



Biology 269 – Nutrition Winter 2011

Course Description

This course covers the basics of nutrition, the processing of carbohydrates, fats, and proteins, vitamins and minerals, as well as discussing energy balance, fasting, and weight control

Class Schedules

Tuesday and Thursday 12:15-1:30PM
Room

Instructor Information

Julie Somers
Email: jsomers@ambrose.edu

Textbooks

Visualizing Nutrition Everyday Choices Mary B Grosvenor Lori A Smolin
2010 John Wiley & Sons Inc

Attendance

Attendance at lectures will help ensure success on course exams and assignments.
There may be some spontaneous in class assignments.

Course Outline

Date	Topic	Text Chapters
Jan 13	Nutrition: Everyday Choices	1
Jan 18	Guidelines for a healthy diet	2
Jan 20	Digestion: From meals to molecules	3
Jan 25	Carbohydrates: Sugars, Starches, Fibers	4
Jan 27	Carbohydrates: Sugars, Starches, Fibers	4
Feb 1	Lipids: Fats Phospholipids, and Sterols	5
Feb 3	Lipids: Fats Phospholipids, and Sterols	5
Feb 8	Review for Midterm I	
Feb 10	Midterm I	
Feb 15	Proteins and Amino Acids	6
Feb 17	Proteins and Amino Acids	6
Feb 22	Mid Semester break – no class	

Feb 24	Mid Semester break – no class	
Mar 1	Vitamins	7
Mar 3	Vitamins	7
Mar 8	Water and Minerals	8
Mar 10	Water and Minerals	8
Mar 15	Energy Balance and Weight Management	9
Mar 17	Energy Balance and Weight Management	9
Mar 22	Nutrition, Fitness and Physical Activity	10
Mar 24	Nutrition, Fitness and Physical Activity	10
Mar 29	Review for Midterm II	
Mar 31	Midterm II	
Apr 5	Nutrition During Pregnancy and Infancy	11
Apr 7	Nutrition from 1- 100	12
Apr 12	How Safe is our Food Supply	13
Apr 14	Review for Final Exam	14
Apr 18	Final Exam (9am-noon)	

Expected Learning Outcomes

Students will gain a greater understanding of nutrition and be able to apply these principles to their own nutrition choices. Students will achieve a greater appreciation about the function and sources of individual nutrients and also focus on the total diet.

Course Requirements

Mid Term I	20%
Mid Term II	20%
Assignments	20%
Final Exam	40%

The term tests and final exam will be a combination of multiple choice questions, as well as short and long answer questions. While most questions will be based on lecture material, the textbook reading will absolutely help in the understanding of this material. There will be assignments given to help work through the material.

Examinations:

The final exam for this course is scheduled for Monday, April 18, 2011

Graded final examinations will be available for supervised review at the request of the student. Please contact the Registrar's Office.

Grading: The available letters for course grades are as follows:

A+	97-100%	C	63-66%
A	93-96%	C-	60-62%
A-	89-92%	D+	55-59%
B+	83-88%	D	50-55%
B	77-82%	F	Below 50%
B-	70-76%		
C+	67-69%		

Important Notes/Dates:

The last day to enter a course without permission and /or voluntary withdrawal from a course without financial penalty – Friday January 21, 2010 (winter semester)

The last day to voluntarily withdraw from a course or change to audit without academic penalty – Friday, March 18, 2011 (Winter semester)

Please note that final grades will be available on your student portal. Printed grade sheets are no longer mailed out.

Classroom Etiquette:

It is expected that students will take an active role in the learning process. This includes: (a) regular class attendance, (b) reading course material in advance of class, and (c) engaging in discussions during class.

In respect to the professor and to your fellow students, we ask that you:

- a) Turn your phone off during class and that you don't use it for texting during lecture or lab
- b) Not have conversations with the people beside your during lecture – it is very distracting to the people around you
- c) Use your laptops for lecture material and assignments only – that you are not using the internet or facebook during class time.
- d) Arrive to lecture and lab on time
- e) Don't come to class or lab with your ipod or equivalent.

These will help to maximize the learning experience for you and your fellow students (and will keep your professor in a good mood).

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Student Handbook and Academic Calendar. Personal information, that is information about an individual that may be used to identify that individual, may be collected as a requirement as part of taking this class. Any information collected will only be used and disclosed for the purpose for which the collection was intended. For further information contact the Privacy Compliance Officer at privacy@ambrose.edu.

Academic dishonesty is taken seriously at Ambrose University College as it undermines our academic standards and affects the integrity of each member of our learning community. Any attempt to obtain credit for academic work through fraudulent, deceptive, or dishonest means is academic dishonesty. Plagiarism involves presenting someone else's ideas, words, or work as one's own. Plagiarism is fraud and theft, but plagiarism can also occur by accident when a student fails or forgets to give credit to another person's ideas or words. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from Ambrose. Students are expected to be familiar with the policy statements in the current academic calendar and the student handbook that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean and become part of the student's permanent record.

We are committed to fostering personal integrity and will not overlook breaches of integrity such as plagiarism and cheating. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the university college. Students are expected to be familiar with the policies in the current Academic Calendar and the Student Handbook that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean.