



FOUNDATION OF KNOWLEDGE

BIO 126 - HUMAN NUTRITION Section 002 SC 201, Spring 2016

Instructor: Dr. Debra K. Pearce
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Office Hours: F 12-2:00 or by apt.
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Text: Nutrition: Concepts and Controversies bySizer and Whitney, 13th edition

Course Outline: **Available on Blackboard (Communication with the class in between class meetings will be via email, be sure to check your myNKU email on a daily basis.)**

If you wish to have your NKU emails automatically rerouted To another email address the directions can be found at <http://help.outlook.com/en-us/140/ms.exch.ecp.learnredirectto.aspx>

Course Philosophy:

This course is designed to expand the nutrition knowledge of non-science college majors in order to help in the understanding of current health/dietary relationships. The book used is designed for this purpose and the level of presentation is representative of general-studies non-science nutrition courses across the nation. In addition, you may assess the level of this course's difficulty by reviewing the old exam/quizzes on Blackboard. **There is a great deal of memorization involved in a course of this nature and for most individuals this means a considerable amount of outside classroom study-time (i.e., this is a challenging course, but one I feel you will find contains a great deal of practical and interesting information. Students who miss more than 2-3 lectures in the semester generally do very poorly earning Ds or Fs.**

General Education Program, Science and Technology Category

This course supports two of the five program goals stated in the mission of the General Education Program: (Goal A) Critical Thinking and (Goal D) Science and Technology.

General Education Student Learning Outcomes:

A.3. Students develop evidence-based arguments

D.1. Students apply scientific and quantitative reasoning through problem solving or experimentation, and effectively communicate results through scientific, analytical and/or quantitative methods.

D.2. Students identify major concepts of science behind technological innovations or applications in our daily lives.

D.3. Students distinguish between scientific and non-science explanations by employing scientific methods.

Student Assessment:	4 quizzes	25 points each =	100 points
	3 midterms	100 points each =	300 points
	1 final	200 points =	<u>200 points</u>
	Total Course Points		600 points

There will actually be 5 quizzes given, the lowest grade to be dropped. **There will be no make-up exams or quizzes.** If you miss a quiz it will count as your lowest score and, consequently, be dropped. For a missed exam, the comprehensive final will count 100 points more. No accommodation will be made for missing more than one exam. The following grading scale will be used:

- A= • 93
- A- = 90-92
- B+ = 87-89
- B = 83-86
- B- = 80-82
- C+ = 77-79
- C = 73-76
- C- = 70-72
- D+ = 67-69
- D = 63-66
- D- = 60-62
- F = • 59

In this manner you should be aware of your academic status in the class at any time. If you have difficulty with the course, seek help immediately through me or through the free tutoring service. For rules governing cheating and late withdrawal, please read the appropriate section in the student handbook.

Reading Responsibilities (Placement, contents, and dates of quizzes/exams are tentative):

Ch. 1 Food Choices and Human Health

Ch. 2 Nutrition Tools -Standards and Guidelines

Ch. 3 The Remarkable Body (pp. 81-109 The Digestive System)

QUIZ #1 January 22 (Friday)

Ch. 4 Carbohydrates: Sugar, Starch, Glycogen, and Fiber

QUIZ #2 February 5 (Friday)

Ch. 5 The Lipids: Fats, Oils, Phospholipids, and Sterols
(plus pp. 428-437 Cardiovascular Diseases)

MIDTERM #1 February 15 (Monday)

Ch. 6 The Proteins and Amino Acids

QUIZ #3 February 29 (Monday)

Ch. 7 The Vitamins

QUIZ #4 March 18 (Friday)

Ch. 8 Water and Minerals (plus pp. 437-442 Nutrition and Hypertension)

MIDTERM #2 April 1 (Friday)

Ch. 9 Energy Balance and Healthy Body Weight

Ch. 11 Nutrition and Cancer (pp.442-451)

QUIZ #5 April 15 (Friday)

Ch. 10 Nutrients, Physical Activity, and the Body's Responses

Ch. 13 Life Cycle Nutrition: Mother and Infant

Ch. 12 Food Safety and Food Technology

MIDTERM #3 April 27 (Wednesday)

COMPREHENSIVE FINAL

Bio 126-002 May 2 (Monday) 10:10

Attendance and Participation:

Class attendance is essential to successful completion of this course. Students are responsible for all material assigned or covered in class regardless of attendance or not. While lecture outlines will be provided via Blackboard additional information will be presented during lecture that you are required to know for the exams.

Participation in class discussions is highly recommended. Please do not hesitate to ask questions or for clarification of presented/assigned material.

POLICY ON ATTENDANCE DURING THE FIRST THREE WEEKS: During the first three weeks of any class at NKU faculty are required to monitor the attendance of students. Students who have not attended or have attended only sporadically may be dropped from the course without further notice.

Class Preparation:

It is essential that students read chapter assignments to reinforce the lecture material. As in any course, success in this course is directly proportional to the effort and amount of time spent reading course material and studying. Allow a minimum of three hours of study for each hour of class. You will have greater success if you study the material as it is presented - waiting until the evening before the exam to study is a recipe for failure.

I cannot email grades or give them out over the phone. You will be able to access your final grade via myNKU.

Important information: Northern Kentucky University takes Instructor and Course Evaluations very seriously. It is an important responsibility of NKU students as citizens of the University to participate in the instructor and course evaluation process. During the two weeks prior to the end of each semester classes, you will be asked to reflect upon what you have learned in this course, the extent to which you have invested the necessary effort to maximize your learning, and the role your instructor has played in the learning process. It is very important that you complete the online evaluations with thoughtfully written comments.

Student evaluations of courses and instructors are regarded as strictly confidential. They are not available to the instructor until after final grades are submitted, and extensive precautions are taken to prevent your comments from being identified as coming from you.

Students who complete an evaluation for a particular course (or opt out of doing so in the evaluation) will be rewarded for their participation by having access to their course grade as soon as that grade is submitted by the instructor. On the other hand, any student who does not complete the course evaluation (or opt out of doing so in the evaluation) should expect to incur a two week delay in access to his or her course grade beyond the university's official date for grade availability.

If you do not have internet access to view your grade on line, you may leave a self-addressed, stamped envelope with me the day of the final. I can not give out grades via email or phone.

Please turn off cell phones prior to entering class. If you come in late please enter via the back door and sit in the rear.