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*Calumet College of St. Joseph is a Catholic institution of higher learning dedicated to the academic, spiritual and ethical development of undergraduate and graduate students. Informed by the values of its founding religious community, the Missionaries of the Precious Blood (C.P.P.S.), the College promotes the inherent dignity of all people, social justice, an ethic of service, student empowerment, opportunity, and lifelong learning.*

**COURSE SYLLABUS, Spring 2019****Course: CHEM 143 NUTRITIONAL SCIENCE LECTURE – SECTION A****Instructor Information:**

<b>Instructor Name</b>	Dr. Ahmed Lakhani
<b>Office Number:</b>	Room 512
<b>Phone Number:</b>	219-4734275
<b>Email:</b>	alakhani@ccsj.edu
<b>Office Hours:</b>	Monday & Wednesday: 1:30 – 3:30 pm
<b>Instructor Background:</b>	B.S. in Biochemistry from University of Illinois at Urbana-Champaign. Ph.D. in Chemistry (focus in Physical Chemistry) from University of Illinois at Chicago. Research interest: Structures Elucidation of Biomolecule via Optical Spectroscopy (IR, UV-Vis, VCD, ECD, etc.)

**Course Information:**

<b>Course Time:</b>	TR: 12:00 to 1:30 pm
<b>Classroom:</b>	Room 332
<b>Prerequisites:</b>	C or better in MATH 104 or higher, CHEM 200, CHEM 200L, and concurrent enrollment in CHEM 143L, or consent of the program director.
<b>Required Books and Materials:</b>	Required daily: 1) You will need any current copy of the periodic table to bring with you to class daily 2) You will need a scientific calculator. The calculator on your phone does not count. The calculator does not to be expensive. For example, a Texas Instrument TI-30X II will suffice (\$10) Book: Nutrition essential A Personal Approach by Wendy J. Schiff
<b>Learning Outcomes/ Competencies:</b>	Students in this course will:  1. Think critically- identify, define, analyze, interpret, and evaluate ideas, concepts, information, problems, solutions, and consequences. This includes the ability to compute and comprehend quantitative

information and to engage in the scientific process.

2. Communicate – communicate ideas, concepts, and information through written and oral means. Collaborate with people of diverse background and abilities.

3. Demonstrate literacy – demonstrate the ability to read critically within content areas. Use technology to locate, evaluate, and communicate data, information, ideas, and concepts. Assess, critique, and select from a variety of information resources.

4. Demonstrate responsibility – demonstrate an understanding of personal responsibility and ethical behavior in one's own academic and civic life.

### **Learning Objectives:**

After successful completion of this course, the student should be able to understand and apply the following concepts of nutrition:

1. Explain criteria used to determine nutritional status.
2. Identify nutritional components of food.
3. Discuss factors that influence food habits
4. classify nutritional groups
5. Identify functions of the digestive system.
6. Discuss food metabolism.
7. Identify sources of nutrients in food, including vitamins and minerals
8. Relate nutritional needs to stages of life cycle.
9. Relate nutritional needs to alterations in health state.
10. Communicate scientific ideas, procedures, results, and conclusions using appropriate units, language, and formats.

This course meets the following learning objectives for the Biomedical Science program:

- Scientific Knowledge and Critical Thinking:
  - Students will demonstrate substantial and up to date core knowledge of broad areas in basic biomedical science
  - Students will demonstrate the ability to accurately and critically evaluate their own scientific work and work of others.
- Research Skills and Problem Solving Ability:
  - Students will demonstrate advanced understanding of a range of technical and conceptual approaches used in biomedical research.
  - Students can design, carry out, and interpret research projects that generate new knowledge that advances the biomedical science and human health.
- Specific Expertise:
  - Students can articulate the significance of their own work to their chosen research area in both historical and forward-looking contexts.
  - Students will demonstrate mastery of a range of technical and conceptual approaches used in their selected research area.
- Communication:

<ul style="list-style-type: none"> <li>○ Students will demonstrate the oral, written and media communication skills required to be effective communicants, teachers and mentors of peers, future scientist and scientifically literate citizens.</li> <li>• Ethics and Advocacy: <ul style="list-style-type: none"> <li>○ Students will apply highest standards of ethics to their research (data managements, research subjects, stewardship of research funds)</li> <li>○ Students will improve their confidence and interactions with colleagues and the public.</li> <li>○ Students will be able to advocate for the role of science in medicine and society.</li> </ul> </li> </ul>
<p><b>Course Description:</b> Course introduces concepts and principle of the science of nutrition. Content includes identification and definition of the nutritional components of food; elements of digestion, metabolism and energy management. Intended for anyone interested in becoming a more knowledgeable consumer of nutritional information.</p>
<p><b>Learning Strategies:</b> Active learning, Blackboard, group discussions, team projects, collaborative learning, interactive lecturing, laboratory exercises, demonstration.</p>
<p><b>Experiential Learning Opportunities:</b> In class discussion, comprehension and critical thinking along with laboratory experience is essential for a fundamental understanding of the scientific methods. This course has required laboratory portion that provides students with experiential learning through experimental design, hypothesis development, data interpretation, and communication of results through laboratory reports.</p>

<b>Assessments:</b>		
<b>Major Assignments:</b>	Completed at the end of each chapter (HW). Approximately 15.	25%
<b>Assessments:</b>	Quizzes: Given at the beginning of class; covers the assigned reading/previous lecture Lecture Exam: Four 90 minutes' exam will be administered during class (total of 4)	10%  (Each 15%) Total: 60%
<b>Class Participation:</b>	Class attendance and participation	5%
<b>Total</b>	Total Percent	100%
<b>Grading Scale:</b>		
100% – 92%: A	91% – 90%: A-	
89% – 88%: B+	87% – 82%: B	81% – 80%: B-
79% – 78%: C+	77% – 72%: C	71% – 70%: C-
69% – 68%: D+	67% – 62%: D	61% – 60%: D-
59% and below:	F	

## Course Schedule:

CHEM 143 Lecture			
Class Date	Lecture/Class Discussion/Activities	HW	Quiz
Jan 15 - 17	Introduction to nutrition	Ch. 1	Ch. 1
Jan 22 - 31	Digestion and Metabolism	Ch. 2	Ch. 2
Jan. 31	EXAM 1		
Feb. 5 - Feb. 21	Applied Nutrition Carbohydrates	Ch. 3/4 Ch. 5	Ch. 3/4 Ch. 5
Feb. 21	EXAM 2		
Feb. 26 - 28 Mar. 3 - 9 Mar. 12- 19	Lipid <b>No Classes Spring Break</b> Protein	Ch. 6 Ch. 7	Ch. 5 Ch. 7
Mar. 21	EXAM 3		
Mar. 26 - Apr. 11	Protein Vitamins	Ch. 7 Ch. 8	Ch. 7 Ch. 8
Apr. 16	EXAM 4		
Apr. 18 - May 1	<b>April 18: Lectures/HW will be posted online</b> Key Minerals and Water	Ch. 9	Ch. 9
2-May	Final EXAM		
I reserve the right to change this schedule to meet the needs of the class			

<b>Responsibilities</b>	
<b>Attending Class</b>	<p>You cannot succeed in this class if you do not attend. We believe that intellectual growth and success in higher education occur through interaction in the classroom and laboratories. Being absent doesn't excuse you from doing class work; you have <b>more</b> responsibilities to keep up and meet the objectives of this course.</p> <p><b>Note:</b> Attendance is counted as being present from the first 10 minutes of class until the end of lecture and lab. It is the students' responsibility to make attendance a priority. Anyone missing after the first 10 minutes of class will be marked absent unless a written excuse is provided within 24 hours of the occurrence. Similarly, anyone leaving early without a written excuse and/or informing the instructor prior to leaving will be counted as absent.</p> <p>Train delay, broken down cars, oversleeping, forgetting, and other personal business are example of invalid excuses. Additionally, you should plan to arrive on time and remain throughout the lecture to avoid disrupting the class. Other classroom disruptions, such as cell phone, papers, etc. are unacceptable; there device should be turned off before the start of class</p> <p><b>Note:</b> it is to your benefit to attend each class meeting. You are responsible for the material presented in class and all in-class announcements and assignments. Attendance is mandatory, however, for all examinations since they cannot be made up at a later date will not be excused without a valid excuse. The validation of the excuse is left to the discretion of the instructor of the course whether or to accept that excuse.</p>
<b>Turning In Your Work</b>	<p>You cannot succeed in this class if you do not turn in all your work when due.</p> <p>Assignments will not be accepted after their due dates. You may request an extension in writing at least 24 hours in advance of the due date for assignments, but it is up to the instructor's discretion whether or not to allow an extension.</p>
<b>CCSJ Student Honor Code</b>	<p>This course asks students to reaffirm the CCSJ Student Honor Code:</p> <p>I, as a student member of the Calumet College academic community, in accordance with the college's mission and in a spirit of mutual respect, pledge to:</p> <ul style="list-style-type: none"> <li>• Continuously embrace <b>honesty and curiosity</b> in the pursuit of my educational goals;</li> <li>• Avoid all behaviors that could impede or distract from the academic progress of myself or other members of my <b>community</b>;</li> <li>• Do my own work with <b>integrity</b> at all times, in accordance with syllabi, and without giving or receiving inappropriate aid;</li> <li>• Do my utmost to act with commitment, inside and outside of class, to the goals and <b>mission</b> of Calumet College of St. Joseph.</li> </ul>
<b>Using Electronic Devices</b>	<p>Electronic devices can only be used in class for course-related purposes. If you text or access the Internet for other purposes, you may be asked to leave, in which case you will be marked absent.</p>

	<p>No social media chatting/texting will be allowed to be used during lecture or lab times unless otherwise directed by the instructor. No videotaping or recording of lecture without discretion of the instructor. The instructor reserves the right to ask you to leave the room if you interrupt the class.</p> <p>The science faculty will address electronic device uses as follows:</p> <p>Occurrence</p> <p>1<sup>st</sup> – Students is given a verbal warning  2<sup>nd</sup> – Students is instructed to leave the classroom  The student cannot return to class until they have met with the professor.</p> <p>3<sup>rd</sup> – Student is instructed to leave the classroom  The student cannot return to class until they have met with V.P. of Academic Affairs.</p>
<b>Participating in Class</b>	You must be on time, stay for the whole class and speak up in a way that shows you have done the assigned reading. If you are not prepared for class, you may be asked to leave, in which case you will be marked absent.
<b>Doing Your Own Work</b>	<p>If you turn in work that is not your own, you will be subject to judicial review by the Faculty-Student Grievance Committee. These procedures can be found in the Student Planner. The maximum penalty for any form of academic dishonesty is dismissal from the College.</p> <p>Using standard citation guidelines to document sources avoids plagiarism. You'll find guides to the major citation methods at the CCSJ Specker Library Web page at <a href="http://www.ccsj.edu/library/subjectsplus/subjects/guide.php?subject=cite">http://www.ccsj.edu/library/subjectsplus/subjects/guide.php?subject=cite</a></p> <p><b>PLEASE NOTE:</b> All papers may be electronically checked for plagiarism.</p>
<b>Sharing Your Class Experience</b>	At the end of the term, you will have the opportunity to evaluate your classroom experience. These confidential surveys are <b>essential</b> to our ongoing efforts to ensure that you have a great experience that leaves you well prepared for your future. Take the time to complete your course evaluations – we value your feedback!
<b>Withdrawing from Class</b>	After the last day established for class changes has passed (see the College calendar in the CCSJ Course Catalog), you may withdraw from a course by following the policy outlined in the Course Catalog.

<b>Resources</b>	
<b>CCSJ Book Rental Program</b>	<p>The CCSJ Book Program ensures that everyone has the right course materials on the first day of class to be successful. You pay a book rental fee each semester, and in return, receive all the materials for all your classes prior to the beginning of classes. At the end of the semester, simply return the books. For traditional students, the Book Rental Program is conveniently located in the library, where students can pick up and return their books. For students in accelerated programs and graduate programs, books will be delivered to their homes and they can return them by mail. For more information, see <a href="http://www.ccsj.edu/bookstore">http://www.ccsj.edu/bookstore</a>. <b>All books must be returned at the end of the semester or you will incur additional fees, which will be charged to your student account.</b></p>

<b>Student Success Center:</b>	The Student Success Center provides faculty tutors at all levels to help you master specific subjects and develop effective learning skills. It is open to all students at no charge. You can contact the Student Success Center at 219 473-4287 or stop by the Library.
<b>Disability Services:</b>	Disability Services strives to meet the needs of all students by providing academic services in accordance with Americans with Disabilities Act (ADA) guidelines. If you believe that you need a “reasonable accommodation” because of a disability, contact the Disability Services Coordinator at 219-473-4349.
<b>Student Assistance Program</b>	Through a partnership with <b>Crown Counseling</b> , Calumet College of St. Joseph provides a free Student Assistance Program (SAP) to current students. The SAP is a confidential counseling service provided to students for personal and school concerns which may be interfering with academic performance and/or quality of life. The SAP counselor is available on campus once a week and off-site at the Crown Counseling offices in Crown Point or Hammond. For more information, <b>contact Kerry Knowles SAP Counselor</b> , at 219-663-6353 (office), 219-413-3702 (cell), or <a href="mailto:kerryk@crowncounseling.org">kerryk@crowncounseling.org</a> .
<b>CCSJ Alerts:</b>	Calumet College of St. Joseph’s emergency communications system will tell you about emergencies, weather-related closings, or other incidents via text, email, or voice messages. Please sign up for this important service annually on the College’s website at: <a href="http://www.ccsj.edu/alerts/index.html">http://www.ccsj.edu/alerts/index.html</a> .