BSC 1025L-: Nutrition and Drugs Laboratory (Spring 2012)

Instructor:	**Office:**	**Phone:**	**Email:**
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Course Location and Time: Lab will meet in BADM 106 on Thursdays from 3:30 PM-5:10 PM.

Textbook: *Understanding Nutrition* 11t^{h} ed., Whitney and Rolfes, 2007. Also, Nutrition and Drugs Lab Book (Ghosh).

Course Description: This course will provide the student with the basic concept of nutrition and the relationship between nutrition and health. The course will also review some basic biological and chemical concepts pertaining to the study of nutrition.

Prerequisites/Corequisites: BSC 1025. College reading and writing ability is also expected.

BSCI 1025 Lecture Objectives

At the end of this course, the student will be able to:

1. Define nutrition, nutrients, nutritional deficiencies and define and compare various nutritional planning guides;

2. Apply information regarding the effects of nutrients and supplements throughout the life span to their life changes;

3. Explain the digestive process of the body and define the key terms that are associated with the process of digestion as well as the digestive structures;

4. Explain some of the global, political and social factors that influence nutrition;

5. Explain energy balance and weight management in the body and define the important terns associated with energy balance and weight management;

6. Identify the water-soluble and fat-soluble vitamins and their primary functions and also identify the major and trace minerals and their primary functions;

7. Explain the role of water and electrolytes and define the key terms associated with them, including passive and active transport;

8. Define the key terms associated with food safety and explain the major aspects of food safety and use reasoning, logic and the scientific method to distinguish between legitimate and illegitimate sources of information;

9. List describe the names sites of activity and effects of representative legal and illegal drugs; and

10. Describe the biological basis of drug action and define the major terms associated with the biological basis of drug action.

Exams: There will be a total of three exams. The tests will consist primarily of multiple choice questions. All exam dates are listed in the syllabus. It is the student's responsibility to be present when exams are given. If an exam is missed, a make-up test must be taken before the next class meeting. If not taken at this time, it is at the instructor's discretion to give a make-up exam at a later date. (If allowed, 10 points will be deducted from the student's score.

Portable Electronic Devices: Please discontinue use of all portable electronic devices such as cell phones, beepers, pagers, headphones, iPods, etc. upon entering class. Students may use tape recorders in class, unless they become a distraction.

Grading: The final grade will be calculated by the student's total points on the exams and the Gordon Rule paper divided by the total points possible in the class. Multiplying this number time 100 will give a percentage grade (%).

Grading Scale:

90%-100% = A	80%- 89% = B	70%- 79% = C	60%- 69% = D	Below 60% = F

Lecture Attendance: You are expected to attend all lectures and arrive on time. Frequently in lecture, I inform students of important concepts that they need to know for an upcoming exam. Also, we will have activities in class that will count toward your final grade.

Instructional Methods: Overheads, PowerPoint, internet, class discussion, class activities

Request for Accommodations:
If, to participate in this course, you require an accommodation due to a physical or learning impairment, you must contact the Office of Services to Students with Disabilities. The office is located in the Student Services Building, BSSB 109. You may also reach the office by telephone at (813) 253-7914 {voice line}.

Religious Observances:
HCC will reasonably accommodate the religious observances, practices, and beliefs of students in its admissions, class attendance, and examination policies and work assignments. Students must notify instructors at least one week prior to a religious observance.

Academic Dishonesty Policy: Students must submit their own unique work on all assignments. Indications of cheating during an examination include talking with other students, using non-approved notes, shuffling through notebooks, looking at other's exam papers, etc. Cheating will result in a failing grade and notification of the academic dean for further discipline

Miscellaneous: You are responsible for any announcements made, or materials circulated in your absence. You are responsible for understanding all policies, deadlines, etc… specified by the HCC Student Handbook. Arrangements can be made for students with learning disabilities only if they provide documentation from an HCC LD advisor.

BSC 1025L LABORATORY SCHEDULE (Spring 2012)

DATE	TOPIC	Chapter Reading: Laboratory Book
1/12	Discuss Syllabus/Laboratory Safety Rules/ Food Journal Introduction	
1/19	Acid and Basic Foods	2
1/26	The Analysis of Carbohydrates	4
2/2	The Analysis of Lipids	5
2/9	**Exam 1 (50 pts)**	
2/16	Analysis of Proteins	6
2/23	Vitamin C Analysis	7
3/1	A. Determination of Energy Requiremeent B. How bad is fast food? (Food destruction!!)	A: 3 B: Supp. Provided
3/8	Food Handling Lab: Effect of Hand Washing	12
3/15	**Exam 2 (50 pts)**	
3/22	**Spring Break (No Classes)**	
3/29	Determination of Target Heartrate	13
4/5	Food Label Analysis	9 (A) page
4/12	Building the better burger: How well can you apply what you've learned?	Supplement provided
4/19	Analysis of Body Fat	8
4/29	Food taste Testing Lab: Can you know what is in your food by tasting it??	Supplement Provided
5/3	**Final Exam (75 pts)**	

*__A note about the Reading.__ This is a guide only. We will be covering material from other text pages and sources in lecture. You are expected to read all pages of the assigned chapters before coming to class.