



## **Biology 269 – Nutrition (3) Winter 2013**

### **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 9:45AM-11:00AM  
Room A2131

### **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.

### **Course Outline**

<b>Date</b>	<b>Topic</b>	<b>Text Chapters</b>
Jan 10	<b>Nutrition: Everyday Choices</b>	<b>1</b>
Jan 15	<b>Guidelines for a healthy diet</b>	<b>2</b>
Jan 17	<b>Digestion: From meals to molecules</b>	<b>3</b>
Jan 22	<b>Digestion: From meals to molecules</b>	<b>3</b>
Jan 24	<b>Carbohydrates: Sugars, Starches, Fibers</b>	<b>4</b>
Jan 29	<b>Lipids: Fats Phospholipids, and Sterols</b>	<b>5</b>
Jan 31	<b>No class- Community Day</b>	
Feb 5	<b>Proteins and Amino acids</b>	<b>6</b>
Feb 7	<b>Proteins and Amino acids</b>	<b>6</b>
Feb 12	<b>Review for midterm</b>	<b>7</b>
Feb 14	<b>Midterm</b>	<b>7</b>
Feb 19	<b>Mid Semester break – no class</b>	
Feb 21	<b>Mid Semester break – no class</b>	

<b>Feb 26</b>	<b>Vitamins</b>	<b>7</b>
<b>Feb 28</b>	<b>Vitamins</b>	<b>7</b>
<b>Mar 5</b>	<b>Water and Minerals</b>	<b>8</b>
<b>Mar 7</b>	<b>Water and Minerals</b>	<b>8</b>
<b>Mar 12</b>	<b>Energy Balance and Weight Management</b>	<b>9</b>
<b>Mar 14</b>	<b>Nutrition, Fitness and Physical Activity</b>	<b>10</b>
<b>Mar 19</b>	<b>Nutrition during pregnancy and infancy</b>	<b>11</b>
<b>Mar 21</b>	<b>Nutrition from 1 to 100</b>	<b>12</b>
<b>Mar 26</b>	<b>Review for Midterm II</b>	
<b>Mar 28</b>	<b>Midterm II</b>	
<b>Apr 2</b>	<b>How Safe is Our Food supply</b>	<b>13</b>
<b>Apr 4</b>	<b>Feeding the World</b>	<b>14</b>
<b>Apr 9</b>	<b>Final Review for exam</b>	
<b>Apr 13</b>	<b>Final Exam (9am-noon)</b>	

### **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 Saturday, April 13, 2013 9AM-noon

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:**

Last day to enter course without permission, withdraw from a course; change to audit and receive tuition refund January 20, 2013 (winter semester)

Last day to request revised time for a final examination March 4, 2013

***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 you 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](mailto: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.*