

HUMAN NUTRITION – BIOL 3301
FALL 2020

Instructor: Dr Crystal Kelehear Graham, Assistant Professor
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Office Hours: Tuesday: 12:30-14:00 | Wednesday: 10:30-12:30 | Thursday: 12:30-14:00 |
& by appointment

Lecture: 14:00-15:15 Tu, Th | WSB 101

Recommended Text: Byrd-Bredbenner et al. 2019. Wardlaw's Perspectives in Nutrition. 11th Edition. Mc-Graw-Hill Education, New York.

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. Upon completion of this course, students should have the tools they need to make healthy and sustainable food choices.

Marketable Skills (MS):

The biology student graduating with a BS in Biology should have the following MS's:

- 1) *Ability to organize, analyze, and interpret data.
- 2) Proficiency in using presentation software.
- 3) *Experience in managing time and meeting deadlines.
- 4) *Ability to speak effectively and write concisely about scientific topics.
- 5) *Experience in the development of professional email correspondence.

*MS's specifically addressed by this course

Student Learning Outcomes (SLO):

The biology student graduating with a BS in Biology should be able to:

*SLO1** demonstrate an understanding of basic biological concepts, including but not limited to evolution via natural selection, cell theory, and the role and function of DNA.

SLO2 demonstrate utilization of various field techniques toward addressing scientific questions in the specific discipline. These field techniques can include, but are not limited to, plant collection and processing, various animal collection techniques, ecological surveying and sampling, and biodiversity indexing.

SLO3 use biological instrumentation to solve biological problems using standard observational strategies.

*SLO4** develop writing skills by summarizing and critiquing recent relevant biological literature.

*SLO specifically addressed by this course

Student Learning Objectives for this Course:

- 1) Student will explain the importance and role of carbohydrates, lipids, and proteins on human health.
- 2) Student will explain the importance and role of vitamins and minerals on human health.
- 3) Student will explain the impact of alcohol on human health.
- 4) Student will state the importance of proper nutrition in maintaining good health.
- 5) Student will demonstrate how metabolism and weight management relate to nutritional fitness.
- 6) Student will state and define the eating disorders that are observed in humans.
- 7) Student will be able to plan diets based on the nutritional requirements of humans of different ages, genders, and physical conditions.
- 8) Student will be able to make food choices that are healthy and sustainable.

Lecture attendance:

Lecture attendance is mandatory. Lectures will not be posted on Blackboard so students must attend lectures to receive the material. This being said, due to COVID19, **anyone feeling ill should not come to class**. In the event that you miss class due to illness or other university-approved absences (SRSU athletic events, death in the family, illness, etc; see <https://www.sulross.edu/sites/default/files//sites/default/files/users/docs/stulife/academic.pdf> for further details) do contact your instructor via email to request missed material. **Students cannot miss exams** unless they have a documented, university-approved excuse; in these cases, the instructor needs to be informed **more than 24 hours in advance** of the exam. Any missed exams must be taken within one week of the original exam.

Lecture behavior:

Please:

- * *do* wear a mask in class
- * *do* keep 6ft of distance between you and your classmates and instructor
- * *do* be on time to class
- * *do* turn off your phone and put it away; phone use is distracting to your peers and the instructor
- * *do* feel free to take notes on a laptop but don't use your laptop for anything else while in class, it's distracting to others
- * *do* ask relevant questions and discuss topics in a civil and respectful manner
- * *do not* talk to your class mates while your instructor is lecturing unless asked to discuss a topic with your peers
- * *do not* sleep in class
- * *do not* pack up early when the instructor is still lecturing, it is noisy and disruptive

If you are not abiding by these classroom rules I will call you out on it and repeated or severe infractions will result in you being asked to leave the classroom for the day.

Academic dishonesty and late or missed work:

All assessments should be your own work, unless it is a pair/group assignment. Any evidence that the work is copied from a peer or the internet or any other source will result in a zero for the assessment and you will be reported to the university for Academic Dishonesty. I do not accept late work. **Students cannot miss exams** unless they have a documented, university-approved excuse; in these cases, the instructor needs to be informed in writing **>24 hours in advance** of the exam to allow time for the instructor to prepare a make-up exam. The make-up exam must be taken within 6 days of the original exam.

Studying:

As a general rule, students should spend 2-3 hours studying for every 1 hour of lecture material. So, for this class, you need to **spend 5-7.5 hours per week studying the lecture material**. Studying is best done shortly after the lecture, not all at once the night before the exam. Look up anything that you do not understand or visit with your instructor during office hours.

Assessments & Grading:

There will be three lecture exams, each is worth 25% of the grade for the course. Exams will cover the lecture material immediately preceding the exams *i.e.*, there will be no comprehensive final exam. Students will be required to complete assignments, including reading assigned scientific papers and watching documentaries and turning in written reports and/or answering questions on each (10% of the grade for the course). Students will be required to keep a daily food diary for the duration of the semester and is due on 19 November 2020 by 2PM (15% of the grade for the course).

	Weighting
Exam I	25%
Exam II	25%
Exam III (online)	25%
Assignments	10%
Food Diary	15%
TOTAL	100%

Grades: A 90 – 100% B 80 – 89% C 70 – 79% D 60 – 69% F 0 – 59%

Class schedule (subject to change):

	Date	Topic	Textbook Chapter
<i>Week 1</i>			
Lecture 1	Tuesday, August 25	Course Introduction + The Science of Nutrition	1
Lecture 2	Thursday, August 27	The Science of Nutrition	1
<i>Week 2</i>			
Lecture 3	Tuesday, September 1	The Scientific Method: Nutritional Research	1
Lecture 4	Thursday, September 3	Tools of a Healthy Diet	2
<i>Week 3</i>			
Lecture 5	Tuesday, September 8	Food Diary Draft Due The Food Supply	3
Lecture 6	Thursday, September 10	The Food Supply	3
<i>Week 4</i>			
Lecture 7	Tuesday, September 15	The Food Supply	3
Lecture 8	Thursday, September 17	The Food Supply	3
<i>Week 5</i>			
EXAM	Tuesday, September 22	Exam I	
Lecture 9	Thursday, September 24	Digestion	4
<i>Week 6</i>			
Lecture 10	Tuesday, September 29	Digestion	4
Lecture 11	Thursday, October 1	Carbohydrates	5
<i>Week 7</i>			
Lecture 12	Tuesday, October 6	Carbohydrates	5
Lecture 13	Thursday, October 8	Lipids	6
<i>Week 8</i>			
Lecture 14	Tuesday, October 13	Lipids	6
Lecture 15	Thursday, October 15	Proteins	7
<i>Week 9</i>			
Lecture 16	Tuesday, October 20	Proteins	7
EXAM	Thursday, October 22	Exam II	
<i>Week 10</i>			
Lecture 17	Tuesday, October 27	Alcohol	8
Lecture 18	Thursday, October 29	Energy Balance, Weight Control & Eating Disorders	10
<i>Week 11</i>			
Lecture 19	Tuesday, November 3	Energy Balance, Weight Control & Eating Disorders	10
Lecture 20	Thursday, November 5		
<i>Week 12</i>			
Lecture 21	Tuesday, November 10	Nutrition, Exercise & Sports	11
Lecture 22	Thursday, November 12	Vitamins	12, 13
<i>Week 13</i>			
Lecture 23	Tuesday, November 17	Vitamins	12, 13
Lecture 24	Thursday, November 19	Final Food Diary Due Vitamins	12, 13
<i>Week 14</i>			
Lecture 25	Tuesday, November 24	Vitamins - Online	12, 13
NO CLASS	Thursday, November 26	Thanksgiving	

<i>Week 15</i>			
Lecture 26	Tuesday, December 1	Water & Minerals - Online	14, 15
NO CLASS	Thursday, December 3	No classes – Dead Day	
<i>Week 16</i>			
EXAM	Monday, December 7	(12:30-2:30pm) Exam III	

Note – Lecture topics are subject to change according to course interest, organization, and timing constraints, however the exam dates will remain the same.

Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Students seeking accessibility/accommodations services must contact Rebecca Greathouse Wren, Suite 112, Ferguson Hall, Ph: 432-837-8203, email rebecca.wren@sulross.edu