

Biomed 128
HUMAN NUTRITION

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COURSE SYLLABUS

The objectives of this class are as follows:

1. To learn pertinent information for your life and your loved-ones.
2. You will demonstrate knowledge of the information by receiving a passing grade on your exams as well as completing homework assignments.
3. Study nutrition and determine your needs.

COURSE DESCRIPTION

This course is designed to give a basic overview of the study of human nutrition. We will cover the essential nutrients, their function, chemistry and sources. We will discuss how the body uses these nutrients to support both health and problems associated with the inadequacies and excesses of nutrients. This study will include current topics and controversies in the science of nutrition.

COURSE REQUIREMENTS

1. **Quizzes: 140**
I will drop the lowest score. **THERE ARE NO MAKE UP QUIZZES, IF YOU MUST MISS A QUIZ, I WILL DROP THAT TEST SCORE.**
2. **Exams: 350 points**
There will be two midterm exams worth 100 points each and one final worth 150 points. The exams will cover material from your text as well as information discussed in the classroom. **THERE ARE NO MAKE UP EXAMS.**
3. **Research Assignment: 50 points**
You will choose a current nutrition topic in the press to evaluate using accepted scientific method. This will involve library time or on-line research. If you turn it in late, there will be a **10% reduction** in grade for each calendar day it is late.
4. **Homework: 35 points**
You will be assigned a time to present some current information to the class.

5. **Class Participation: 25 points**

You will need to participate by asking and answering questions, giving information you may have and listening to your fellow classmates when they are speaking.

6. **Attendance: 100 points**

Attendance is mandatory.

- a. You are required to attend every class. However, it is necessary for you to attend 80% of your classes in order to receive a passing grade (“C”).
- b. Roll is taken at every class.
- c. Punctuality is also factored into your grade.
- d. Leaving early also counts as missing part of the class.

6. **Reading assignments:**

This course has a required text: **Contemporary Nutrition: Issues and Insights** by Gordon M Wardlaw. Information found in the book, on handouts, or guest speakers may be found on exams.

7. **Point distribution:**

<u>Activity</u>	<u>Points</u>
Quizzes (7/8)	140
(2)Exams	200
(1) Exam	150
Attendance	100
Research Assignment	50
Homework	35
Class Participation	25
<u>TOTAL</u>	<u>700</u>

The points you have earned during the semester determine grades.
In general:

90-100%	→	A
80-89%	→	B
70-79%	→	C
60-59%	→	D
< 60	→	F