the instructor and the student in making such a judgment, and that the Dean will notify the student of the sanction imposed and of the appeals procedure.

A student found to be academically dishonest by a faculty member may appeal according to procedures approved by the respective colleges. The procedures for making a final appeal to the Student Grievance Committee may be found in the Student Handbook.