

Prof. Strause UCSD

BILD22 Introduction to Human Nutrition

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or

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M W 5:00–6:20 PM Galbraith Hall 242

Office: HSS 1145B Wed. 3-4:30 PM

TEXT: Science of Nutrition & Wellness

Kendall Hunt eBook REQUIRED

eBook access website: www.khpcontent.com

Tel: 858-336-7299

This syllabus is subject to change. Schedule changes will be posted on the course website. Please check the site FREQUENTLY.

<u>DATE</u>	<u>LECTURE</u>	<u>READING</u>
Jan 9	The Biochemical Banquet	Chapter #1
Jan 11	Structure/Function: Carbs/Lipids	Chapter #2 & #3
Jan 16	HOLIDAY	
Jan 18	Structure/Function: Lipids/Proteins	Chapter #3
Jan 23	GI tract in Digestion & Absorption (Quiz #1)	Chapter #4
Jan 25	Heart & Pumps: Cardiovascular System	Chapter #5
Jan 30	Breath of Life: Respiration	Chapter #6
Feb 1	What goes in must come out: Kidney & Water	Chapter #7
Feb 6	The Energy Crisis	Chapter #8
Feb 8	<u>MIDTERM #1 EXAM</u>	
Feb 13	Nutrition and Mental Health*	
Feb 15	Endocannabinoid System & Health	Chapter #9
Feb 20	HOLIDAY	
Feb 22	Sugar Kills? Carb, Fat & Protein Metabolism	Chapter #10
Feb 27	Mother's Little Helpers: Vitamins (Quiz #2)	Chapter #11
Mar 1	Macro and Micro - Minerals	Chapter #12
Mar 6	Run-Bike-Swim: Nutrition & Exercise	Chapter #14
Mar 8	Food & Mood: Eating Disorders*	Chapter #13
<u>DIET PROJECT & PAPER REVIEW DUE Mar 10th (BEFORE MIDNIGHT)</u>		
Mar 13	Diana's Gift, Tribute to Dr. Saltman, & Personal Story	
Mar 15	<u>MIDTERM #2 EXAM</u>	Cumulative Exam

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WINTER QUARTER 2023 Grading Policy and Points

1. **Lecture:**
 - a. If I could, I would make lecture attendance mandatory
 - b. Attendance is strongly encouraged
 - c. Exams are 100% from lectures
2. **Study Sections**
 - a. 7 Instructional/Teaching Assistants
 - b. 13 Study Sections: some in-person, some asynchronous or synchronous sections - **see Study Section document**
 - c. No Study Sections FIRST week of the quarter
 - d. **Study Sections: 30 points total**
 - i. **TWO quizzes = 10 points each = 20 points total**
 1. Quizzes given via Canvas:
 2. Week of Jan. 23rd - 48 hr window, 30 minutes, one opportunity
 3. Week of Feb. 27th - 48 hr window, 30 minutes, one opportunity
 - ii. **Study section attendance/participation, etc. = 10 points**
3. **eBOOK and Diet Project - REQUIRED**
 - a. **Here is the link to Kendall Hunt:**
 - i. <https://he.kendallhunt.com/product/science-nutrition-and-wellness>
 - ii. See separate announcement on How to Purchase your eBook
 - b. You must purchase the book directly through the publisher
 - c. Once purchased you will be able to log in and access the eBook through Canvas
 - d. **DIET PROJECT due before midnight March 10th (30 points)**
 - i. Diet Project MUST be completed via the eBook.
4. **Paper Review = due before midnight March 10th (10 points)**
 - a. A number of papers will be posted for you to select from.
 - b. Select one paper to read and provide a **one page** review.
 - c. Review should contain:
 - i. A brief summary and any conclusions
 - ii. Your thoughts about its accuracy and potential impact on overall health and wellness
 - iii. **Email your paper to your IA/TA**
5. **EXAMS: IN PERSON AND IN CLASS**
 - a. **TWO midterms – 65 points each = 130 points total**
 - i. **IN CLASS**, in person, no books, notes, computers, etc.
 - ii. Short answer exams
 - b. Last years exams will be posted in Canvas - Without answer keys
 - c. **NO FINAL EXAM**
6. **TOTAL: 200 points**

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Winter 2023 Academic Calendar	
Winter Quarter begins	Wednesday, January 4
Instruction begins	Monday, January 9
Martin Luther King, Jr. Holiday	Monday, January 16
Presidents' Day Holiday	Monday, February 20
Instruction ends	Friday, March 17
Final Exams	Saturday – Saturday, March 18–25
Winter Quarter ends	Saturday, March 25