Days & Times
Lectures on:
Monday, Wednesday, Friday
8:30-9:30am (M, W)
10:30-11:30 (F)

Dates
January 7 — April 10
Good Friday: March 29

Class Location
HSC 1A1

Course Website
Avenue to Learn

Instructors Contact Info
Dr. Deborah Sloboda
Dr. Jonathan Schertzer
Dr. Gregory Steinberg

Office
HSC 4H 30A, D
HSC 4N 63

Email
Phone
905.525.9140
x22250
x22254
x21691

Preference
We have time for questions and answers at the beginning and end of each class.

We have a background in fetal programming of metabolic disease, obesity and cellular energy sensors, diabetes and immunometabolism.

Please do not hesitate to contact us any time you need help. We will be happy to see you, but your first point of contact should be the course TAs. Please send the TA an email to set an appointment for you to meet at a mutually convenient time.

We will do our best to address any concerns or issues in a timely manner to ensure the smoothest possible delivery of this course.

Course Description

Course Overview
This course will examine the role of specific nutrients in functional processes of the body in health and disease by studying the biochemistry of each nutrient and its regulation of metabolism.

Most importantly, the course will introduce you to fundamental principles in nutritional biochemistry that will be transferable to the study of other nutrients.

Teaching and Learning Strategies
Students learn better and remember more when they are actively involved in their learning. Partial lecture notes will be posted on Avenue to Learn, but students are encouraged to become involved in in-class activities to help support and reinforce your learning.

I hope to help you learn and share my interest and enthusiasm for human nutrition and metabolism!

Some nutrients that will be studied:
- Carbohydrates
- Proteins
- Lipids
- Vitamins
- Iron
- Folate

Some diseases that will be studied:
- Atherosclerosis
- Diabetes
- Obesity

A healthy diet of fruits and vegetables!
From www.freedigitalphotos.net
Evaluation

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Weight</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assignment #1</td>
<td>5%</td>
<td>Due February 4 by 1:20 pm in drop-box outside HSC 4H39</td>
</tr>
<tr>
<td>Assignment #2</td>
<td>5%</td>
<td>Due February 15 by 1:20 pm in drop-box outside HSC 4H39</td>
</tr>
<tr>
<td>Test</td>
<td>20%</td>
<td>March 4th (subject to change)</td>
</tr>
<tr>
<td>Group project</td>
<td>25%</td>
<td>Due March 18 by 1:20 pm in drop-box outside HSC 4H39</td>
</tr>
<tr>
<td>Assignment #3</td>
<td>5%</td>
<td>Due April 1 by 1:20 pm in drop-box outside HSC 4H39</td>
</tr>
<tr>
<td>Final exam (cumulative)</td>
<td>40%</td>
<td>Two-hour exam during final exam period in April</td>
</tr>
</tbody>
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Drop Boxes
Assignments must be submitted to the appropriate drop box according to the first letters of your last name. Note: Electronic submissions will not be accepted.

Important
To avoid the necessity of a formal appeal for reassessment of final grades, you must ensure that any concerns you may have regarding your mark are brought to the attention of the TA within one week of the return of the paper/project/other course requirement in class.

Late Penalties
The late penalty for submitted work is 10% per day (including Saturday and Sunday). No work will be accepted after 3 days.

Teaching Assistants

- Dilisha Rodrigopulle, rodrid2@mcmaster.ca, Head TA
- Jeff Baker, bakerjm3@mcmaster.ca
- Irene Rebalka, sajad0314@yahoo.com
- Victoria Yum, yumv@mcmaster.ca
- Asma Manan, asmaa.manan@gmail.com

Policies

Missed Work
If you are absent from the university for a minor medical reason, lasting fewer than 5 days, you may report your absence, once per term, without documentation, using the McMaster Student Absence Form. Absences for a longer duration or for other reasons must be reported to your Faculty/Program office, with documentation, and relief from term work may not necessarily be granted. When using the MSAF, report your absence to sloboda@mcmaster.ca or schertze@mcmaster.ca. You must then contact an instructor immediately (normally within 2 working days) by email to learn what relief may be granted for the work you have missed, and relevant details such as revised deadlines, or time and location of a make-up exam.

Please note that the MSAF may not be used for term work worth 30% or more, nor can it be used for the final examination.

Academic Integrity
You are expected to exhibit honesty and use ethical behavior in all aspects of the learning process. Academic credentials you earn are rooted in principles of honesty and academic integrity.

Academic dishonesty is to knowingly act or fail to act in a way that results or could result in unearned academic credit or advantage. This behaviour can result in serious consequences, e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript (notation reads: “Grade of F assigned for academic dishonesty”), and/or suspension or expulsion from the university.

It is your responsibility to understand what constitutes academic dishonesty. For information on the various types of academic dishonesty please refer to the Academic Integrity Policy located at http://www.mcmaster.ca/academicintegrity.

The following illustrates only three forms of academic dishonesty:

1. Plagiarism, e.g. the submission of work that is not one’s own or for which other credit has been obtained.
2. Improper collaboration in group work.
3. Copying or using unauthorized aids.