

**Human Nutrition: Current Issues**

Kinesiology 110

Section: D200

Term: 2005 Fall

Instructor: Dr. A. Vieira

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Discussion Topics: This course is an introduction to fundamental principles and some current topics related to human nutrition. It is intended to help students understand basic aspects about nutrients and their metabolism in the body, nutritional planning and assessment in the context of national dietary recommendations, and some of the consequences of deficient or excessive intake of nutrients. More specialized topics and applications of nutrition will also be introduced (specialized topics are covered in more detail in higher-level courses such as KIN 311).

Topics:

Introduction to nutrients, diets and nutritional science

Dietary planning, recommendations, and evaluations

Nutrients and their sources, digestion, transport and functions:

Carbohydrates

Protein (amino acids)

Lipids and lipoproteins

Vitamins

Water and minerals

Nutrition and health:

nutrition in disease prevention

alcohol, nutrient supplements,

vegetarianism, food allergies

genetically-modified foods,

food toxicology and safety

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Energy balance and body weight

Grading: Evaluation:

Project: 20%

Midterm 1: 20%

Midterm 2: 15%

Final exam (cumulative): 45%

Required Texts: Wardlaw, G.M., Contemporary Nutrition - Issues and Insights, 6th. Edition, 2005.

Recommended Texts:

Materials/Supplies:

Prerequisite/Corequisite: None.

Notes: Failure to attend an examination

Students who miss examinations due to exceptional circumstances (such as serious illness or compassionate reasons) are required to obtain a physician's certificate, whereby the physician states that you were unable to write your midterm or final on the set date due to a medical condition beyond your control, or other supporting documents in order to obtain consideration in the course. Such documents must be filed with the School Director (via the Kinesiology office) or Registrar within four calendar days of the date on which the examination was to have been written. Exceptional circumstances must be approved by the Undergraduate Program Committee in order for a student to receive consideration.

Students must check the exam schedule when making course selections. Students are reminded that final examinations may be scheduled at any time during the examination period and that students should avoid making travel or employment arrangements for this period.

Academic honesty and student conduct

Academic honesty is a condition of continued membership in the University community.

Academic dishonesty, including plagiarism or any other form of cheating is subject to serious academic penalty, i.e. failure on an assignment, failure in a course, suspension or expulsion from the University.

The University codes of student conduct and academic honesty are contained in policies T10.01 and T10.02 which are available in the Course Timetable and on the Web via <http://www.reg.sfu.ca>.

**Human Nutrition: Current Issues**

July 2000

Lectures begin on Monday, September 12.

Tutorials begin Monday, September 19.

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