



**BIOL 380 section 41**  
**Summer 2016**  
**Department of Biology**

**1. General Information**

*Credits:* 3

*Prerequisites:* CHEM 221 & 271

*Location:* SP S110      *Day:* Mon & Wed      *Time:* 18:30-21:00

*Professor:* Andrew Wieczorek, PhD

**Office:** SP 375.35

**Tel:** 514-848-2424 ex 3395

**Email:** [andrew.wieczorek@concordia.ca](mailto:andrew.wieczorek@concordia.ca) (use BIOL 380 in the subject)

*Office hours:* Mon Wed 1:30pm-2:30pm (except first week)

**2. Course Description**

The concept of a balanced diet is studied in relation to caloric content, protein, lipid, carbohydrate, vitamin, and mineral requirements. The consequences of dietary deficiencies are examined. Special topics such as dieting, minerals and vitamins, food additives, and toxins are discussed. Lectures only.

**3. Objectives**

- a. To understand ways in which the supply of nutrients affects health and wellness. To identify food sources of nutrients and to understand dietary recommendations.
- b. To understand the relationship between nutrients and metabolism, fluid & electrolyte balance, bone health, blood health.
- c. To understand the concept of healthy body weight. To understand the effects of diet, behavior and exercise on body weight.
- d. To provide students with a broad overview of nutrition in exercise and physical performance.
- e. To be able to use scientific knowledge to assess diets, evaluate research and to appraise nutrition information.

## Topics

LECTURE	TOPIC	TEXT CHAPTER
1	<b>Introduction. The role of nutrition in our health. Food groups and nutrients</b>	<b>Chapter 1-2</b>
2	<b>Digestive system. What happens to nutrients in our bodies</b>	<b>Chapter 3</b>
3	<b>Carbohydrates</b>	<b>Chapter 4</b>
4	<b>Lipids</b>	<b>Chapter 5</b>
5	<b>Proteins</b>	<b>Chapter 6</b>
6	<b>Metabolism</b>	<b>Chapter 7</b>
<b>MIDTERM</b>		
7	<b>Nutrients involved in fluid and electrolyte balance</b>	<b>Chapter 10</b>
8	<b>Nutrients in antioxidant function</b>	<b>Chapter 11</b>
9	<b>Nutrients involved in bone health, energy metabolism and blood health.</b>	<b>Chapter 9,12 &amp; 13</b>
10	<b>Energy balance and body weight. Eating disorders.</b>	<b>Chapter 14</b>
11	<b>Nutrition and physical activity</b>	<b>Chapter 15</b>

### **4. Course Material**

PowerPoint slides from the lectures, reading lists and questions for the various topics will be posted on course Moodle to improve your understanding of the material. For certain topics, multiple readings are provided to give different coverage of more complex topics.

#### **Recommended:**

1. The science of Nutrition. J. Thompson, M. Manore & L. Vaughan, Canadian Edition

**Required:**

1. Myfitnesspal online (Free Calorie Counter)

**5. Grading:**

The majority of marks in this course will be based on the final examination, a midterm, and activities. **Final grades** will be determined from the following weightings;

**Evaluation:**

Midterm	30% (date TBD)
Activities and quizzes	20%
Final exam	50% (cumulative)

Final exam will be held in the time slot scheduled by the University. Students with a valid reason for rescheduling the final exam must go through the examination office.

**Exams** will cover material presented in lectures and from the assigned readings. Questions will be both in the form of "multiple-choice" and "short answer" types. Bring your pencils, markers, pens and erasers. The use of electronic devices of any kind (calculators, electronic dictionaries, and especially cell phones) is not allowed.

**There are no make-up exams.** If you miss the midterm exam on account of a genuine reason and you have a medical note, then the final exam will count for more.

The following scheme will be used to translate the numbers to letter grades;

Grade	Percentage
A+	90-100 %
A	85-90%
A-	80-85%
B+	77-80%
B	73-77%
B-	70-73%
C+	67-70%
C	63-67%
C-	60-63%
D+	57-60%
D	53-57%
D-	50-53%
F	40-50%
R	0-40%

## **6. Rights and Responsibilities:**

*Plagiarism:* The most common offense under the Academic Code of Conduct is plagiarism, which the Code defines as “the presentation of the work of another person as one’s own or without proper acknowledgement.”

This could be material copied word for word from books, journals, Internet sites, professor’s course notes, etc. It could be material that is paraphrased but closely resembles the original source. It could be the work of a fellow student, for example, an answer on a quiz, data for a lab report, a paper or assignment completed by another student. It might be a paper purchased through one of the many available sources. Plagiarism does not refer to words alone it can also refer to copying images, graphs, tables, and ideas. “Presentation” is not limited to written work. It also includes oral presentations, computer assignments and artistic works. Finally, if you translate the work of another person into French or English and do not cite the source, this is also plagiarism. In Simple Words:

**Do not copy, paraphrase or translate anything from anywhere without quoting where you obtained it from!**

(Source: The Academic Integrity Website:

<http://provost.concordia.ca/academicintegrity/plagiarism/>)

*Academic Code of Conduct:*

I. Preamble

Introduction

The integrity of University academic life and of the degrees, diplomas and certificates the University confers is dependent upon the honesty and soundness of the instructor-student learning relationship and, in particular, that of the evaluation process. As such, all students are expected to be honest in all of their academic endeavors and relationships with the University.

### **List of Services for the students**

- Name of the Department’s Academic Advisor
- Concordia Counseling and Development offers career services, psychological services, student learning services, etc. <http://cdev.concordia.ca/>
- The Concordia Library Citation and Style Guides:  
<http://library.concordia.ca/help/howto/citations.html>
- Advocacy and Support Services  
<http://supportservices.concordia.ca/>
- Student Transition Centre  
<http://stc.concordia.ca/>
- New Student Program  
<http://newstudent.concordia.ca/>
- Access Centre for Students with Disabilities  
<http://supportservices.concordia.ca/disabilities/>
- Student Success Centre  
<http://studentsuccess.concordia.ca/>
- The Academic Integrity Website  
<http://provost.concordia.ca/academicintegrity/>
- Financial Aid & Awards  
<http://web2.concordia.ca/financialaid/>
- Health Services <http://www-health.concordia.ca/>