

Vanguard University
School for Professional Studies
Degree Program

**“ANATOMY AND
NUTRITIONAL BIOCHEMISTRY”**

BIOL 105

Abbreviated Student Guide
2012
Dr. Diana Avans

REQUIRED TEXT

“Understanding Nutrition” 12th edition
Authors, Whitney and Rolfs
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Evaluation

Assignment	Point Value	Point Total
Exams	100/90 ea	190
Quizzes (5)	10 pts/ea	50
Case Studies	5 pts/ea	~ 15
Homework (7)	Variable	78
Nutrition Portfolio	10/wk	70
Meal Plan/Reflection	50	50
Lab activities	Grade included in other assignments.	

~455 pts

Assignment Descriptions

1. Exams will be multiple choice, true/false, etc. Bring 882-E scantron. Mid-term will cover Ch. 1-6; Final will cover Ch. 7-14
2. Quizzes will be given weekly. Quizzes will cover material covered the previous week.
3. Case Studies: these will be part of laboratory work each week. These are available on the text website and will be handed out in class. Please bring notebook paper to class to complete these. These will be completed in small groups or partner groups.
3. Weekly homework assignments will include critical thinking questions and worksheets. These will be available on Moodle or can be accessed through the text website. Your first assignment is due Week 2.
4. Nutrition Portfolio and Meal Plan/Reflection: Weekly diet recording and analysis required; Nutrition Portfolio question for each chapter; final meal plan and reflection on diet. Details to be attached and included on Moodle.
5. Lab activities: will included applied work in class such as worksheets, virtual anatomy labs, body composition and blood cholesterol and other possible testing.
6. Course Portfolio: Create a binder with tabs for each week. This is how you will organize and turn in your homework each week. You can also keep other graded assignments here.

Course Schedule:

Week	Chapters (read before class!)	In Class Assignments	Homework Due	Notes
1- Jan. 14	Ch. 1, 2	Case Study 1 & 2 Reading Food Labels Serving Sizes		For Next Week- bring in any digestive aid you have such as anti- diarrhea, heartburn, constipation
2- Jan. 21	Ch. 3, 4 Appendix A	Case Study 3	C.T. 1.2, 1.3, 2.3, 2.4 W.S. 1-1 Nutrition Portfolio, pg. 26 (Due Week 2)	Handout 3-1
3- Jan. 28	Ch. 5, 6 Appendix B	Case Study 4 Worksheet 4-2	C.T. 3.2, 3.4, 4.1, 4.3 W.S. 1-2, 3-4 N.P. pg. 87, 123 (Due Week 3)	Research cholesterol and HBA1C recommended levels
4- Feb. 4	Ch. 10, 11	Mid-term (Ch. 1-6) Cholesterol, HBA1C testing	C.T. 5.1, 5.3, 5.4, 6.2, 6.4, W.S. 5-2 W.S. 6-3 N.P. pg. 161, 196	
5- Feb. 11	Ch. 12, 13	Case Study	C.T. 10.2, 10.3, 10.5 W.S. 10-1, 10-2 N.P. pg. 344	
6- Feb. 18	Ch. 7, 8	Case Studies 7, 8 Body Composition Lab	C. T. 12.2, 12.3, N.P. pg 410, 447	
7- Feb. 25	Ch. 9, 14, 18	Case Study 9 Work on Meal Planning	C.T. 7.1, 7.2, 7.4, Worksheet 7-1, 8-1 N.P. 228, 259	Meal Plan and Reflection due next week
8- Mar. 3	Ch. 7-14, 18	Final Exam	C.T. 9.5, 14.1, 18.1, 18.2, 18.5 N.P. pg. 299, 482, 631	Portfolios can be picked up in 2 weeks

MEAL PLAN AND REFLECTION

Plan a Menu: Plan a menu/recommendations based off your dietary analysis.

Be sure to get an accurate assessment of your output, using the Track Activity portion of your analysis software.

Average Calorie Output = _____

Average Input = _____

Based on your numbers and diet analysis over the semester, plan a weight gain, weight loss, or maintenance (with diet modifications) week-long menu. Include a 3 meal (+snacks) per day/ 7 day week balanced diet.

A good program to use is:

<http://www.mypyramidtracker.gov/planner/> (register to let the site save your menus)

You can plan an entire week utilizing basic foods and print a weekly menu report. This is the best choice due to the organization of the print outs. You should create your menu based on your food likes/dislikes as well as your recommendations for a healthier lifestyle.

A menu for an athlete will take more careful planning with increase calorie intake as well as increases in CHO, PRO, Fluids

The plan you create should at least meet the DRI recommendations for major nutrients, vitamins, and minerals. Follow menu planning guidelines given in class.

Reflection on Analysis Results

After the analysis/semester you should have a very good idea of your nutritional and activity status. In this section write your conclusions from the analysis. Include what you think about your eating habits and what the results would be if you continue with the same patterns. Are you subjecting yourself to any health risks? If so what changes do you need to make? What would the likely outcome be if you make those changes or do not make those changes? Finally conclude this reflection by discussing what you have learned from doing this assignment. You can take a more psychological, spiritual approach to this question as well since you have made a meal plan already.