

SIMON FRASER UNIVERSITY

S.75-175

MEMORANDUM

To. SENATE

From. SENATE COMMITTEE ON UNDERGRADUATE
STUDIES

Subject. NEW COURSE PROPOSAL - KIN. 220-3

Date. NOVEMBER 13, 1975

MOTION: "That Senate approve and recommend approval to
the Board of Governors the new course, KIN. 220-3
- Human Foods and Nutrition, as set forth in
S.75-175."

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MEMORANDUM

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SIMON FRASER UNIVERSITY

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MEMORANDUM

To: SENATE

From: SENATE COMMITTEE ON UNDERGRADUATE STUDIES

Subject: New Course Proposal - KIN.220-3

Date: 13th November, 1975

Action taken in the Senate Committee on Undergraduate Studies at its meeting of November 12th, 1975 gives rise to the following motion:

MOTION

That Senate approve and recommend approval to the Board of Governors KIN. 220-3, Human Foods and Nutrition.

Daniel R. Birch

Daniel R. Birch

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att.

SIMON FRASER UNIVERSITY *Scus 75-43c*

MEMORANDUM

Mr. H.M. Evans, Registrar &
Secretary to the Senate Committee
on Undergraduate Studies

From... J. Blanchet, Secretary,
Faculty of Interdisciplinary Studies
Undergraduate Curriculum Committee

Subject... See below.

Date... October 15, 1975

KIN. 220-3

Proposal for New Course, KIN. 220-3, HUMAN FOODS
AND NUTRITION (I.S.C. 75-11).

*The Faculty of Interdisciplinary Studies Undergraduate Curriculum Committee
has reviewed and approved the above proposal, and I am now transmitting
it to the Senate Committee on Undergraduate Studies for consideration.*

JB:jk

Attachment.

SENATE COMMITTEE ON UNDERGRADUATE STUDIES

NEW COURSE PROPOSAL FORM

I.S.C. 75-11.

Calendar Information

Department: Kinesiology

Abbreviation Code: KIN. Course Number: 220 Credit Hours: 3 Vector: 210

Title of Course: HUMAN FOODS AND NUTRITION

Calendar Description of Course:

A study of foods and the nutrients they contain, from the perspective of their function in the tissues, systems and organs of the intact human organism. The emphasis will be on providing a physiological understanding of the body's need for nutrients and the manner in which they are utilized.

Nature of Course

Prerequisites (or special instructions):

Kinesiology 110

What course (courses), if any, is being dropped from the calendar if this course is approved:

2. Scheduling

How frequently will the course be offered? Annually - Spring Semester

Semester in which the course will first be offered? January, 1976 (Spring, 1976) Fall 1976

Which of your present faculty would be available to make the proposed offering possible? Davison/Popma

Objectives of the Course

(see attached)

4. Budgetary and Space Requirements (for information only)

What additional resources will be required in the following areas:

Faculty none

Staff none

Library routine acquisitions

Audio Visual none

Space none

Equipment none

5. Approval

Date: 30 Sept 75

1 Oct 75

J. G. B. G.
Department Chairman

R. C. Johnson

Dean

Chairman, SCUS

KINESIOLOGY 220-3

"HUMAN FOODS AND NUTRITION"

NATURE OF COURSE:

This course will assume knowledge of the basic material of the pre-requisite course, Kinesiology 110-3 (CURRENT TOPICS IN HUMAN NUTRITION). It is placed at the 200 level, since students with a perceived need for this information are substantially in faculties outside of the faculty of science, and thus the approach will, in biochemical terms, be relatively unsophisticated. Whereas Kinesiology 110 covers primarily controversial topics, and does not attempt systematic coverage, the proposed course will provide a more comprehensive survey of the major nutrients, and their role in foodstuffs, human tissues, systems and disease states.

RATIONALE:

Approximately half of the 200 students who took Kinesiology 110 last semester indicated an intention to enroll in a follow-up course if one were offered.

The material in Kinesiology 110 is intentionally fragmentary, emphasizing the esoteric, the arguable and the unproven and includes substantial socio-cultural information. There is a need for a more complete account of human nutrition than is possible in a single semester, presented with a more physiological emphasis. Kinesiology 110 attempts merely to provide students with the information needed to select an appropriate diet and to evaluate the sometimes bizarre nutritional information and misinformation flooding the media. This

course is intended to provide understanding of why the various foods are needed by the human body in terms of their content of the more established nutrients and the physiological function of each.

KINESIOLOGY 220-3

"HUMAN FOODS AND NUTRITION"

COURSE OUTLINE:

- Components and composition of foods.
- Categories of foodstuffs - milk, beverages, cereals, vegetables, meats.
- Digestion and absorption of foods.
- Food technology - processing and testing.
- Technological and synthetic foods.
- Marketing of foods - national and international.
- Selection of foods: geographic, cultural and economic considerations, alcoholism.
- Nutrition B.C.
- Selection of foods - nutritional considerations.
- Methods for assessment of nutritional status.
- The liver - role in modifying nutrients for use by cells.
- Cell membranes - lecithin, choline, inositol.
- Nutritional influences on membrane function - vitamin E, antioxidants.
- Nutrition and vision.
- Connective tissue - collagen and vitamin C.
- Metabolism of bone and teeth - calcium, magnesium, flouride, phosphate.
- Nutrition and disease - resistance to infection.
- Nutrition and the blood - nutritional anaemias.
- Nutritional/endocrine interactions.
- Water metabolism and acid/base balance.

- Nutritional adaptation to work and environmental stress.
- Medicinal and pharmacological aspects of foods.
- Kwashiorkor and protein calorie malnutrition.
- Inborn errors of metabolism.
- Intravenous feeding.
- Nutritional influences in cardiovascular disease.

TEXT: Passmore, Davidson, and Brock - HUMAN NUTRITION AND DIETETICS, Churchill Livingston (1975).

Kines. 220 - Human Foods and Nutrition

Reading List

Required Text: *Davidson, S., R. Passmore, J.F. Brock, Human Nutrition and Dietetics, Churchill Livingstone, Edinburgh and London, 1975.*

General Reference Books:

Altschul, A.M. (ed), New Protein Foods, Academic Press, 1974.

Anderson, L., Dibble, M., Mitchell, H. and Rynbergen, H., Cooper's Nutrition in Health and Disease, J.B. Lippincott, Toronto, 1972.

Ayres, J.C., F.R. Blood, C.O. Chichester et.al., (eds), The Safety of Foods, The Avi Publishing Company, Westport, Connecticut, 1968.

Bajusz, E., Nutritional Aspects of Cardiovascular Disease, J.B. Lippincott, Philadelphia, 1965.

Bowes, A., Church, C.F. and H.N., Food Values of Portions Commonly Used, J.B. Lippincott, Philadelphia, 1970.

Brooks, F.P., Control of Gastrointestinal Function, Macmillan, London, 1970.

Canada Council on Nutrition, Dietary Standard for Canada, Information Canada, Ottawa, 1971.

DeLuca, H.F. and J.W. Suttie (eds), The Fat Soluble Vitamins, University of Wisconsin Press, Madison, Wisconsin, 1970.

Goodhard, R.S. and M.S. Shils, Modern Nutrition in Health and Disease, Lea and Febiger, Philadelphia, 1973.

Krause, M.V. and M.A. Hunscher, Food Nutrition and Diet Therapy, W.B. Saunders, Philadelphia, 1972.

Mayer, J., Human Nutrition: Its Physiological, Medical and Social Aspects, Charles C. Thomas, Springfield, Illinois, 1972.

Underwood, E.J., Trace Elements in Human and Animal Nutrition, Academic Press, New York, 1971.

Watson, G., Nutrition and your Mind: The Psychochemical response, Harper and Row, New York, 1972.

Wolstenholme, G.E.W. and M. O'Connor, Nutrition and Infection, Little and Brown, Boston, 1967.