



BIOS 12114 1 - Nutritional Science - Instructor(s) - Paul J Strieleman

Project Title: **College Course Feedback - Spring 2024**

Number Enrolled: **121**

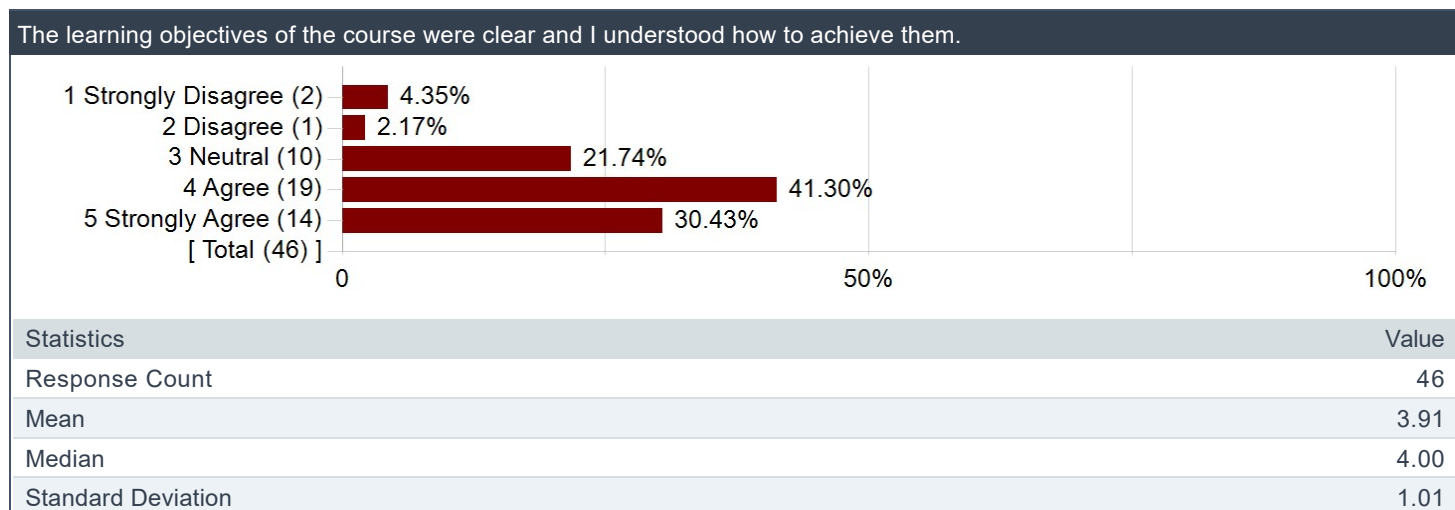
Number of Responses: **54**

Report Comments

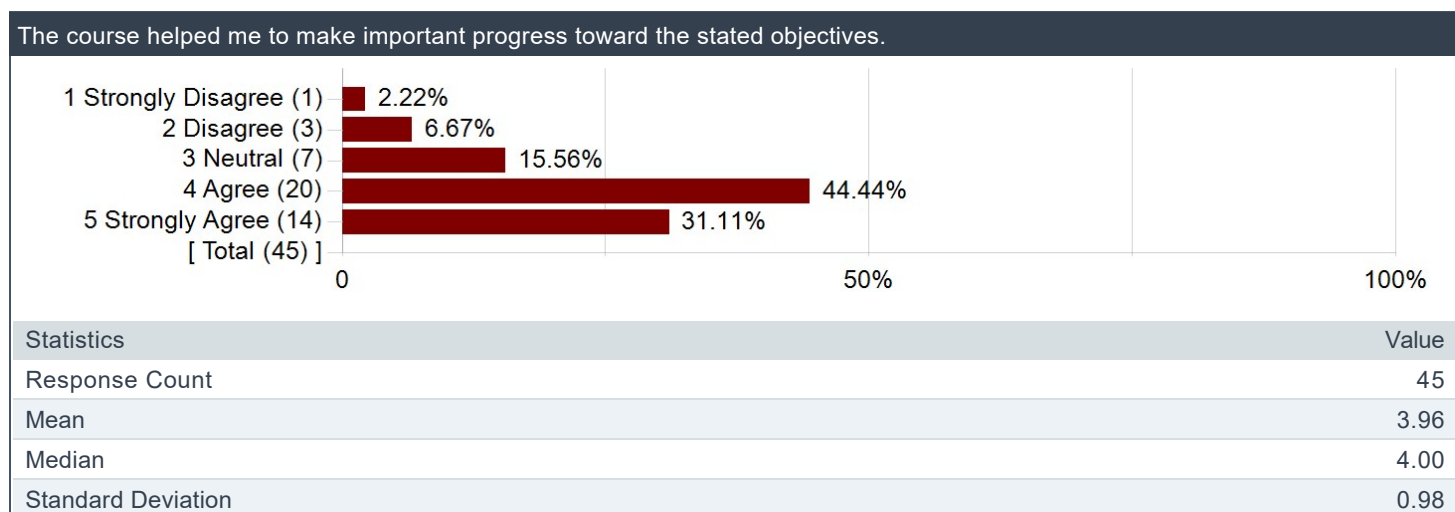
Opinions expressed in these evaluations are those of students enrolled in the specific course and do not represent the University.

Creation Date: **Thursday, July 11, 2024**

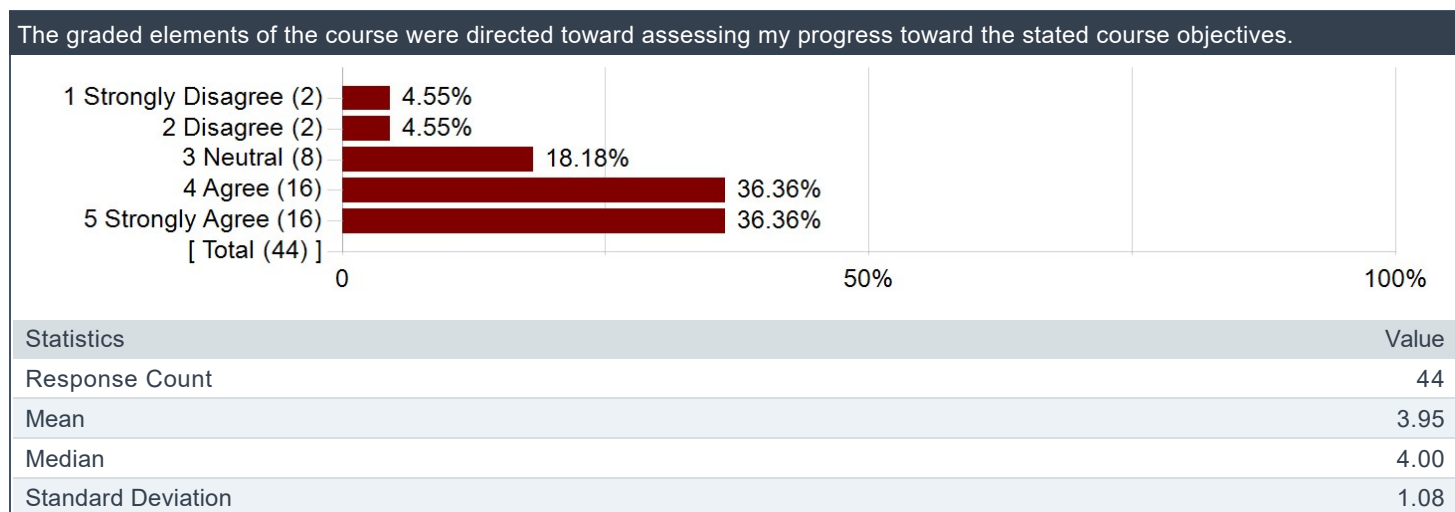
The learning objectives of the course were clear and I understood how to achieve them.



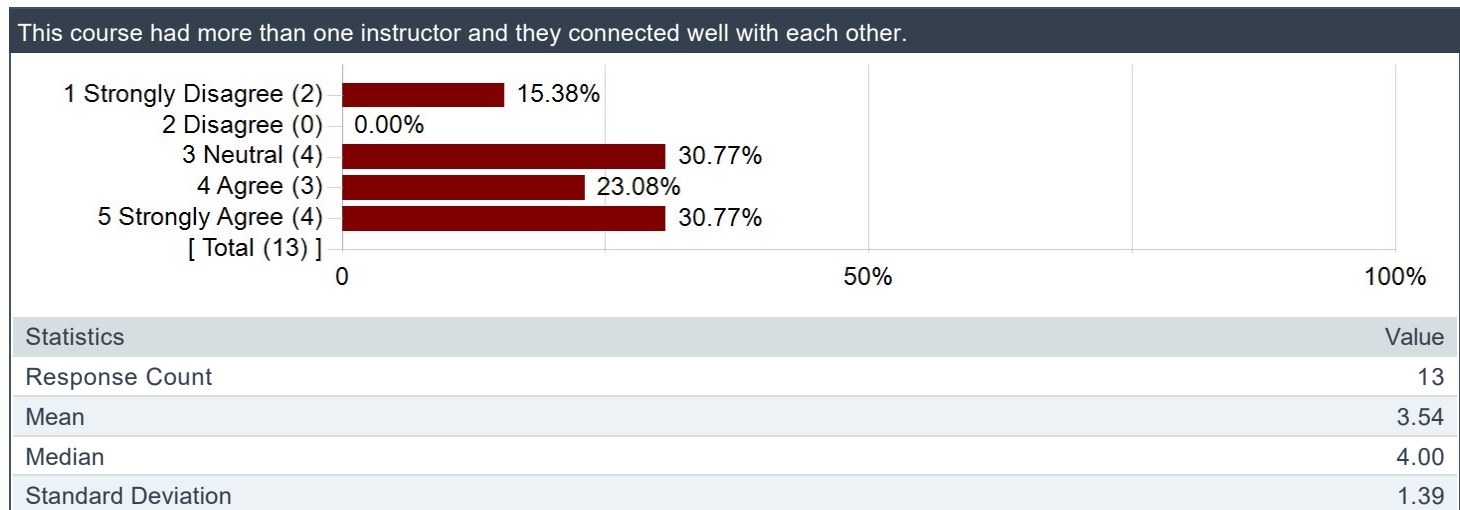
The course helped me to make important progress toward the stated objectives.



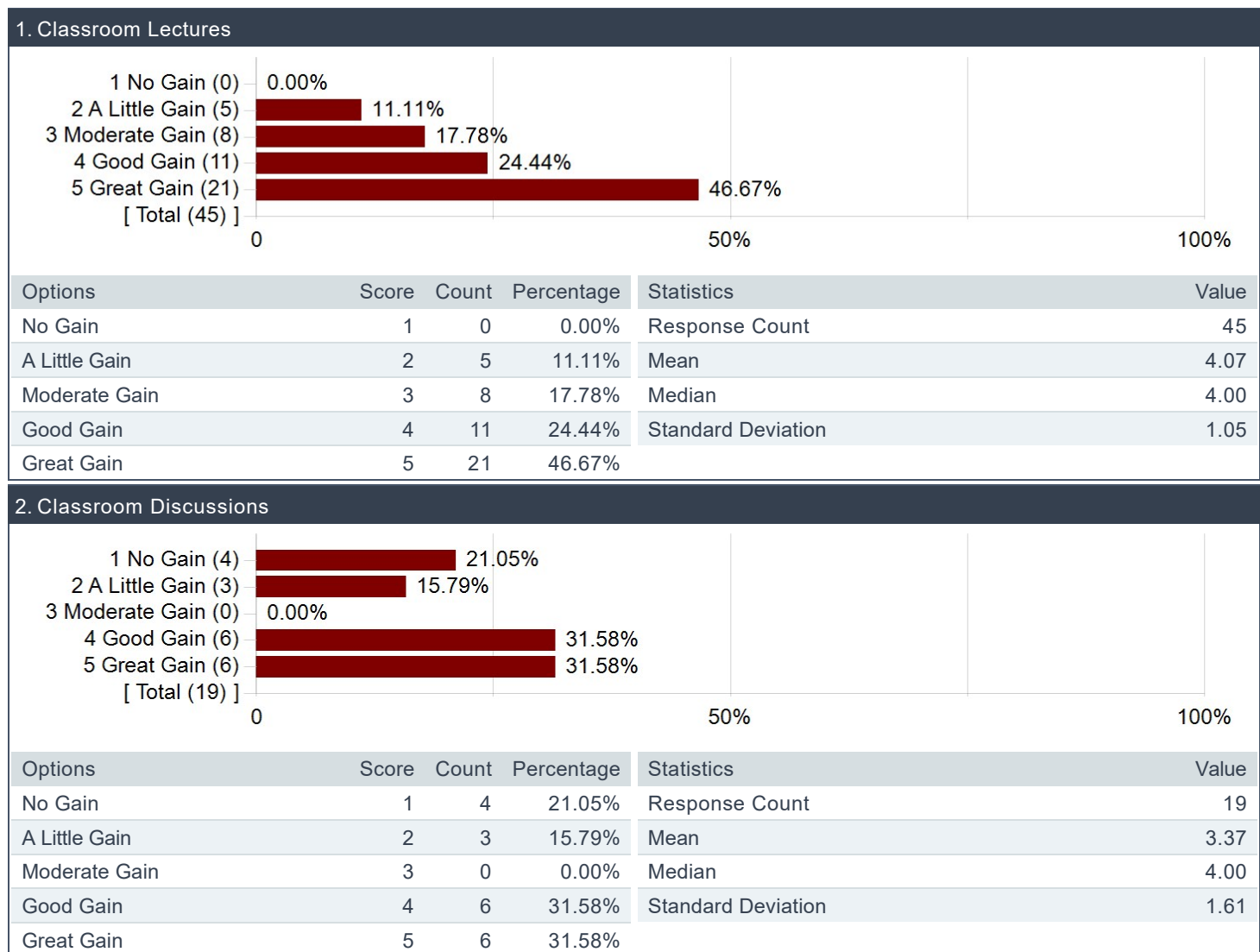
The graded elements of the course were directed toward assessing my progress toward the stated course objectives.



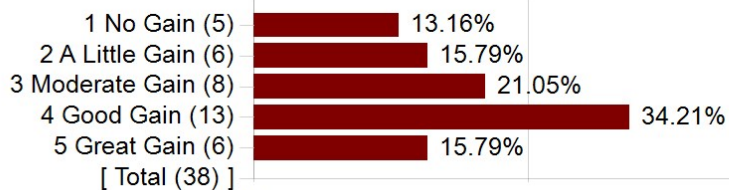
This course had more than one instructor and they connected well with each other.



How much did the following elements of the course contribute to your learning gains?

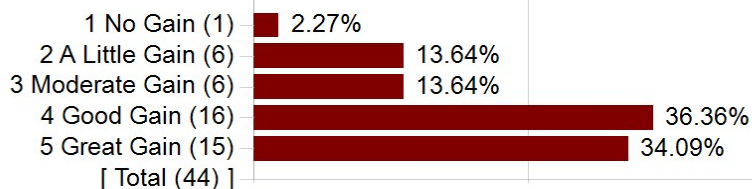


3. Assigned Readings



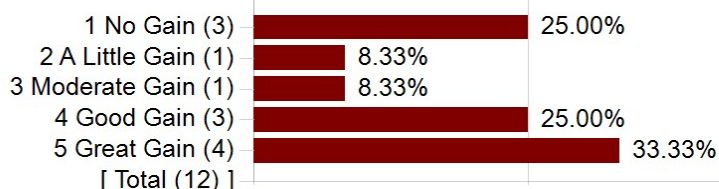
Options	Score	Count	Percentage	Statistics	Value
No Gain	1	5	13.16%	Response Count	38
A Little Gain	2	6	15.79%	Mean	3.24
Moderate Gain	3	8	21.05%	Median	3.50
Good Gain	4	13	34.21%	Standard Deviation	1.28
Great Gain	5	6	15.79%		

4. Homework Exercises



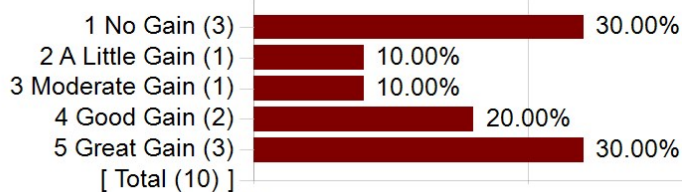
Options	Score	Count	Percentage	Statistics	Value
No Gain	1	1	2.27%	Response Count	44
A Little Gain	2	6	13.64%	Mean	3.86
Moderate Gain	3	6	13.64%	Median	4.00
Good Gain	4	16	36.36%	Standard Deviation	1.11
Great Gain	5	15	34.09%		

5. Lab Experiences



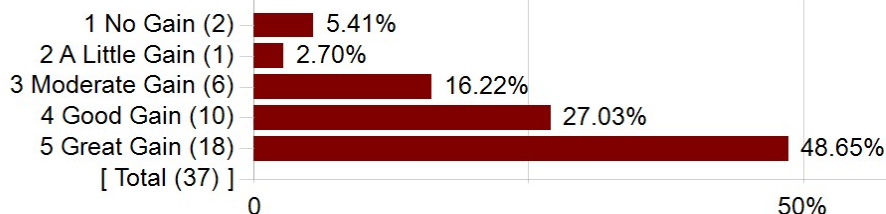
Options	Score	Count	Percentage	Statistics	Value
No Gain	1	3	25.00%	Response Count	12
A Little Gain	2	1	8.33%	Mean	3.33
Moderate Gain	3	1	8.33%	Median	4.00
Good Gain	4	3	25.00%	Standard Deviation	1.67
Great Gain	5	4	33.33%		

6. Discussion Sessions



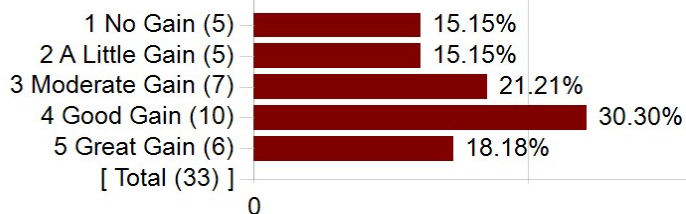
Options	Score	Count	Percentage	Statistics	Value
No Gain	1	3	30.00%	Response Count	10
A Little Gain	2	1	10.00%	Mean	3.10
Moderate Gain	3	1	10.00%	Median	3.50
Good Gain	4	2	20.00%	Standard Deviation	1.73
Great Gain	5	3	30.00%		

7. Review Sessions



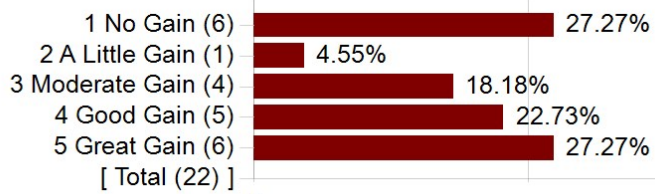
Options	Score	Count	Percentage	Statistics	Value
No Gain	1	2	5.41%	Response Count	37
A Little Gain	2	1	2.70%	Mean	4.11
Moderate Gain	3	6	16.22%	Median	4.00
Good Gain	4	10	27.03%	Standard Deviation	1.13
Great Gain	5	18	48.65%		

8. Interactions with Other Students



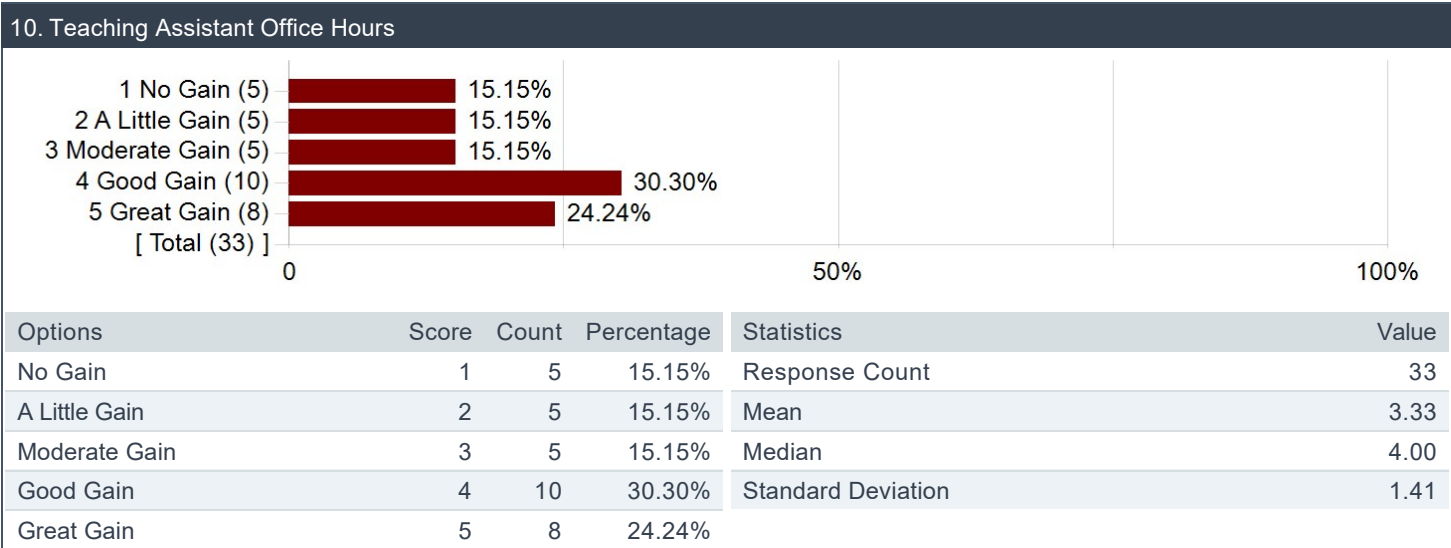
Options	Score	Count	Percentage	Statistics	Value
No Gain	1	5	15.15%	Response Count	33
A Little Gain	2	5	15.15%	Mean	3.21
Moderate Gain	3	7	21.21%	Median	3.00
Good Gain	4	10	30.30%	Standard Deviation	1.34
Great Gain	5	6	18.18%		

9. Faculty Office Hours



Options	Score	Count	Percentage	Statistics	Value
No Gain	1	6	27.27%	Response Count	22
A Little Gain	2	1	4.55%	Mean	3.18
Moderate Gain	3	4	18.18%	Median	3.50
Good Gain	4	5	22.73%	Standard Deviation	1.59
Great Gain	5	6	27.27%		

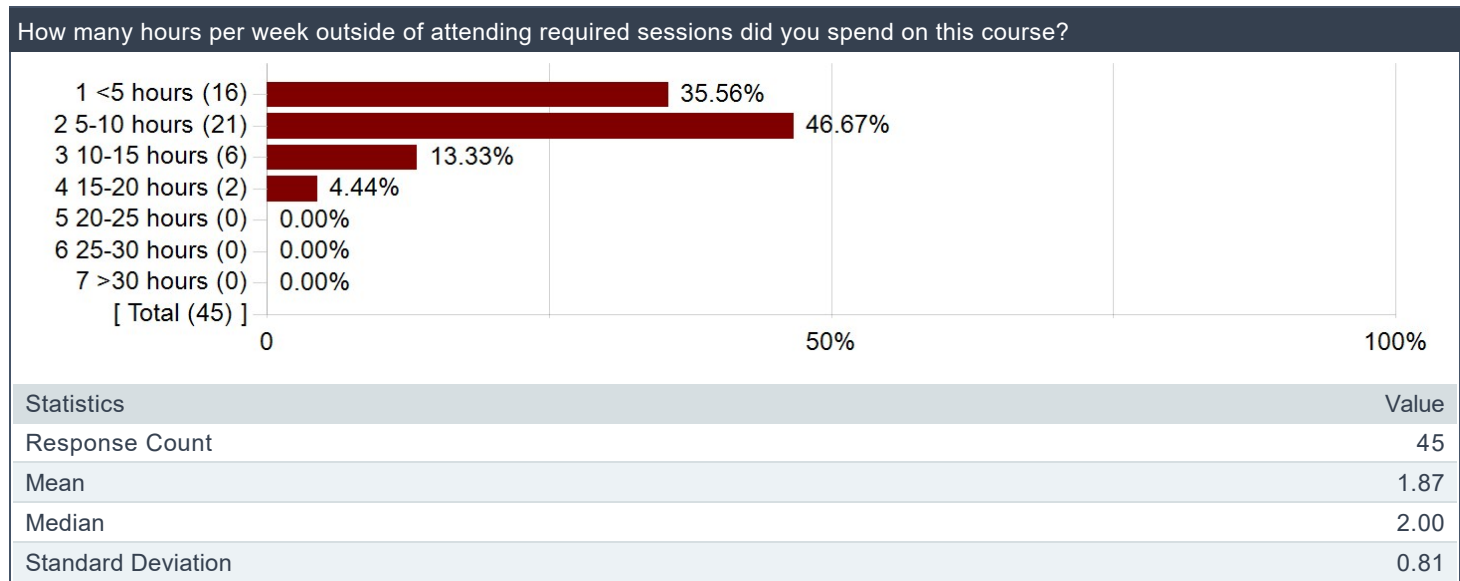
How much did the following elements of the course contribute to your learning gains? (continued)



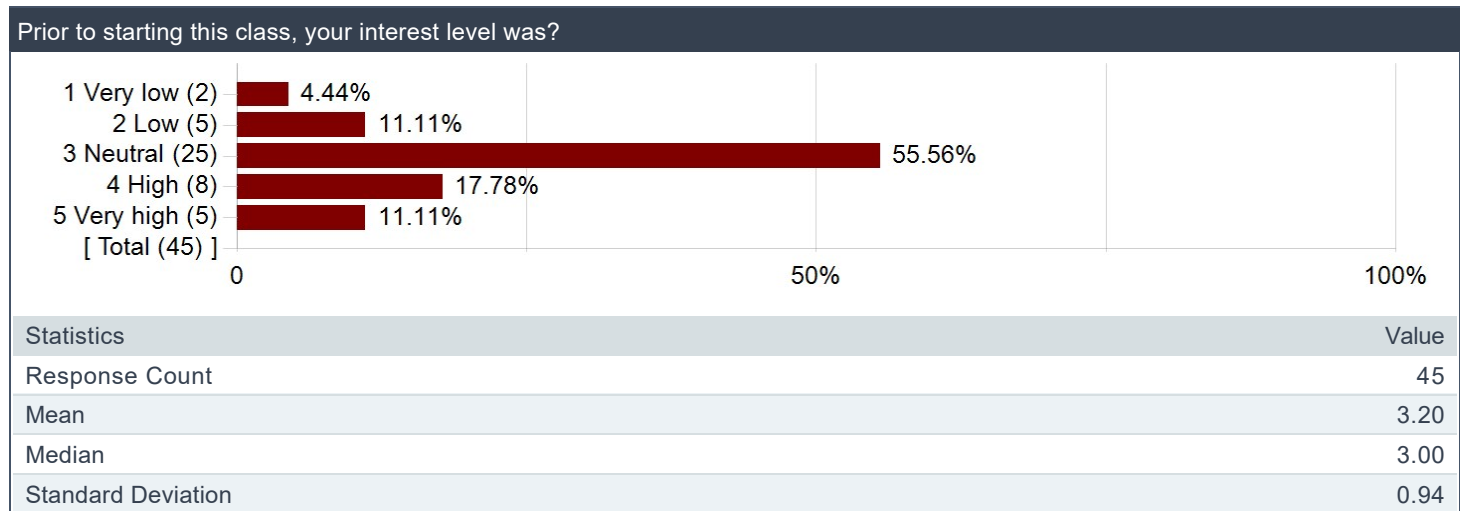
What was the most important thing (to you) that you learned in this course? What aspect of the material is still unclear for you, that you wish you could have learned better?

Comments
Essential versus non–essential nutrients, and the fact that a lot of food are fortified. I wish that learning the names of the parts of the body that molecules go through (or just the molecule names) are easier. The alphabet soup remains difficult.
The most important thing I learned in the course was how nutrients metabolize in the body.
How to analyze your own diet, which nutrients are most important and provide different functions in the body, which ones are important to not have too much of, etc.
lecture slides are really clear
i learned a lot about managing my diet and about nutrition in general. the actual bio / chem background of the course is a little more challenging but you figure it out
How to eat healthy
Learning about my own diet in the context of class material has actually impacted the way I go about my day–to–day life.
Dude needs to be way more chill with grading.
The most important thing to me was learning how to asses my own nutritional intake and increase my health. What I am unclear about, I can just go back over my notes.
how to ensure proper nutrition and a healthy relationship with food
I learned how to read food labels.
I learned about the different influences that food has on the body.
Learning about food, which is quite relevant in our daily lives
How to read the nutrition label and understand supplements are mostly marketing
nothing was important.
how to eat healthy
How to eat good
The most important thing was knowing what types of nutrients are found in what types of foods (and how to interpret nutrition labels!!), this made me more mindful of what I eat. I wish I had enough time to cement everything, but since there is a lot of content to cover some things can go by really quick (mostly functions of different vitamins/minerals, etc.)
I feel that the most important thing I learned was about how to eat a more healthy diet and about what aspects of my diet were lacking or unhealthy.
The role of vitamins and their interactions with each other.
I learned much about my diet, much of the biological processes are still unclear.
How to make a varied diet and important nutrients.
About how bad my diet is and I gotta change it up
How to memorize things as you cram for the exams, and how to quickly index relevant material in the textbook as you write the assignments. Most of the actual knowledge is quickly forgotten in a couple of hours after you finish the exam/assignment.
Learned how to monitor what I eat and the metabolism of food.
I learned about each of the three macronutrients, the vitamins, and the minerals that compose our diets. I also gained further understanding on their specific roles in our body, as well as the interactions with various biological systems.
The importance of a good diet and the different minerals and nutrients. It was quite interesting stuff that felt immediately applicable to my eating habits. It motivated me to eat in moderation and more healthily.
How to eat healthy
That there is no right diet but there certainly are ones that put you more at risk for disease and illness.
The most important thing I learned was how to obtain all of my nutrients in my diet.

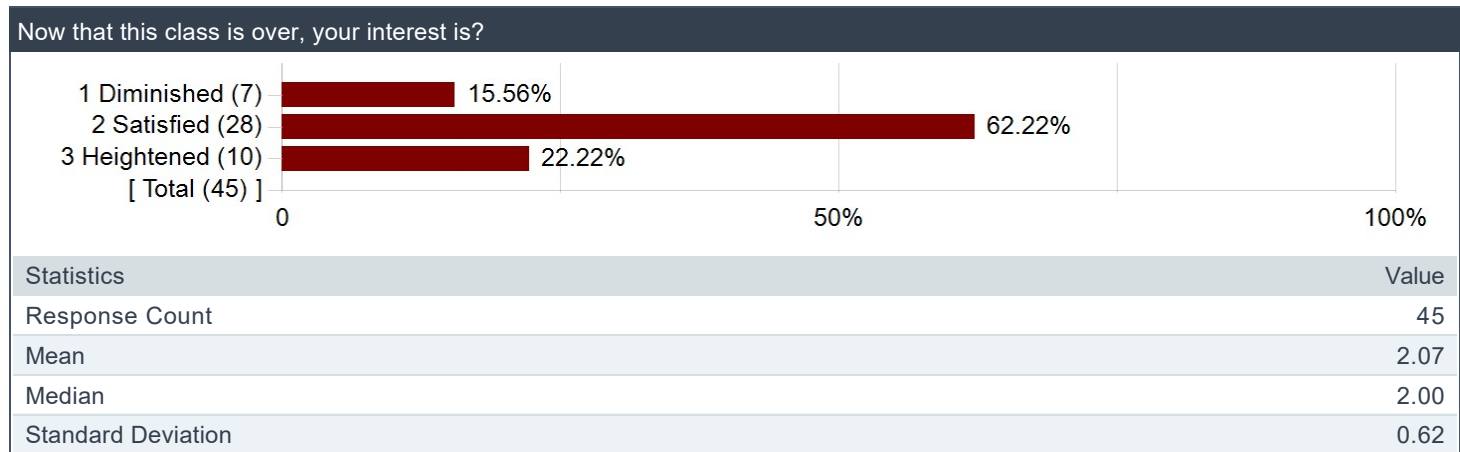
How many hours per week outside of attending required sessions did you spend on this course?



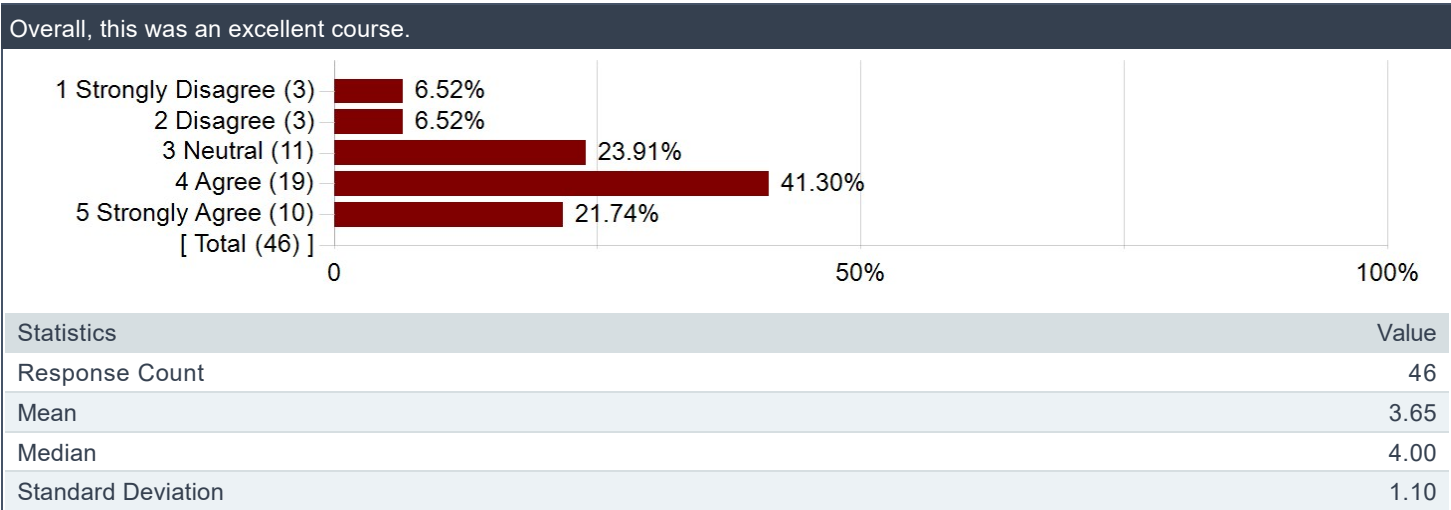
Prior to starting this class, your interest level was?



Now that this class is over, your interest is?



Overall, this was an excellent course.



Please share any advice you have for students who are considering taking the course.

Comments
<p>If you're looking for a course to satisfy your bio core, I would recommend this one. There is a curve that helps you out (it's difficult to fail this class, even with low exam scores), and many homework/in-class exercises/other that are factored into the grade. Lecture notes and supplementary readings are also posted.</p> <p>This course does take place in a large lecture hall. I would suggest not placing a class directly after this one or to sit toward the back if you do. We often run a minute or two over, and since we have to hand in our exercises, it takes another minutes or two to get out if you sit at the front.</p>
<p>The course is not particularly difficult but it is not organized well and involves a lot of busy work. Sometimes the material on the tests was not consistent with key topics we had reviewed extensively in class, and test averages were low. However, it's still easy to get a good grade in the course because of grade inflation</p>
<p>1) there are a lot of deadlines but they are all easy tasks. 2) the average of exams is kinda low but if you know your stuff you are fine</p>
<p>Keep on top of the assignments for this class, because they are not difficult but are time-consuming.</p>
<p>not as easy of a class as people make it out to be – definitely super manageable but you have to put in the effort the tests are really hard, but the class has a high curve attendance is taken and lectures aren't recorded so you have to go, and lectures are where you get most of the info you need</p>
<p>NA</p>
<p>Stay on top of the assignments, they can become slightly overwhelming at times.</p>
<p>Don't take with him.</p>
<p>Go to the lectures, since they do include additional information not on the slides.</p>
<p>software needed is costly</p>
<p>Exams were unnecessarily hard. I would not personally recommend this course because of that. The dietary analyses were very tedious and had MANY unnecessary components.</p>
<p>I would advise people to take this course if you do well with small little tasks and if you have a biology background.</p>
<p>pay attention in lecture, attend review sections, write A LOT on exam questions that are open ended</p>
<p>Some of the assignments (like the 3-day food diary and corresponding dietary analysis) could be triggering if you have a body image / restrictive eating disorder; but, overall, Strielemann seemed to me to be pretty non-judgmental; I never worried that he or the TAs would look at my dietary analysis and think I was terribly unhealthy or a bad person.</p>
<p>It's kinda cool to learn the science behind food and being healthier but more importantly it's one of the better bio topics classes. 85 gets you an A and the 3 exams are only 45% so you could conceivably average 75% on all the exams and get an A. There are usually 2 to 3 assignments due each week, which usually take a few hours in total, but none of it is that hard so as long as you put in the effort you'll do fine on them. As long as you study for the tests and go to class semi-regularly you'll probably be fine.</p>
<p>Make sure you can keep up!! If you don't do the readings, then pay attention in lecture—everything stacks up pretty quickly (and lectures are pretty comprehensive). Also make sure you stay on top of assignment due dates</p>
<p>It's a lot harder than it seems and study a ton for the midterms.</p>
<p>This is NOT an easy class by any means. The mean for the midterms and finals were pretty much sub 70. Luckily, you only need to get an 85 to get an A in the class, but this means you need to be on top of every assignment, as missing one can make your grade tank. Class is basically mandatory as there are classwork (ICE) pretty much every class. You will need to study a lot for the tests. Do the practice exams and look at the grading rubrics for questions. I lost a ton of random points for no reason because I didn't understand how grading worked.</p>
<p>Make sure to do all the readings</p>
<p>Try looking for an alternative course.</p>
<p>Exams are harshly graded, so make sure you prepare well for them. However, they only represent 45% of your grade, so if you put in the time for the other assignments you will do well.</p>
<p>It is very interesting but the exams are quite difficult. It is not difficult to get an A– minimum, but I was not expecting that difficulty for the first exam. It is quite easy though if you just memorize everything, which just takes time and is not too difficult.</p>
<p>While this isn't a bad course, it has a lot of assignments that pile up and are sometimes hard to manage. Make sure to check canvas often to look at when things are due.</p>
<p>Just attend all the lectures and complete all the assignments and you should be in good shape. It's a pretty manageable course.</p>