

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.

BOROUGH OF MANHATTAN COMMUNITY COLLEGE

City University of New York

Department of Science

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

Wardlaw's: *Perspective in Nutrition 6th Edition* McGraw-Hill Publishing

Other Resources

Use of Technology (if applicable)

Evaluation & Requirements of Students

Examination and Quizzes = 100%

Outline of Topics

- | Weeks | Topics |
|--------------|---------------------------------|
| 1. | Introduction – Basic Principles |
| 2. | Protein |
| 3. | Carbohydrate |
| 4. | Lipid |
| 5. | Diet and Coronary Heart Disease |
| 6. | Energy Balance |
| 7. | Vitamins |

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

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.

Office of Compliance and Diversity www.bmcc.cuny.edu/aac, room S701, 212-220-1236. BMCC is committed to promoting a diverse and inclusive learning environment free of unlawful discrimination/harassment, including sexual harassment, where all students are treated fairly. For information about BMCC's policies and resources, or to request additional assistance in this area, please visit or call the office, or email olevy@bmcc.cuny.edu, or twade@bmcc.cuny.edu. If you need immediate assistance, please contact BMCC Public safety at 212-220-8080.

Office of Accessibility www.bmcc.cuny.edu/accessibility, room N360 (accessible entrance: 77 Harrison Street), 212-220-8180. This office collaborates with students who have documented disabilities, to coordinate support services, reasonable accommodations, and programs that enable equal access to education and college life. To request an accommodation due to a documented disability, please visit or call the office.

College Attendance Policy

At BMCC, the maximum number of absences is limited to one more hour than the number of hours a class meets in one week. For example, you may be enrolled in a three-hour class. In that class, you would be allowed 4 hours of absence (not 4 days). In the case of excessive absences, the instructor has the option to lower the grade or assign an F or WU grade.

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 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

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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).

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