Nutrition (BIOL 441)

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Required Materials  
Forks Over Knives (DVD), ©2011, ISBN 829567076026

Description  
This course explores the basics of nutrition including: macro- and micronutrients, nutritional needs, the basics of supplementation, and the ideal balance of reliable nutrition information and practical consumer-oriented knowledge. Students also learn how to prevent disease and guard health through a nutrition-based approach supported by scientific evidence and application.

Goals  
1. Define “nutrition” and “health.”  
2. Discuss the importance of nutritional adequacy and balance for optimal health.  
3. Identify dietary sources of major nutrients.  
4. Explore the digestive system and its relation to nutrition.  
5. Discuss the functions of major nutrients.  
6. Explore vitamins, minerals and phytochemicals.  
7. Learn the basics of nutritional supplementation.  
8. Interpret nutritional knowledge into language appropriate for lay public.  
9. Learn and discuss the health benefits of a largely plant-based diet.  
10. Learn about various eating disorders and their treatment options.

Requirements/Assignments  
1. Weekly online participation/response to selected readings.  
2. Assignments/exercises pertaining to assigned reading.  
3. One book review on book of student’s choice (with instructor approval).  
4. One film review on film selected by instructor.  
5. Online final examination to be completed by the last day of class during week 10.
**Evaluation/Grading**

Standard grading principles apply:

1. Each item/activity/assignment will be worth a certain amount of points.
2. There is no grading curve; letter grades are given based on the scale presented below.
3. All papers and exams must be completed and turned in by the date specified during class lecture and discussion.
4. Grades and final grade will be determined as a percentage of the total points you earn from the total points possible in this course.
5. Grammar, spelling, punctuation, reasoning, logic, and citation will all be taken into account in grading the examinations, papers, and online discussions.
6. The various requirements of the course will be weighted as follows:

**Assignment/Examination Values**

10 Weeks Reading, Discussion, & Participation (50 points)
Film Review & Discussion (10 points)
Book Review & Discussion (15 points)
Final Examination (25 points)

**TOTAL POINTS POSSIBLE = 100 points**

Extra Credit for Online Course Evaluation = 1 point
Extra Credit for Movie Review (See Below) = 1 point

**Incomplete Grade Policy**

To request a grade of Incomplete (INC) in this class, you must complete an INC contract *before* the end of the term, have participated until the last day to withdraw from the class, and have completed at least 50 points out of 100. Please see the ULV Policy on the grade of INC: [http://www.ulv.edu/catalog/aca_info/grades.phtml](http://www.ulv.edu/catalog/aca_info/grades.phtml).

**Grading Scale**

95 - 100% = A
90 - 94% = A-
87 - 89% = B+
83 - 86% = B
80 - 82% = B-
77 - 79% = C+
73 - 76% = C
70 - 72% = C-
60 - 69% = D
0 - 59% = F
Course Questions
Contact me at (909)455-7946 or RHarrison@LaVerne.edu.

Course Schedule

Week 1: What is Nutrition? What is Health?
Lecture 1; *Optimum Nutrition*, Chapters 1 – 6

Week 2: The Energy-Yielding Nutrients & Alcohol
Lecture 2; *Optimum Nutrition*, Chapters 7 - 9

Week 3: Digestion & Colon Health
Lecture 3; *Optimum Nutrition*, Chapters 19, 21-22

Week 4: Vitamins, Minerals & Phytochemicals
Lecture 4; *Optimum Nutrition*, Chapters 12 - 15, 17, 49
Submit Book for Instructor Approval

Week 5: The Importance of Water
Lecture 5; *Optimum Nutrition*, Chapter 18

Week 6: Sugar, Sweeteners, & Stimulants
Lecture 6; *Optimum Nutrition*, Chapters 10 - 11

Week 7: Weight Loss & Eating Disorders
Lecture 7; *Optimum Nutrition*, Chapters 36 - 37
Book Review Due

Week 8: Your Optimum Diet & Nutritional Supplements
Lecture 8; *Optimum Nutrition*, Chapters 43 - 48

Week 9: What You Don’t Know Can Hurt You
Lecture 9; *Optimum Nutrition*, Chapters 31 - 35, 38 – 42; *Forks Over Knives* (DVD)
Film Review Due

Week 10: Wrap Up & Final Examination
Final Examination
Optional Extra-Credit Due

Academic Integrity
*Plagiarism* is the practice of quoting another's words without giving that person proper credit. In writing, an occasional quotation is acceptable, but the writer should keep quotations to a
minimum, and always when quoting, one should give credit where credit is due. Academic dishonesty of any kind is sometimes illegal and always unethical. A student who practices academic dishonesty of any kind will receive no credit for that portion of the coursework and may fail the course entirely. Please choose wisely.