Term Information

Effective Term 
Spring 2016

Previous Value 
Summer 2015

Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
Change chemistry pre-reqs from "Chem 1210 (101 or 121) and 1220 (102 or 122) to "Chem 1250; or Chem 1210,1610 or 1910H, and Chem 1220, 1620, or 1920H."

What is the rationale for the proposed change(s)?
Many Chemistry, Engineering, and Biochemistry majors who are interested in taking HUMNT2310 are having difficulty registering for this course because they have taken advanced chemistry courses that are not recognized as sufficient pre-reqs for this course. Formalizing the change will help avoid this issue.

What are the programmatic implications of the proposed change(s)?
(e.g. program requirements to be added or removed, changes to be made in available resources, effect on other programs that use the course)?
This should not have any major programmatic implications

Is approval of the request contingent upon the approval of other course or curricular program request? No

Is this a request to withdraw the course? No

General Information

Course Bulletin Listing/Subject Area 
Human Nutrition

Fiscal Unit/Academic Org
Department of Human Sciences - D1251

College/Academic Group
Education & Human Ecology

Level/Career
Undergraduate

Course Number/Catalog
2310

Course Title
Fundamentals of Nutrition

Transcript Abbreviation
Fund Nutrition

Course Description
Nutrient and energy needs of the human biological system throughout the life cycle including energy balance with consideration of socio-psychological factors.

Semester Credit Hours/Units
Fixed: 3

Offering Information

Length Of Course
14 Week

Flexibly Scheduled Course
Never

Does any section of this course have a distance education component? Yes

Is any section of the course offered 100% at a distance
Letter Grade

Grading Basis

Repeatable
No

Course Components
Lecture

Grade Roster Component
Lecture

Credit Available by Exam
Yes

Exam Type
Departmental Exams

Admission Condition Course
No

Off Campus
Never
Prerequisites and Exclusions

Prerequisites/Corequisites
Prereq: Biology 1113 (113) or 1101 (101), or equiv; and Chem 1250 or Chem 1210,1610 or 1910H, and Chem 1220, 1620, or 1920H.

Previous Value
Prereq: Biology 1113 (113) or 1101 (101), or equiv; and Chem 1210 (101 or 121) and 1220 (102 or 122).

Exclusions
Not open to students with credit for 310.

Cross-Listings

Cross-Listings

Subject/CIP Code
Subject/CIP Code
51.3101

Subsidy Level
Baccalaureate Course

Intended Rank
Sophomore

 Requirement/Elective Designation
Required for this unit's degrees, majors, and/or minors
The course is an elective (for this or other units) or is a service course for other units

Course Details
Course goals or learning objectives/outcomes

1. Understand the basic biological aspects of nutrient requirements of humans.

2. Appreciate the complex interactions and synergism of nutrients on physiological and cellular processes.

3. Evaluate reputable versus non-reputable sources of nutrition information.

4. Determine how nutritional information is derived from the scientific method of investigation.

5. Understand the links between nutrients and disease processes, body size, mental ability and labor effectiveness.

6. Appreciate the diverse cultural patterns that influence both food preferences and nutrient status.

7. Describe the effects of famines or insufficient diet or food supply on the course of human history.
COURSE CHANGE REQUEST

2310 - Status: PENDING

Last Updated: Odum, Sarah A.
09/02/2015

Content Topic List

• Science of Nutrition: Nutrition & Health, Nutrients; Energy Sources; Food Choices; Nutritional Health Status
• Genetics and Nutrition; Scientific Research & Nutrition; Nutrition Claims
• Tools of a Healthy Diet: Dietary Reference Intakes; Nutrient Density
• Daily Values, Nutrition Facts Panel, Dietary Guidelines, MyPyramid
• Human Digestion & Absorption: Digestive System Overview, Digestive Disorders
• Carbohydrates: Structure; Foods; Intake: Function; Digestion & Absorption; Health Concerns
• Lipids: Triglycerides and Fatty Acids; Phospholipids; Sterols; Intakes; Digestion & Absorption; Transport; Health Concerns
• Protein: Structure; Synthesis; Sources; Intakes; Digestion & Absorption; Functions; Health Concerns; Vegetarian Diets
• Alcohol
• Energy Metabolism: Energy Production from Carbohydrate, Fats & Protein; Gluconeogenesis; Regulation
• Energy Balance & Weight Control: Eating Behavior, Body Weight & Composition; Treatment of Overweight & Obesity
• Eating Disorders; Nutrition, Exercise and Sports
• Fat Soluble Vitamins: Vitamins A, D, E & K; Water Soluble Vitamins: Vitamins B1, B2, B3, B6, Folate, B12, C
• Water & the Major Minerals: Water; Minerals: Na, K, Cl, Ca, P, Mg, Hypertension, Osteoporosis; Trace Minerals

Attachments

• Microsoft Word - HN2310 Syllabus.pdf: Syllabus

(Syllabus. Owner: Bomser, Joshua A)

Comments

Workflow Information

<table>
<thead>
<tr>
<th>Status</th>
<th>User(s)</th>
<th>Date/Time</th>
<th>Step</th>
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<tbody>
<tr>
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<td>Bomser, Joshua A</td>
<td>09/02/2015 11:14 AM</td>
<td>Submitted for Approval</td>
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<tr>
<td>Approved</td>
<td>Folden Jr, H Eugene</td>
<td>09/02/2015 11:51 AM</td>
<td>Unit Approval</td>
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<td>Odum, Sarah A. Zircher, Andrew Paul Warnick, Bryan R, Achterberg, Cheryl L</td>
<td>09/02/2015 11:51 AM</td>
<td>College Approval</td>
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</table>
A. DESCRIPTION:

Nutrient and energy needs of the human biological system throughout the life cycle, including energy balance and consideration of socio-psychological factors.

B. PREREQUISITES:

Biology 101, 113 or equivalent; Chem 101 or 121 and Chem 102 or 122. Not open to students with credit for 310.

C. ATTENDANCE:

Attendance is mandatory

D. REQUIRED TEXT/eBOOK:

ISBN10: 0073522724

Note: Older editions of this text are available and can be utilized for our class; however, students are responsible for any information that might differ between editions.

E. COURSE DESCRIPTION & LEARNING OBJECTIVES:

The course will address the basic principles of biological science, emphasizing the interaction between chemicals (nutrients) and physiological (including cellular) processes. Upon completion of this course the student will be able to:

1. Understand the basic biological aspects of nutrient requirements of humans.
2. Appreciate the complex interactions and synergism of nutrients on physiological and cellular processes.
3. Evaluate reputable versus non-reputable sources of nutrition information.
4. Determine how nutritional information is derived from the scientific method of investigation.
5. Understand the links between nutrients and disease processes, body size, mental ability and labor effectiveness.
6. Appreciate the diverse cultural patterns that influence both food preferences and nutrient status.
7. Describe the effects of famines or insufficient diet or food supply on the course of human history.

F. EVALUATION: The following exams/quizzes and assignments will be used to determine your grade in this class.

Two (2) quizzes - 30 pts each x 2 = 60 pts
Three (3) exams - 80 pts each x 3 = 240 pts
Food and Activity Record - 15 pts
Diet Assessment Assignment - 35 pts

= 350 pts total

COURSE GRADING SCALE: The following scale will be used in determining letter grades out of the total 350 possible points.

A= 94 – 100%  B = 84 – 86  C = 74 – 76  D = 60-66%
A- = 90 – 93  B- = 80 – 83  C- = 70 – 73  E = < 60%
B+ = 87 – 89  C+ = 77 – 79  D+ = 67 – 69

QUIZZES: You will be required to read 3 nutrition-related articles in this class. You will be quizzed on these very important readings in class (see dates below)! There will be 3 quizzes and I will count your 2 highest grades on these quizzes. Therefore you may elect to take 2 of the 3 quizzes that you choose or take all 3, with only the 2 highest grades counted.

EXAMS: Exams will consist of multiple choice, true-false, matching and increase/decrease questions. There are 4 exams given in the class but I only count your three highest exam scores. Therefore, you may elect to take 3 of the 4 exams that you choose or take all 4 with only the highest 3 scores counted. Half of the questions on the final exam (Exam 4) will be identical to questions appearing on the first 3 exams.

G. STUDENTS WITH DISABILITIES: I welcome the opportunity to discuss privately the specific needs of any student who feels he or she may need an accommodation based on the Impact of a disability. Please contact the Office of Disability Services at 614/292-3307, or visit 150 Pomerene Hall, to coordinate reasonable accommodations.
H. MAKE-UP EXAM POLICY: There will be no makeup exams. (At each exam, no further exams will be passed out once the first examinee leaves the room). If you miss two midterms, there is no procedure in place to make up the second exam. All assignments are due in class unless otherwise noted. Any assignments received after class on the due date are considered late and are penalized 5 points per day (weekends excluded).

I. ACADEMIC MISCONDUCT: Academic Misconduct is defined as any activity which compromises the academic integrity of the institution or subverts the educational process. Suspected cases of academic misconduct will be reported to the Committee on Academic Misconduct.

J. ASSIGNMENTS:

1. In class quizzes on selected readings: You will be required to read 3 nutrition related articles (see Carmen) and be quizzed on material contained in these articles.

2. 24 hr Food and Activity Record: You will be required to track your food intake and physical activity for a 24 hour period. Details and downloads necessary for completion of this assignment can be found on Carmen.

3. Diet Assessment Assignment: You will be required to use a diet analysis program (Supertracker) to determine your nutritional/physical activity status based on your 24hr Food and Activity Record. Details and downloads needed to complete this assignment can be found on Carmen.

K. LECTURES, READINGS and IMPORTANT DATES

Key Dates

Sept 4 - Paper Quiz #1 in class (see carmen for reading)
Sept 25 - Exam #1
Oct 7 - Food and Activity Record Due (see carmen for instructions/details)
Oct 16 - Paper Quiz #2 in class (see carmen for reading)
Oct 28 - Exam #2
Nov 13 - Paper Quiz #3 in class (see carmen for reading)
Nov 20 - Diet Assessment Assignment Due (see carmen for instructions/details)
Dec 2 - Exam #3
Dec 6 - Exam #4
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<thead>
<tr>
<th>Date</th>
<th>Lecture Topic</th>
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<tr>
<td><strong>August</strong></td>
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<tr>
<td>21 (W)</td>
<td>The Science of Nutrition</td>
<td>Chapter 1</td>
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<td>Science of Nutrition /Tools of a Healthy Diet</td>
<td>Chapters 1, 2</td>
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<tr>
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<td>Chapter 2</td>
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<td>The Food Supply</td>
<td>Chapter 3</td>
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<td>Chapter 3</td>
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<td><strong>September</strong></td>
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<tr>
<td>4</td>
<td>QUIZ #1</td>
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<td>6</td>
<td>Fed and Fasted State</td>
<td>In class</td>
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<td>9</td>
<td>Fed and Fasted State</td>
<td>In class</td>
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<tr>
<td>11</td>
<td>Human Digestion and Absorption</td>
<td>Chapter 4</td>
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<tr>
<td>13</td>
<td>Human Digestion and Absorption</td>
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<tr>
<td>16</td>
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<td>20</td>
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<td>23</td>
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<tr>
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<td><strong>EXAM #1</strong></td>
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<td>27</td>
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<td>Chapter 7</td>
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<td>Chapter 7</td>
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<td><strong>October</strong></td>
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<tr>
<td>2</td>
<td>Energy Metabolism</td>
<td>Chapter 9</td>
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<tr>
<td>4</td>
<td>Energy Metabolism</td>
<td>Chapter 9</td>
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<td>7</td>
<td>Energy Metabolism <em>(24h Food Record and Activity due)</em></td>
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<td>Energy Bal, Weight Control and Eating Disorders</td>
<td>Chap 10</td>
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11    Energy Bal, Weight Control and Eating Disorders   Chap 10
14    Nutrition, Exercise and Sports       Chap 11
16    PAPER QUIZ #2
18    Nutrition, Exercise and Sports       Chap 11
21    Fat Soluble Vitamins   Chapter 12
23    Fat Soluble Vitamins   Chapter 12
25    Water Soluble Vitamins   Chapter 13
28    EXAM #2
30    Water Soluble Vitamins       Chap 13

November
1    Water and Major Minerals   Chap 14
4    Water and Major Minerals   Chap 14
6    Trace Minerals    Chap 15
8    Trace Minerals
11    No Classes
13    QUIZ #3
15    Nutritional Aspects of Pregnancy and Breastfeeding Ch. 16
18    Nutrition during the Growing Years   Ch. 17
20    Diet Assessment Assignment Due and Discussion
22    Nutrition during the Adult Years    Ch 18
25    Nutrition during the Adult Years   Ch 18
27    No Classes
29    No Classes

December
2    EXAM #3
6 (F)    EXAM #4  4:00pm - 5:45pm, Campbell Hall 200