

CHEM 123X Section 001, Spring 2015 Course Syllabus

Instructors:

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Meeting Times: Tuesday 5-6:15

Additional Meeting: Study Abroad May 2015

Credit Hours: 3

Course Website: <http://bit.ly/1KGcp3l>

Textbook: The Mediterranean Diet: Health and Science by Hoffman and Gerber (978-1-4443-3002-1)

Web Resources: Information (e.g. lecture notes) will be distributed through the course website.

Course Objectives and Student Learning Outcomes (in accordance with University-Level Competencies 1, 2, 3, and 4): *Upon completion of this course, the successful student will:*

- Understand and appreciate the structure and basic chemical properties of major classes of biomolecules that are present in food.
- Understand and appreciate the role of each class of biomolecule in biochemistry and physiology.
- Understand and appreciate the role of micronutrients.
- Understand the health benefits of foods associated with the Mediterranean diet.
- Understand the relationship between the Mediterranean diet and prevention of chronic diseases.
- Have a basic understanding of the food industry in Italy and France.
- Students will be conversant with a few fundamental concepts from among the three main areas of natural science, including earth, life, and physical sciences.
- Students will be able to apply the scientific methodologies of inquiry.
- Students will be able to discuss the strengths and limitations of science.
- Students will be able to discuss the social and ethical contexts within which science operates.
- Students will be able to discuss the application of scientific knowledge to the social sciences and to nonscientific disciplines.

In accordance with **University-Level Competencies 1, 2, 3, and 4**, this course will challenge students to understand and appreciate cultural norms that deviate from their own, students will see first-hand how cultures from around the world are intertwined and connected with each other, and students will be engulfed in societies that do not speak English as their primary language; they will be forced to adapt to a variety of situations and communicate in non-traditional ways. This experience will empower students to be better communicators with everyone they interact with.

The **global learning component(s)** of this course are the following: students will experience how global culture influences food – this will be compared to how local or regional pressures or preferences influence food preparation and consumption. Students will also travel to Italy and France for a first-hand experience of different cultures.

Tentative Course Schedule:

Date	Focus of Scientific Material	Travel Topic (student presentations)
13-Jan	Introduction to the Course - What is the Mediterranean Diet	
20-Jan	Diets, Lifestyle and Healthiness	
27-Jan	Basics of Chemistry	Basic Geography of the Mediterranean Region
3-Feb	Basics of Biochemistry	
10-Feb	Bioenergetics - How is food the battery for life?	
17-Feb	Sugars	P1 - Nice
24-Feb	Fats	P2 - Parma
3-Mar	Proteins	P3 - Florence
10-Mar	Other Nutrients	P4 - Rome
17-Mar	Spring Break	
24-Mar	Symbiosis of Life	
27-Mar	Cooking Event	4 -6 or 7
31-Mar	Hormonal regulation of metabolism	
7-Apr	Fermentation/fermented food	
12-Apr	Predeparture Meeting 3-6 PM	Place TBA
14-Apr	Student Presentations	
21-Apr		
2-May	Final Exam (11:30-2:00)	
14-May	Italy and France!	

Grading for the Course:

Lecture Preparation: Each week, several problems based on the reading assignment will be assigned prior to every lecture and will be due one hour before the start of class. These problems are to ensure that everyone has prepared for lecture and will promote active discussions.

Homework: Homework will be assigned weekly and will be available on the course website.

Travel Preparation: International travel requires a lot of planning. To ensure that all students are prepared for departure in May, points will be awarded for benchmark tasks.

Group Travel Presentations: During our travel, we will be visiting four distinct regions of the Mediterranean: Nice, Parma, Florence, and Rome. During the term, each region will be researched in detail by student groups and presented to the rest of the class. These presentations will be broken down into four categories and each group will present one category (rotating) each week.

Geography Culture Food Travel hot spots

Travel Wiki: The information that is delivered in the group travel presentations will be coalesced into one fluid document that is available for the entire class to access. This can take any form that the class decides (wiki, GoogleDoc, etc.); the only requirement is that it must be accessible electronically to all travel participants (including the two that are not part of the class). This will be a class grade.

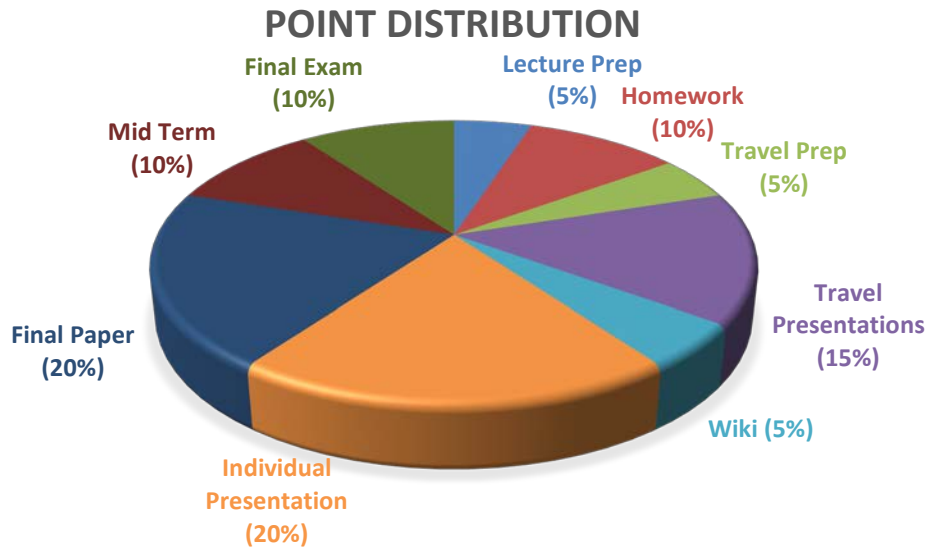
Project Presentation: Each student will be asked to select an interesting biochemical or nutritional feature of the Mediterranean diet or food industry. Students are strongly encouraged to incorporate their field of

study into their project. This topic will be researched before the trip and a formal presentation will occur in class during the last two weeks.

Peer Presentation Summaries: Each student will be responsible for generating one paragraph summaries of each presentation given by their classmates. To make these summaries more useful for the presenter, each summary must include at least one additional piece of information that is based on the presentation topic.

Final Paper: The research topic above will be further researched during the overseas experience. Within two weeks of return to the U.S., a 10 page paper will be required. A rubric will be provided on the course website.

Tests: One take-home exam and the final exam will be administered during the spring term.



A: > 90% **B+: > 87%** **B: > 80%** **C+: > 77%** **C: > 70%** **D: > 60%** **F < 60%**

Late Work Policy: The final paper will not be accepted if it is late. All other work will be accepted if submitted late. If the material is received within 24 hours of the due date, 10% of the points will be deducted. An additional 10% will be deducted each day the work is late until a maximum of 50% is deducted.

Attendance: I will not take attendance, however I will notice if you are consistently absent. You will be responsible for anything covered during the lectures. Absence from a test without a verifiable reason is inexcusable and the student will receive a zero for that test. Absence from a test with a legitimate excuse will be accepted and a makeup exam will be arranged. **Please be on time. I find tardiness disrespectful and chronic tardiness will not be tolerated.**

Technology in the Classroom: Out of respect for everyone in the room, please turn your cellular telephones to 'Silent' and (if applicable) mute your laptop computers. Laptop computers or tablet computers (e.g. Ipads) may only be used for taking notes during the class period or interactive activities. Students failing to adhere to these rules will be asked to leave should their behavior prove disruptive to the class. No telephones or laptops may be used during exams or quizzes.

Drop Policy: As described in the Winthrop University Undergraduate catalog

Student code of conduct: As noted in the Student Conduct Code: "Responsibility for good conduct rests with students as adult individuals." The policy on student academic misconduct is outlined in the "Student Conduct Code Academic Misconduct Policy" in the online *Student Handbook* (<http://www2.winthrop.edu/studentaffairs/handbook/StudentHandbook.pdf>).

Students with Disabilities: Winthrop University is dedicated to providing access to education. If you have a disability and require specific accommodations to complete this course, contact the Office of Disability Services (ODS) at 803-323-3290. Once you have your official notice of accommodations from the Office of Disability Services, please inform me as early as possible in the semester.