

**Biology 3301 Human Nutrition (3 credits)**  
**Fall 2015 Sul Ross State University**

**Instructor:** Dr. Martin Terry  
**Office:** WSB 219  
**Phone:** 432-837-8113

**Office Hours:** MW 10-11; Tues 1-4; by appt.  
**Lecture Time:** TR 8:00-9:15 WSB 101  
**Email:** [m.terry@sulross.edu](mailto:m.terry@sulross.edu)

**Text:** Byrd-Bredbenner, Carol, Gaile Moe, Donna Beshgetoor, Jacqueline Bering, and Danita Kelley. (2014). *Wardlaw's Perspectives in Nutrition: A Functional Approach* [Recommended but not required]

**Course Description:** This course will cover the scientific principles of human nutrition with 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:** Grades will be distributed according to the table below. If you have a valid excuse to miss an exam, you must contact me **within 24 hours** of the scheduled exam. Failure to do so will result in a zero – no exceptions. Due dates are posted, so it is your responsibility to complete assignments on time.

Quizzes	(10 @ 10 points each)	100	
Lecture Exams	(3 @ 100 pts each)	300	66.6%
Final Exam		150	16.7%
<b>TOTAL</b>		<b>600 points</b>	<b>100.0%</b>

**Biology Program Learning Outcomes (PLOs):**

1. Demonstrate an understanding of evolution.
2. Demonstrate an integration of environmental awareness into everyday modern life.
3. Understand how to incorporate molecular biology into the study of the whole organism.
4. Demonstrate utilization of various field techniques toward addressing scientific questions in the discipline.
5. Conduct basic laboratory experiments utilizing standard observational strategies.



<u>DATE</u>	<u>TENTATIVE LECTURE TOPIC</u>	<u>CHAPTER</u>
<b>WEEK 1</b>		
Aug 25	Course Intro.; The Science of Nutrition	1
Aug 27	The Science of Nutrition	1
<b>WEEK 2</b>		
Sept 01	Tools of Healthy Diet	2
Sept 03	Tools of a Healthy Diet, cont.	2
<b>WEEK 3</b>		
Sep 08	The Food Supply	3
Sep 10	The Food Supply, cont.	3
<b>WEEK 4</b>		
Sep 15	Human Digestion and Absorption	4
*Sep 17	<b>Exam #1 (Ch 1-4)</b>	
<b>WEEK 5</b>		
Sep 22	Carbohydrates	5
Sep 24	Lipids	6
<b>WEEK 6</b>		
Sep 29	Proteins	7
Oct 01	Alcohol; <b>DB #2 due</b>	8
<b>WEEK 7</b>		
Oct 06	Alcohol, cont.	8
*Oct 08	<b>Exam #2 (Ch 5-8)</b>	
<b>WEEK 8</b>		
Oct 13	Energy Balance, Weight Control	10 (skip Ch. 9)
Oct 15	Energy Balance, Weight Control, cont.	10
<b>WEEK 9</b>		
Oct 20	Nutrition, Exercise, & Sports	11
Oct 22	Nutrition, Exercise, & Sports, cont.; <b>DB #3 due</b>	11
<b>WEEK 10</b>		
Oct 27	Nutrition, Exercise, & Sports, cont.	11
*Nov 29	<b>Exam #3 (Ch 10-11)</b>	
<b>WEEK 11</b>		
Nov 03	Micronutrients: Vitamins & Minerals	12
Nov 05	Micronutrients: Vitamins & Minerals, cont.	12
<b>WEEK 12</b>		
Nov 10	Micronutrients in Energy & Amino Acid Metabolism	13
Nov 12	Fluid Balance & Bone Health; <b>DB #4 due</b>	14
<b>WEEK 13</b>		
Nov 17	Fluid Balance & Bone Health, cont.; <b>DIET ANALYSIS DUE</b>	14 (skip Ch. 15-17)
Nov 19	Nutrition through the Adult Years	18
<b>WEEK 14</b>		
Nov 24	<b>Exam #4 (Ch 12-14, 18)</b>	
Nov 26	<b>THANKSGIVING Break—No class</b>	
<b>WEEK 15</b>		
Dec 01	Wrap-up and Review; <b>DB #5 due</b>	
Dec 03	<b>NO CLASS – STUDY DAY</b>	
<b>WEEK 16</b>		
	<b>FINAL EXAM WEEK – TIME TBA</b>	

*Students with any learning disabilities will be provided with accommodation. If you would like to request such accommodation please contact the ADA coordinator at 837-8203, Ferguson Hall 112.*