



中央民族大学  
MINZU UNIVERSITY OF CHINA

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**Minzu University of China**  
**HNSC 200 Basic Principles of Human Nutrition**  
**Summer 2020**

**Basic Information**

**Class Hours:** Monday through Thursday, 2 hours each day  
**Discussion:** Friday, 1 hour (60 minutes)  
**Review Section:** Saturday, 1 hour (60 minutes)  
**Office Hour:** 2 hours (According to professors' teaching plan)  
**Field Trip:** According to Professors' teaching plan  
**Credit:** 4.0  
**Total Contact Hours:** 60 hours (50 minutes each)  
**Instructor:** TBA

**Course Description**

This course will examine scientific principles of human nutrition and metabolism including cells and their nourishments, digestive process, nutrients, nutritional requirements, and integration and regulation of metabolism.

**Learning Objectives and Outcomes**

The student through the study of the basic principles of human nutrition and metabolism will be able to:

- Exhibit general knowledge of six classes of dietary essential nutrients: carbohydrates, lipids, proteins, vitamins, minerals and water, their classification and dietary sources, their metabolism and biochemical and physiological role in the human body, and the consequences of their inadequate or excessive intake.
- Describe and discuss the mechanical and chemical aspects of digestion, and the absorption, transport and storage of nutrients.
- Comprehend and interpret dietary standards such as Dietary Reference Intakes (DRI), Recommended Dietary Allowances (RDA), Adequate Intake (AI), Tolerable Upper Intake Levels (UL), Estimated Average Requirements (EAR), and Acceptable Macronutrient Distribution Range (AMDR).
- Describe the importance of optimal weight to health and basic principles of weight control and energy balance.
- Keep records of personal food/beverage intake, analyze it using a diet analysis software, and make recommendations on how to improve diet for better health.

**Prerequisites**

Basic knowledge of nutrition or foods is required. You should have also taken an introductory course in chemistry, biochemistry, or microbiology with a grade of "C" or higher.

**Required Textbook**

Advanced Nutrition and Human Metabolism 7th edition. 2017. S.S. Gropper and J.L. Smith, Cengage Learning.



**Class (Outline) Schedule**

Week	Topics	Reading Material
<b>Week 1</b>		
Monday, Tuesday	Welcome, Review course Syllabus, Cells and their Nourishments	Chapter 1
Wednesday	Nutrition Standards and Guidelines, Dietary Reference Intakes (DRI)	Inside front cover of the textbook
Thursday	The Digestive System	Chapter 2
Friday	Discussion (Chapters 1,2 and DRI)	
Saturday	Review (Chapters 1,2 and DRI)	
<b>Week 2</b>		
Monday	The Carbohydrates: Sugar, Starch, Glycogen, and Fiber	Chapters 3 and 4
Tuesday	The Carbohydrates, continued	Chapters 3 and 4
Wednesday	The Lipids: Fats, Oils, Phospholipids, and Sterols	Chapter 5
Thursday	Proteins and Amino Acids	Chapter 6
Friday	Discussion (Chapters 3 – 6)	
Saturday	Review (Chapters 3 – 6)	
<b>Week 3</b>		
Monday	Proteins and Amino Acids, continued	Chapter 6
Tuesday	Integration and Regulation of Metabolism	Chapter 7
Wednesday	Body Composition, Energy Balance, and Healthy Body Weight	Chapter 8
Thursday	<b>Midterm Exam</b>	
Friday	Discussion	
Saturday	Review	
<b>Week 4</b>		
Monday	Water-Soluble Vitamins	Chapter 9
Tuesday	Fat-Soluble Vitamins	Chapter 10
Wednesday	Major Minerals	Chapter 11
Thursday	Water and Electrolytes	Chapter 12
Friday	Discussion (Chapters 10 – 12)	
Saturday	Review (Chapters 10 - 12)	
<b>Week 5</b>		
Monday	Essential Trace and Ultra-trace Minerals	Chapter 13
Tuesday	Essential Trace and Ultra-trace Minerals, continued	Chapter 13
Wednesday	Nonessential Trace and Ultra-trace Minerals	Chapter 14
Thursday	Discussion and Review for Final Exam	
Friday	<b>Final Exam</b>	

**Evaluation**

Students will be evaluated as follows:

Short daily quizzes given in class..... 20%  
Midterm Exam..... 25%



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Written Report on Diet Analysis.....	10%
Oral Presentation and Participation in Discussions and Reviews.....	15%
Final Exam.....	30%
<b>Total.....</b>	<b>100%</b>

### Grading Standard

A+ 97-100; A 94-96; A- 90-93;  
B+ 87-89; B 84-86; B- 80-83;  
C+ 77-79; C 74-76; C- 70-73;  
D+ 67-69; D 64-66; D 60-63; F < 60

### Class Attendance and Participation

**Please have cell phones turned off during class time.** Laptop computers and tablets are allowed.

Students are required to attend classes regularly and participate in class discussions and other learning activities. It is highly recommended that you review the Power Point lecture notes and the chapters in your textbook before the lecture. Because of the fast-paced nature of the course, you are responsible for keeping up with the readings each day.

You are expected to attend the Discussions on Friday and the Review on Saturday. These sessions will provide opportunity for you to ask questions about the material covered that week and get ready for the quizzes and exams.

Absences: Please try to attend all classes and take the exams on scheduled dates on the course calendar. If you have an issue that prevents attendance, please let the instructor or the teaching assistant (TA) know. A make-up exam may be arranged if the student provides *WRITTEN DOCUMENTATION OF A MEDICAL OR OTHER EMERGENCY*. Make-up exams should be *TAKEN WITHIN ONE WEEK* of the scheduled due date.

Assignments will be posted online and need to be answered and submitted online. Ten percent of the points will be deducted for an assignment which is turned in after the due date. No assignment will be accepted more than one week after the due date. Grade = Zero!

### Academic Honesty

Academic Misconduct- Academic misconduct will not be tolerated. Each student should do their own work. Adhere to Minzu University of China policy on academic dishonesty. Academic dishonesty includes fraud, deceit, plagiarism, and theft. Consequences include grade of zero on exam or assignment, failing grade for the course, and referral for disciplinary actions.