

Sul Ross State University

BIOL 3301

Human Nutrition

Fall – 2009

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Text: Wardlaw's Perspectives in Nutrition. 8th edition. Byrd-Bredbenner – Moe Beshgetoor – Berning. **Required.**

Course Description: This course will cover the scientific principles of human nutrition. There will be an emphasis on nutrients, metabolism, and factors affecting utilization in the human body throughout the life cycle. This also includes influence of food selection on health and evaluation of personal diets.

Course Objectives:

- ⇒ Student will state the importance of proper nutrition in maintaining good health.
- ⇒ Student will state and define the eating disorders that are observed in humans.
- ⇒ Student will explain the importance and role of carbohydrates, lipids, proteins, and alcohol and their effects on human health.
- ⇒ Student will explain the importance and role of vitamins and minerals and their effects on human health.
- ⇒ Student will be able to demonstrate how metabolism and weight management relate to nutritional fitness.
- ⇒ Student will be able to plan diets based on the nutritional requirements of humans of different ages, genders, and physical conditions (pregnancy, endurance athletes, etc.).

Grading: Your final grade will be based on the percentage of points you receive out of a total possible 900 points (100 point exams (5), 20 point quizzes (5), 20 point homework assignments (5) and a 200 point final). A subjective grade will be determined by your participation. In the event of borderline cases, this will influence your final grade in the course. If you do not participate for three weeks, you will be dropped with an F.

Lecture Outline

WEEK	LECTURE TOPIC	CHAPTER
1	Introduction	
2	The Science of Nutrition	1
3	Tools of a Healthy Diet	2
4	Human Digestion and Absorption; PART 1 TEST	4
5	Carbohydrates, Lipids	5, 6
6	Proteins	7
7	Alcohol; PART 2 TEST	8
8	Energy Metabolism	9
9	Energy Balance, Weight Control, and Eating Disorders	10
10	Nutrition, Exercise, and Sports; PART 3 TEST	11
11	The Fat-Soluble Vitamins, The Water-Soluble Vitamins	12, 13
12	Water and Major Minerals, Trace Minerals; PART 4 TEST	14, 15
13	Nutritional Aspects of Pregnancy and Breastfeeding	16
14	Nutrition during the Growing Years	17
15	THANKSGIVING BREAK	
16	Nutrition during the Adult Years; PART 5 TEST	18
17	FINALS WEEK	