709:552 and 709:604 Nutrition: A Biochemical and Physiological Basis - Recitation
F 2:15 pm-3:35 pm
Spring 2021

Date/Day	Topic	Professor
1/22 Fri	Intro/organization/Body Composition	Watford
1/29 Fri	BAT	Watford
2/5 Fri	Energy Expenditure	Watford
2/12 Fri	Energy Balance	Watford
2/16 Tues	**EXAM I**	**Lectures 1/22 – 2/9 + Recitation 1/22 – 2/12**
2/19 Fri	Water and Electrolytes	Anthony
2/26 Fri	Iron	Anthony
3/5 Fri	Zinc, Copper	Anthony
3/9 Tues	**EXAM II**	**Lectures 2/12 – 3/5 + Recitation 2/19 – 3/5**
3/12 Fri	Iodine, Selenium	Anthony
3/13-3/21	**SPRING BREAK**	
3/26 Fri	Calcium, Phosphorous, Magnesium	Anthony
4/2 Fri	Vitamins D and K	Miller
4/9 Fri	Vitamin A	Miller
4/13 Tues	**EXAM III**	**Lectures 3/5 – 4/9 + Recitation 3/12 – 4/9**
4/16 Fri	Antioxidants, Vitamins E and C	Miller
4/23 Fri	Niacin, Riboflavin, Thiamin	Miller
4/30 Fri	Folate, Vitamins B6 and B12	Miller
TBA	**Exam IV**	**Lectures 4/9 – 4/30 + Recitation 4/16 – 4/30**

Lectures:
Access to recorded content and synchronous lectures is here:
https://rutgers.instructure.com/courses/109955

Recommended Textbook:
Biochemical, Physiological, and Molecular Aspects of Human Nutrition, by Martha H. Stipanuk and Marie A. Caudill, W. B. Saunders Publishers, 4th Edition (copyright 2019).

Weekly Readings and Assignments:
Posted on Canvas in the appropriate Module at least one week ahead of class time.

Assessments:
Weekly written assignments are due before class begins. Verbal participation is expected in class and will be evaluated and included in the weekly assignment scores. Students are expected to come to class on time and be fully prepared to discuss the assigned readings and homework.

For students taking 552: Weekly assignments will be released the week before each recitation period and due before each synchronous class time. Completion of each

assignment plus verbal participation in class will be assessed and graded each week. In addition, students will complete four essay exams that assess the interpretation of data and the constructive use of assimilated knowledge to design experiments and solve problems based on the material covered in the assignments, lectures, and recitations. All exams will be held on the dates indicated. Exam 4 is **not** comprehensive and will be held during the Final Exam period.

For students taking 604:
Weekly assignments will be released the week before each recitation period and due before each synchronous class time. Completion of each assignment plus verbal participation in class will be assessed and graded each week. In addition, students will complete a **comprehensive take home exam** during the Final Exam period. The take home exam will assess the interpretation of data and the constructive use of assimilated knowledge to design experiments and solve problems based on the material covered in the assignments and recitations.

552 Grading:
Weekly assignments and verbal participation – 140 points (10 points per week)
Exam 1 – 140 points
Exam 2 – 120 points
Exam 3 – 120 points
Exam 4 – 120 points
Total – 640 points

604 Grading:
Weekly assignments and verbal participation – Total 140 points (10 points per week)
Final Exam – 60 points
Total – 200 points

Course Objectives:
Learning goals:
Through lectures, readings, homework assignments and class discussions, students will gain
1. an understanding of the dietary requirements, uptake, transport, metabolism and functions of vitamins and minerals.
2. knowledge of the consequences of vitamin and mineral deficiency and excessive uptake.
3. an understanding of the physiological regulation of food intake and energy metabolism and how various nutritional states (starvation, obesity) affect body composition and energy metabolism.
4. experience in comprehension and critical evaluation of published manuscripts about nutrition from peer-reviewed journals.

University policy on academic conduct
It is each student's responsibility to know and understand the University's policy on academic integrity. The policy and links to details of the policy are available at http://nbacademicintegrity.rutgers.edu/home/academic-integrity-policy/

Plagiarism is a violation of the policy and is not permitted; use of unattributed or copied content in class assignments will result in failure of the assignment and may lead to failure of the course and separation from the Graduate Program and University. Be aware that Turnitin plagiarism detection software will be used to scan assignments for copied and improperly attributed material.