

NUTRITION
AHS 2043
Course Syllabus
Fall, 2007

- Instructor:** D.Byrne, Ph.D., M.B.A., R.D., L.D., L.P.C.
- Office Phone/Cell:** 210-313-8377 **Office Hours:** By appointment.
- Office Location:** **1604 Campus & Downtown:** Classroom, until specified.
- Textbook:** Understanding Nutrition (11th Edition, 2008) by Whitney and Rolfes, West/Wadsworth Publishing Co., Belmont, Ca.
- Prerequisites:** BIO 1203 and 1212 or AHS 2103
- Course Objectives:**
1. To obtain practical and enduring knowledge about human nutrition.
 2. To obtain a fundamental understanding of human nutrient needs and optimal sources of nutrients.
 3. To learn about nutrient deficiencies and/or excesses and their clinical consequences.
 4. To gain an understanding of the consequences of nutrition and its relationship to health and disease.

Examinations/Project:

1. Your **grade** will be determined by **four exams** (exams #1, #2, #3, and #4 will be worth 100 points each), *and* a **mandatory** semester-long knowledge application homework **assignment**.
2. The semester assignment's form with (lengthy) instructions will be handed out in Class 4/ Test 1 date. **If you miss the class that explains details of the assignment, it is your responsibility to get accurate information from classmates, not the professor.** Material covered on each exam will come from both lectures **and** textbook chapters. Examinations will consist of multiple choice questions. **No make-up exams will be given** except in an absolutely extenuating circumstance (i.e., grave physical/mental illness as certified by an M.D.). In that event, the make up exam must be taken the same day as the final exam, exam week, and will be different than the one the class took. **No extra credit will be given.**
3. Consequently, you need to **plan** well in advance for out-of-town trips. Be aware of the **exam dates on this syllabus** in making any such plans. Ignorance of test dates will **not** be accepted as an excuse.
4. No exam may be copied in whole or part nor may any exam be removed from the examination room or the classroom at any time. Exams are the exclusive property of the University. In this and in related matters, the University Policy on Academic Dishonesty will be observed.
5. There will be no talking during an exam.

Attendance:

This semester is a trial of a modified distance learning arrangement. Bottom line is...If you learn best by being in class, listening (auditory) or taking notes, then you need to attend! If you learn best by reading the text, **only EXAMS & NEW MODULE INTRODUCTIONS OR CLOSINGS are REQUIRED & MANDATORY!**
Attendance taken so Dr. Byrne will know the students.

Learning Assistance:

The Tomas Rivera Center for Student Success offers various academic support services. The telephone number is 458-4694, and at UTSA Downtown, 458-2838.

Lecture Topics:*

Students are required to *prepare* for class by reading the material to be covered.

This will help you to achieve an outstanding semester grade.

- An Overview of Nutrition.....Ch.1, Class 1 & 2
 - Planning a Healthy Diet.....Ch.2, Class 2 & 3
 - The Carbohydrates: Sugars, Starch and Fibers/Cancer/Diabetes.....Ch.4, Class 5
 - The Lipids: Triglycerides, Phospholipids, and Sterols/Heart Disease.....Ch.5, Class 6
 - Proteins: Amino Acids/Vegetarianism.....Ch.6, Class 7
 - The Water-Soluble Vitamins: B and C/Vitamin Supplements.....Ch.10, Class 9
 - The Fat-Soluble Vitamins: A,D,E, and K.....Ch.11, Class 10
 - Water and the Major Minerals/Osteoporosis.....Ch.12, Class 12
 - The Trace Minerals/FluoridationCh.13, Class 13
- The Topics of Eating Disorders, Nutrition through the Life Cycle, Current Fad Diets, Sports Nutrition, Exercise, Herbal, and Alternative Therapies will be discussed at different points throughout the semester.

Exam Schedule: (There is class each exam day.)

Exam I(Ch.1,2). Mandatory Homework Assignment & Instructions provided.....09/18/07,Class 4

Exam

II(Ch.4,5,6).....10/16/07, Class 8

Exam III(Ch.10 & 11).....11/06/07, Class 11

Semester MANDATORY Homework Assignment.....
11/06/07, Class 11

Exam IV (Ch. 12 & 13).....11/27/07, Class 14

*The chronology or dates of lectures and/or exams may be changed during the semester, if deemed necessary by professor, for the benefit of the students.