Title of Course NUTRITION
SCI 150 Section __________
Class hours 3
Lab hours (if applicable)

Credits 3

Instructor Information
Name:
Office:
Room:
Email:

Course Description
An introduction to the fundamental principles of human nutrition. The nutrient composition of various foods is examined as well as the manner in which the nutrients are metabolized and used by the human body.

Prerequisites/Co-requisites
One year of Science

Student Learning Outcomes
1. Students will be able to understand the normal physiological roles of nutrients.
2. Students will be able to understand the pathology caused by deficiency and excess of specific nutrients.
3. Students will be able to learn the food sources of specific nutrients.
4. Students will be able to understand the role of government and groups concerned with public health in nutrition.
5. Students will be able to learn the role of nutrition in the treatment of specific diseases.

Required Text & Readings

Other Resources

Use of Technology (if applicable)

Evaluation & Requirements of Students
Examination and Quizzes = 100%

Outline of Topics
<table>
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<tr>
<th>Weeks</th>
<th>Topics</th>
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<td>1.</td>
<td>Introduction – Basic Principles</td>
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<td>2.</td>
<td>Protein</td>
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<td>3.</td>
<td>Carbohydrate</td>
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<td>4.</td>
<td>Lipid</td>
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<td>5.</td>
<td>Diet and Coronary Heat Disease</td>
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<td>6.</td>
<td>Energy Balance</td>
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<td>7.</td>
<td>Vitamins</td>
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This syllabus is provided as a general informational guide. Some of the information may vary depending on the specific course section and instructor. Different sections of the same course may require different textbooks. Verify the section specific textbook information in the CUNY’s Academic Course Schedule Web Page. Modifications of the grading system presented here will be communicated by the instructors of the sections when they meet the class.

8. Minerals
9. Government Regulation of the Food Supply
10. The use of Nutrition in the Treatment of Disease

Class Participation
Participation in the academic activity of each course is a significant component of the learning process and plays a major role in determining overall student academic achievement. Academic activities may include, but are not limited to, attending class, submitting assignments, engaging in in-class or online activities, taking exams, and/or participating in group work. Each instructor has the right to establish their own class participation policy, and it is each student’s responsibility to be familiar with and follow the participation policies for each course.

BMCC is committed to the health and well-being of all students. It is common for everyone to seek assistance at some point in their life, and there are free and confidential services on campus that can help.

Single Stop www.bmcc.cuny.edu/singlestop, room S230, 212-220-8195. If you are having problems with food or housing insecurity, finances, health insurance or anything else that might get in the way of your studies at BMCC, come by the Single Stop Office for advice and assistance. Assistance is also available through the Office of Student Affairs, S350, 212-220-8130.

Counseling Center www.bmcc.cuny.edu/counseling, room S343, 212-220-8140. Counselors assist students in addressing psychological and adjustment issues (i.e., depression, anxiety, and relationships) and can help with stress, time management and more. Counselors are available for walk-in visits.

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BMCC Policy on Plagiarism and Academic Integrity Statement
Plagiarism is the presentation of someone else’s ideas, words or artistic, scientific, or technical work as one’s own creation. Using the idea or work of another is permissible only when the
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original author is identified. Paraphrasing and summarizing, as well as direct quotations, require citations to the original source. Plagiarism may be intentional or unintentional. Lack of dishonest intent does not necessarily absolve a student of responsibility for plagiarism. Students who are unsure how and when to provide documentation are advised to consult with their instructors. The library has guides designed to help students to appropriately identify a cited work. The full policy can be found on BMCC’s Web site, www.bmcc.cuny.edu. For further information on integrity and behavior, please consult the college bulletin (also available online).