

COURSE OUTLINE			
<b>TERM: Fall 2020</b>		<b>COURSE NO: BIOL 202</b>	
<b>INSTRUCTOR:</b>		<b>COURSE TITLE: NUTRITION</b>	
<b>OFFICE:</b>	<b>LOCAL:</b>	<b>SECTION NO(S):</b>	<b>CREDITS: 3.0</b>
<b>E-MAIL:</b>			
<b>OFFICE HOURS:</b>			
<b>COURSE WEBSITE</b>			

Capilano University acknowledges with respect the Lil'wat, Musqueam, Squamish, Sechelt, and Tsleil-Waututh people on whose territories our campuses are located.

### **COURSE FORMAT**

Three hours of class time plus an additional hour of supplemental activity delivered through on-line or other activities for a 15 week semester, which includes two weeks for final exams.

### **COURSE PREREQUISITES**

BIOL 113 (C-) or BIOL 111 (C-), and Chemistry 11

### **CALENDAR DESCRIPTION**

This is an introductory course in human nutrition. The course includes the study of the anatomy and physiology of the gastrointestinal tract and the chemistry, metabolism and biological roles of carbohydrates, lipids, proteins. Nutritional requirements for human growth, development, energy and longevity are covered as well as both the environmental and genetic basis of nutritional disorders and nutritional individuality.

### **COURSE NOTES**

BIOL 202 is an approved Science and Technology course for Cap Core requirements.

BIOL 202 is an approved Science course.

There is no laboratory for this course.

### **REQUIRED TEXTS AND/OR RESOURCES**

#### **Textbook:**

Thompson J., M. Manore, and J. Sheeshka. (2014) *Nutrition: A Functional Approach* (3<sup>rd</sup> Canadian ed.) Toronto: Pearson.

### **COURSE STUDENT LEARNING OUTCOMES**

**On successful completion of this course, students will be able to do the following:**

- Understand the link between the structure and function of the human digestive system and be able to identify the system's components.
- Understand the processes of digestion, absorption and assimilation.

- Identify the chemical structures of key organic compounds and know their biological and nutritional roles.
- Understand the function and necessity of minerals, vitamins and water.
- Understand the concept of nutritional individuality and its genetic basis.
- Understand the genetic and environmental factors which can lead to nutritional disorders.
- Understand the nutritional requirements throughout the human life cycle.
- Critically analyze various topics pertaining to nutrition, such as fad diets, food labels, growing techniques.

**Students who complete this Science and Technology course will be able to do the following:**

- Evaluate scientific information (e.g., distinguish primary and secondary sources, assess credibility and validity of information).
- Demonstrate how a problem, concept, or process can be modelled numerically, graphically, or algorithmically.
- Explain how scientific inquiry is based on investigation of evidence and evolves based on new findings.
- Participate in scientific inquiry and communicate the elements of the process, including making careful and systematic observations, developing and testing a hypothesis, analyzing evidence, and interpreting results.

**COURSE CONTENT**

Topics for detailed discussion will be selected from the following:

Topics	Topics to be covered	Week
History of the Field of Nutrition	<b>The Role of Nutrition in Our Health</b> <ul style="list-style-type: none"> <li>• Nutrition as a science, who are the experts?</li> <li>• Government goals and designing a healthful diet</li> <li>• What are nutrients?</li> </ul>	1
The Human Body: Are We Really What We Eat?	<b>Review of The Gastrointestinal Tract</b> <ul style="list-style-type: none"> <li>• Digestive system anatomy</li> <li>• Absorption and transport</li> </ul>	2
Energy Nutrients: Carbohydrates	<b>Plant-Derived Energy Nutrients</b> <ul style="list-style-type: none"> <li>• Carbohydrates: sugar, starch, glycogen and fiber</li> <li>• Processing and sites of digestion and absorption</li> <li>• Biological roles of carbohydrates</li> </ul>	3
Energy Nutrients: Lipids	<b>Fats: Essential Energy-Supplying Nutrients</b> <ul style="list-style-type: none"> <li>• Lipids: fats, oils and phospholipids</li> <li>• Processing and sites of digestion and absorption</li> <li>• Biological roles of fats</li> </ul>	4

Topics	Topics to be covered	Week
Energy Nutrients: Proteins	<b>Crucial Components of All Body Tissues</b> <ul style="list-style-type: none"> <li>• Proteins and amino acids</li> <li>• Processing and sites of digestion and absorption</li> <li>• Biological roles of proteins</li> </ul>	5
Inorganic Nutrients: Vitamins & Minerals	<b>Vitamins, Minerals, Water and Electrolytes</b> <ul style="list-style-type: none"> <li>• Processing and sites of digestion and absorption</li> <li>• Nutrients important for electrolyte balance</li> </ul>	6
Enzymes & Metabolism	<b>Nutrients Involved in Energy Metabolism</b> <ul style="list-style-type: none"> <li>• Nutrients important for electrolyte balance</li> </ul>	7-8
Energy Balance & Regulation of Food Intake	<b>Energy Intake and Energy Balance</b> <ul style="list-style-type: none"> <li>• Diet for disease prevention and longevity</li> <li>• Obesity and diabetes</li> </ul>	9-10
Food as Poison & Medicine	<b>Food Safety/Contamination, Nutraceuticals – Phytochemicals; Plants as Medicines</b> <ul style="list-style-type: none"> <li>• Food borne diseases (e.g. botulism, salmonella, mad cow's disease, E. coli)</li> <li>• Super foods and toxic foods: the good, the bad and the ugly</li> <li>• Cancer and nutrition</li> </ul>	11
Student presentations	Student presentations	12-13
	Final Exam Period	14-15

## EVALUATION PROFILE

Final grades for the course will be computed based on the following schedule:

Term Work (Quizzes, Midterm & Assignments)	*60%
Participation	**5%
Comprehensive Final Exam	35%
<b>TOTAL</b>	<b>100%</b>

\*No single test or assignment will be worth more than 35%.

A graded assessment will be returned to students prior to the withdrawal date.

\*\*The participation grade will be based on attendance and completion of in-class and/or out-of class assignments.

Specific dates and details regarding the Evaluation Component will be provided by the instructor.

## GRADING PROFILE

Letter grades will be assigned according to the following guidelines:

A+ = 90-100	B+ = 77-79	C+ = 67-69	D = 50-59
A = 85-89	B = 73-76	C = 63-66	F = 0-49
A- = 80-84	B- = 70-72	C- = 60-62	

Students should refer to the University Calendar for the effect of the above grades on grade point average.

### Incomplete Grades

Grades of Incomplete "I" are assigned only in exceptional circumstances when a student requests extra time to complete their coursework. Such agreements are made only at the request of the student, who is responsible to determine from the instructor the outstanding requirements of the course.

### Late Assignments

Assignments are due at the beginning of the class on the due date listed. If you anticipate handing in an assignment late, please consult with your instructor beforehand.

### Missed Exams/Quizzes/Labs, Etc.

Make-up work is given at the discretion of the instructor. Normally, a score of zero will be given for a missed exam, test, quiz, lab, etc. In certain exceptional situations, the student will be permitted to write a make-up test, defer the lab to a later date or to replace the score by other marks (see below). The date and timing of any make-up option is at the discretion of the instructor. It may not be possible to reschedule certain labs, tests or other activities.

A score of zero may be avoided when the student meets all of the following conditions:

1. Circumstances are beyond the control of the student which resulted in the exam, test, quiz, lab, etc. to be missed. Such circumstances include serious illness or injury or severe personal crises. They do not include forgetting about the test, lack of preparation for the test, or work-related or social obligations.
2. The student has notified the instructor (or the School of STEM office staff, if the instructor is not available) about the missed exam, test, quiz, lab, etc. Such notification must occur in advance or, at the latest, on the day of the exam, test, quiz, lab, etc.
3. Evidence of the circumstances may be requested. Proper medical documentation of illness or injury may be required from a doctor.
4. The student has been fully participating in the course up until the circumstances that prevented the writing of the exam, test, quiz, lab, etc. Fully participating means regularly attending labs and lectures and turning in assignments in the course.

**Attendance**

Students are expected to attend all classes and associated activities. If classes are missed, it is the student's responsibility to become aware of all information given in the lectures and laboratories, including times of examinations and assignment deadlines.

**English Usage**

Students are expected to use correct standard English in their written and oral assignments, exams, presentations and discussions. Failure to do so may result in reduced grades in any part of the Evaluation Profile.

**Electronic Devices**

Students may use electronic devices during class for note-taking, calculations and in-class research.

**On-Line Communication**

Outside of the classroom, instructors will (if necessary) communicate with students using either their official Capilano University email or eLearn; please check both regularly. Official communication between Capilano University and students is delivered to students' Capilano University email addresses only.

**UNIVERSITY OPERATIONAL DETAILS:****Tools for Success**

Many services are available to support student success for Capilano University students. A central navigation point for all services can be found at: <https://www.capilanou.ca/student-life/>

**Capilano University Security: download the CapU Mobile Safety App****Policy Statement (S2009-06)**

Capilano University has policies on Academic Appeals (including appeal of final grade), Student Conduct, Cheating and Plagiarism, Academic Probation and other educational issues. These and other policies are available on the University website.

**Academic Integrity (S2017-05)**

Any instance of academic dishonesty or breach of the standards of academic integrity is serious and students will be held accountable for their actions, whether acting alone or in a group. See policy S2017-05 for more information: <https://www.capilanou.ca/about-capu/governance/policies/>

Violations of academic integrity, including dishonesty in assignments, examinations, or other academic performances, are prohibited and will be handled in accordance with the Student Academic Integrity Procedures.

**Academic dishonesty** is any act that breaches one or more of the principles of academic integrity. Acts of academic dishonesty may include but are not limited to the following types:

**Cheating:** Using or providing unauthorized aids, assistance or materials while preparing or completing assessments, or when completing practical work (in clinical, practicum, or lab settings), including but not limited to the following:

- Copying or attempting to copy the work of another during an assessment;
- Communicating work to another student during an examination;
- Using unauthorized aids, notes, or electronic devices or means during an examination;
- Unauthorized possession of an assessment or answer key; and/or,
- Submitting of a substantially similar assessment by two or more students, except in the case where such submission is specifically authorized by the instructor.

**Fraud:** Creation or use of falsified documents.

**Misuse or misrepresentation of sources:** Presenting source material in such a way as to distort its original purpose or implication(s); misattributing words, ideas, etc. to someone other than the original source; misrepresenting or manipulating research findings or data; and/or suppressing aspects of findings or data in order to present conclusions in a light other than the research, taken as a whole, would support.

**Plagiarism:** Presenting or submitting, as one's own work, the research, words, ideas, artistic imagery, arguments, calculations, illustrations, or diagrams of another person or persons without explicit or accurate citation or credit.

**Self-Plagiarism:** Submitting one's own work for credit in more than one course without the permission of the instructors, or re-submitting work, in whole or in part, for which credit has already been granted without permission of the instructors.

**Prohibited Conduct:** The following are examples of other conduct specifically prohibited:

- Taking unauthorized possession of the work of another student (for example, intercepting and removing such work from a photocopier or printer, or collecting the graded work of another student from a stack of papers);
- Falsifying one's own and/or other students' attendance in a course;
- Impersonating or allowing the impersonation of an individual;
- Modifying a graded assessment then submitting it for re-grading; or,
- Assisting or attempting to assist another person to commit any breach of academic integrity.

### **Sexual Violence and Misconduct**

All Members of the University Community have the right to work, teach and study in an environment that is free from all forms of sexual violence and misconduct. Policy B401 defines sexual assault as follows:

Sexual assault is any form of sexual contact that occurs without ongoing and freely given consent, including the threat of sexual contact without consent. Sexual assault can be committed by a stranger, someone known to the survivor or an intimate partner.

Safety and security at the University are a priority and any form of sexual violence and misconduct will not be tolerated or condoned. The University expects all Students and Members of the University Community to abide by all laws and University policies, including B.401 Sexual Violence and Misconduct Policy and B.401.1 Sexual Violence and Misconduct Procedure (found on Policy page <https://www.capilanou.ca/about-capu/governance/policies/>)

### **Emergency Procedures**

Students are expected to familiarize themselves with the emergency policies where appropriate and the emergency procedures posted on the wall of the classroom.

### **DEPARTMENT OR PROGRAM OPERATIONAL DETAILS:**

#### **PROFESSIONALISM**

Students should be able to demonstrate a professional attitude and behaviour: reliability, respect for and cooperation with colleagues, willingness to work calmly and courteously, respect for equipment and systems, and constructive response to criticism. The use of cellphones for non-academic purposes during lecture and lab sessions is prohibited. Students using cell phones inappropriately could be asked to leave the lecture hall or laboratory room by the instructor.

#### **TOOLS FOR SUCCESS**

For success in this course, students are expected to attend all lectures and laboratory sessions; come prepared to address topics presented; pre-read laboratory exercises; and complete assigned textbook readings. For every one hour of lecture material presented, students should expect to spend at least two hours reviewing material and engaging with the study tools provided.