



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

Project Title: **College Course Feedback - Autumn 2023**

Number Enrolled: **119**

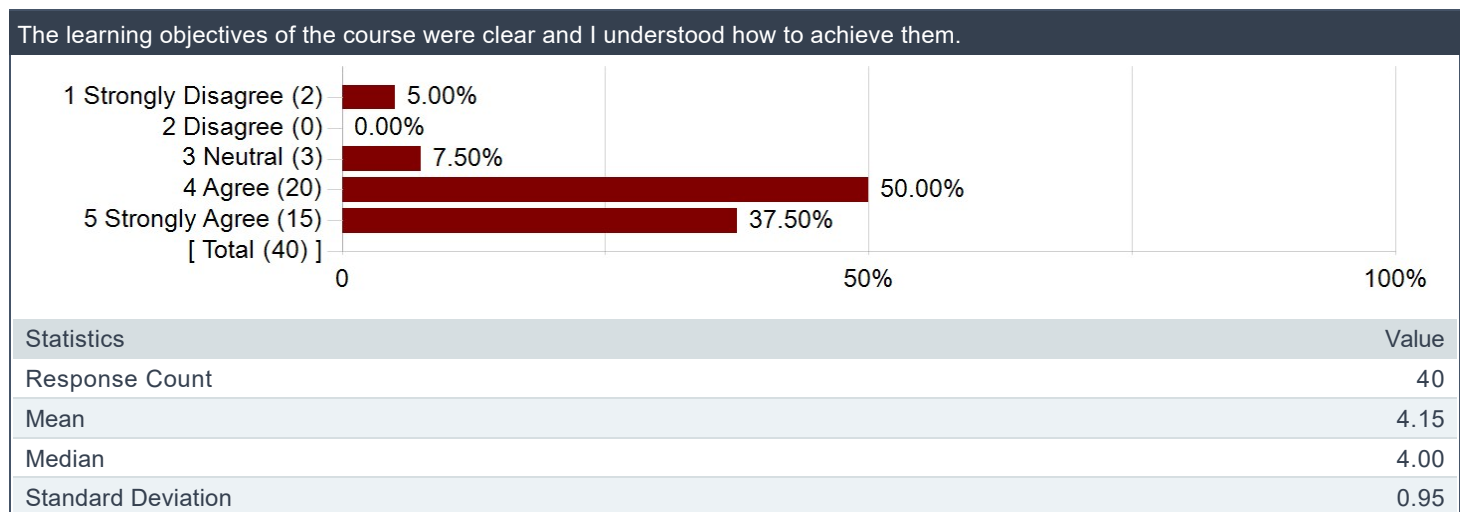
Number of Responses: **42**

Report Comments

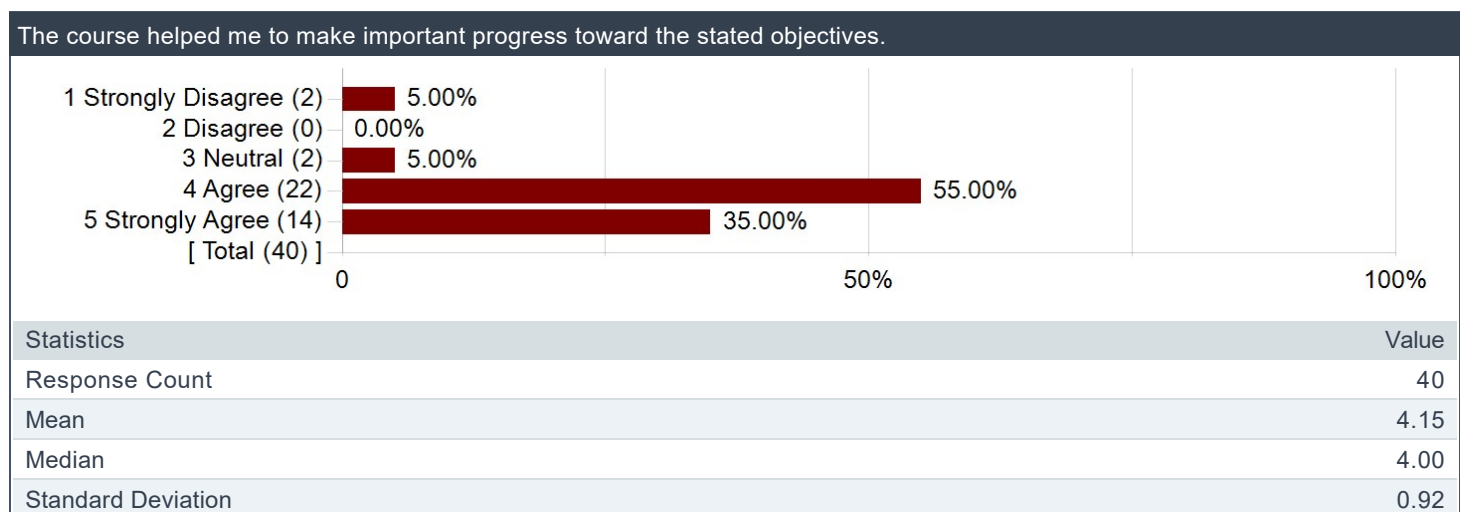
Opinions expressed in these evaluations are those of students enrolled in the specific course and do not represent the University.

Creation Date: **Friday, February 2, 2024**

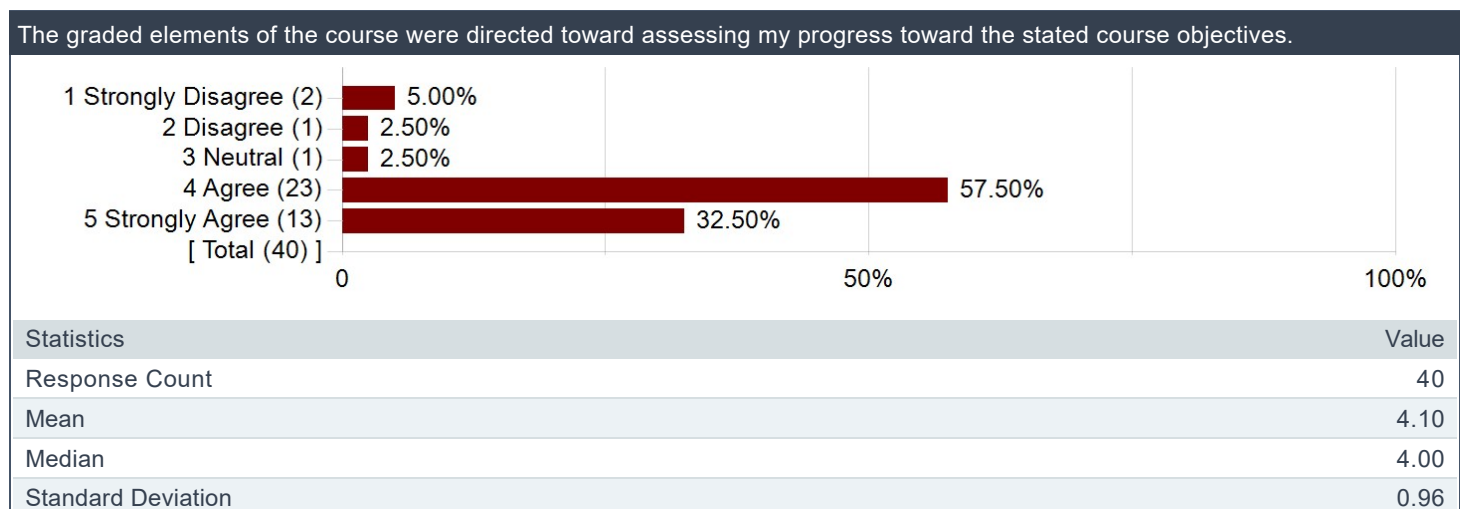
The learning objectives of the course were clear and I understood how to achieve them.



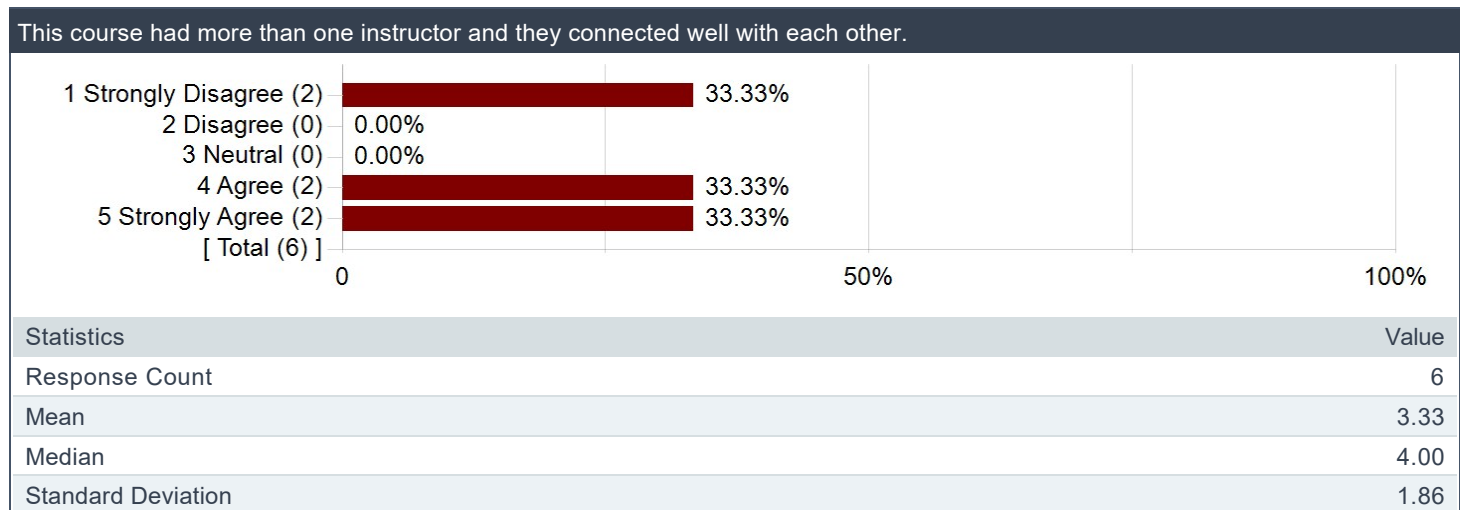
The course helped me to make important progress toward the stated objectives.



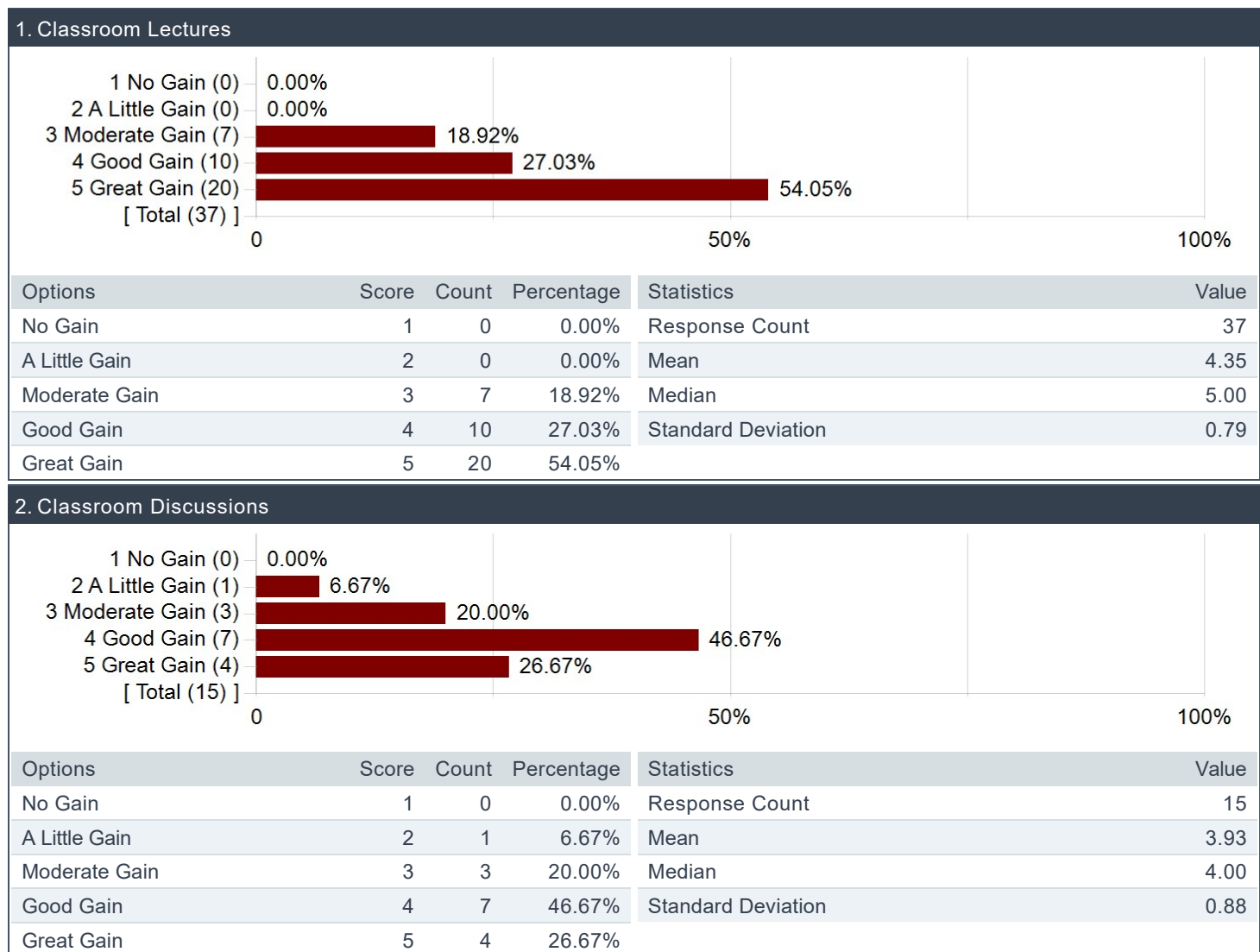
The graded elements of the course were directed toward assessing my progress toward the stated course objectives.



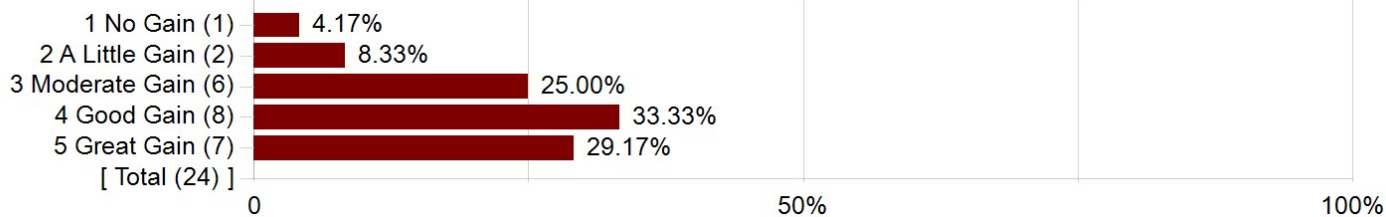
This course had more than one instructor and they connected well with each other.



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

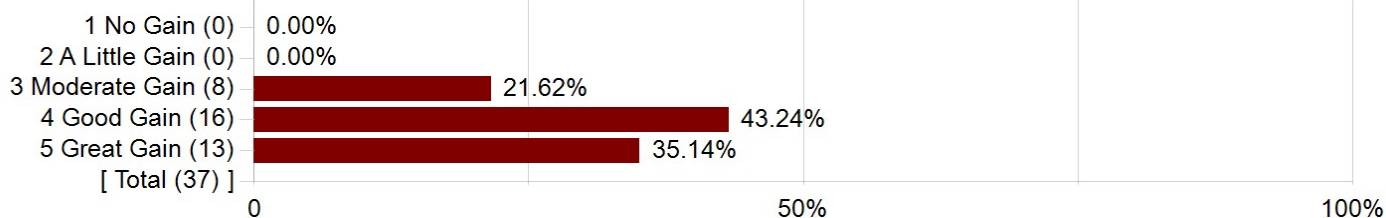


3. Assigned Readings



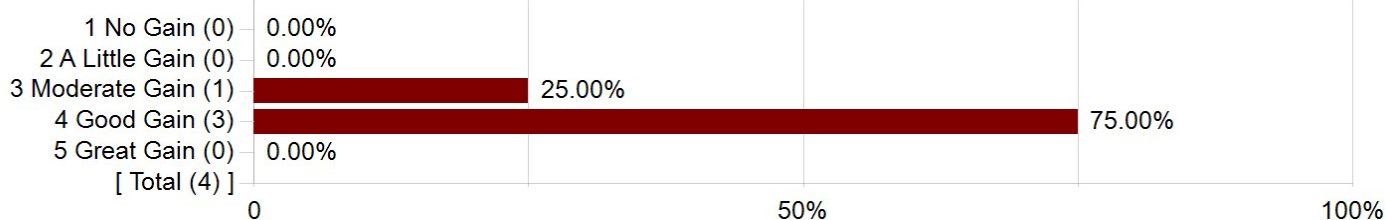
Options	Score	Count	Percentage	Statistics	Value
No Gain	1	1	4.17%	Response Count	24
A Little Gain	2	2	8.33%	Mean	3.75
Moderate Gain	3	6	25.00%	Median	4.00
Good Gain	4	8	33.33%	Standard Deviation	1.11
Great Gain	5	7	29.17%		

4. Homework Exercises



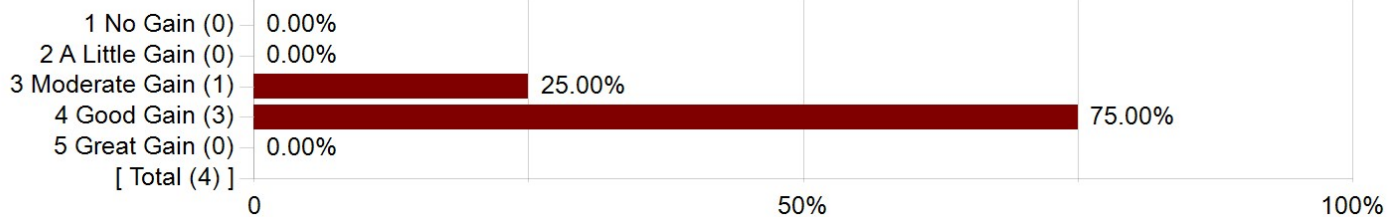
Options	Score	Count	Percentage	Statistics	Value
No Gain	1	0	0.00%	Response Count	37
A Little Gain	2	0	0.00%	Mean	4.14
Moderate Gain	3	8	21.62%	Median	4.00
Good Gain	4	16	43.24%	Standard Deviation	0.75
Great Gain	5	13	35.14%		

5. Lab Experiences



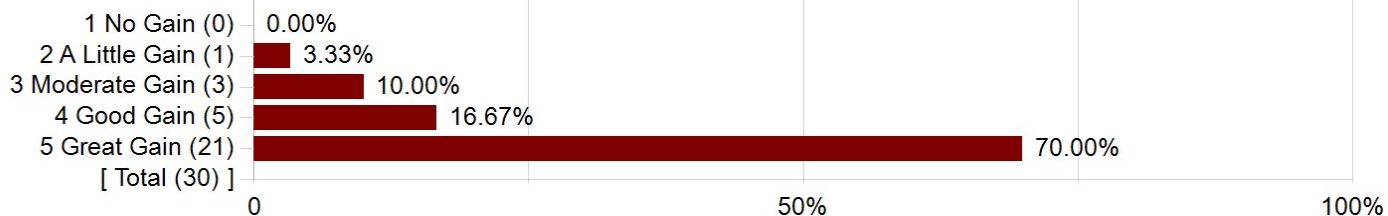
Options	Score	Count	Percentage	Statistics	Value
No Gain	1	0	0.00%	Response Count	4
A Little Gain	2	0	0.00%	Mean	3.75
Moderate Gain	3	1	25.00%	Median	4.00
Good Gain	4	3	75.00%	Standard Deviation	0.50
Great Gain	5	0	0.00%		

6. Discussion Sessions



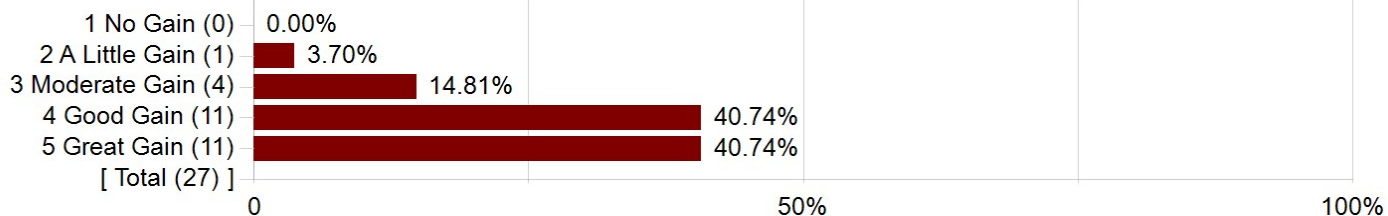
Options	Score	Count	Percentage	Statistics	Value
No Gain	1	0	0.00%	Response Count	4
A Little Gain	2	0	0.00%	Mean	3.75
Moderate Gain	3	1	25.00%	Median	4.00
Good Gain	4	3	75.00%	Standard Deviation	0.50
Great Gain	5	0	0.00%		

7. Review Sessions



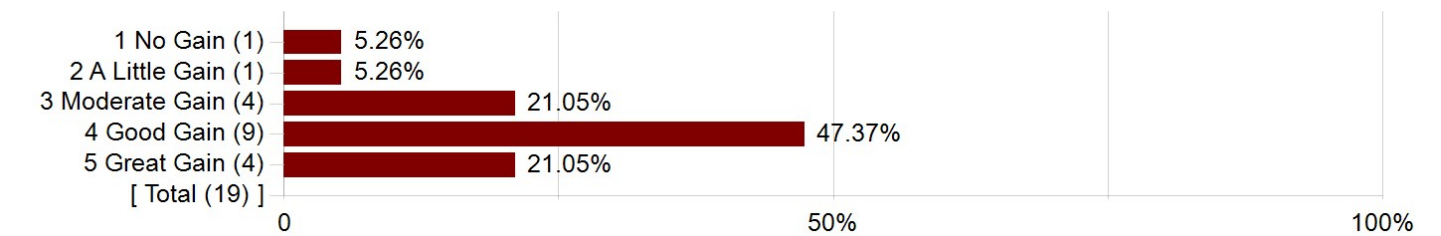
Options	Score	Count	Percentage	Statistics	Value
No Gain	1	0	0.00%	Response Count	30
A Little Gain	2	1	3.33%	Mean	4.53
Moderate Gain	3	3	10.00%	Median	5.00
Good Gain	4	5	16.67%	Standard Deviation	0.82
Great Gain	5	21	70.00%		

8. Interactions with Other Students



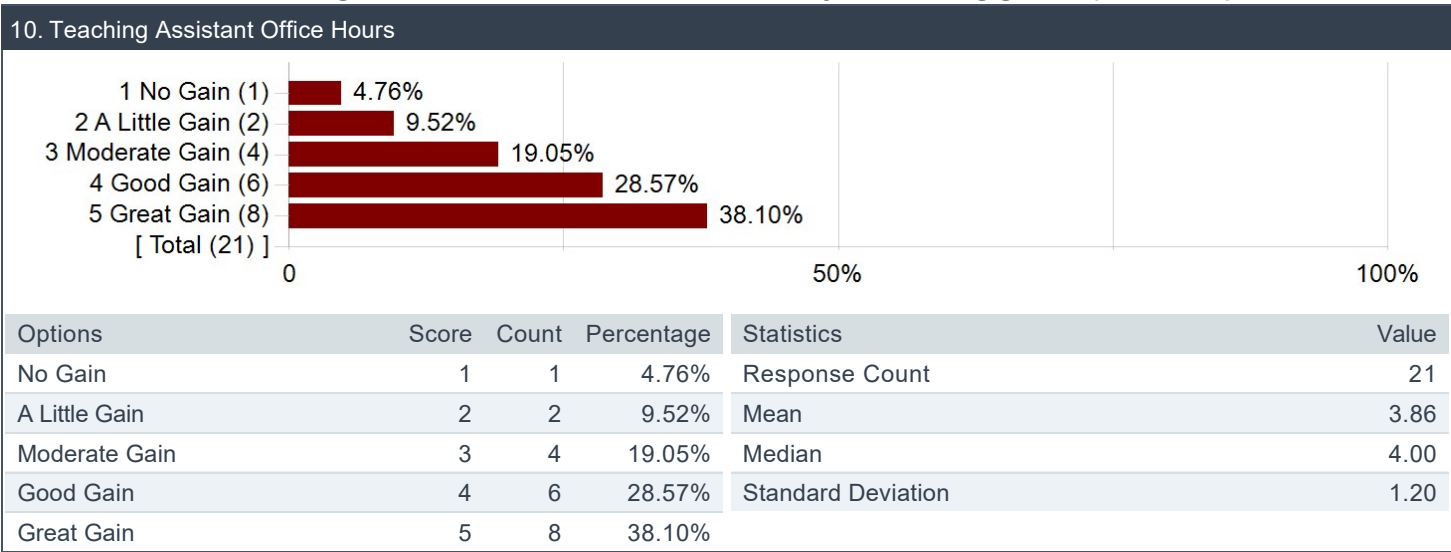
Options	Score	Count	Percentage	Statistics	Value
No Gain	1	0	0.00%	Response Count	27
A Little Gain	2	1	3.70%	Mean	4.19
Moderate Gain	3	4	14.81%	Median	4.00
Good Gain	4	11	40.74%	Standard Deviation	0.83
Great Gain	5	11	40.74%		

9. Faculty Office Hours



Options	Score	Count	Percentage	Statistics	Value
No Gain	1	1	5.26%	Response Count	19
A Little Gain	2	1	5.26%	Mean	3.74
Moderate Gain	3	4	21.05%	Median	4.00
Good Gain	4	9	47.37%	Standard Deviation	1.05
Great Gain	5	4	21.05%		

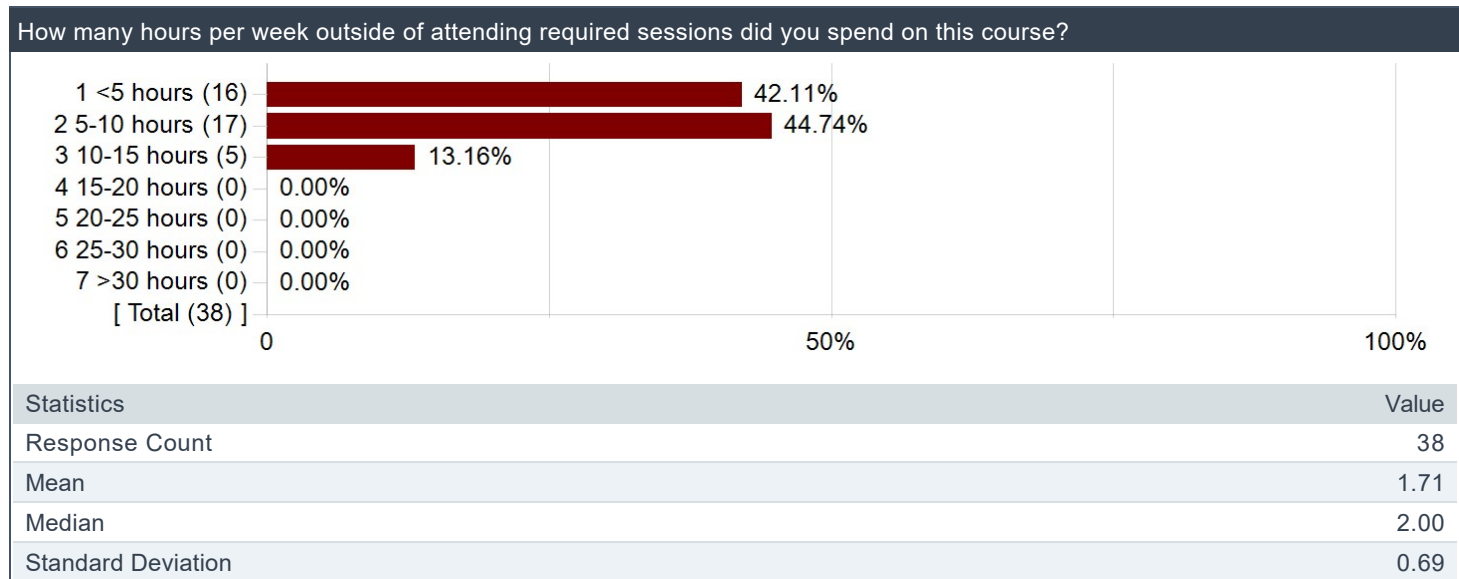
How much did the following elements of the course contribute to your learning gains? (continued)



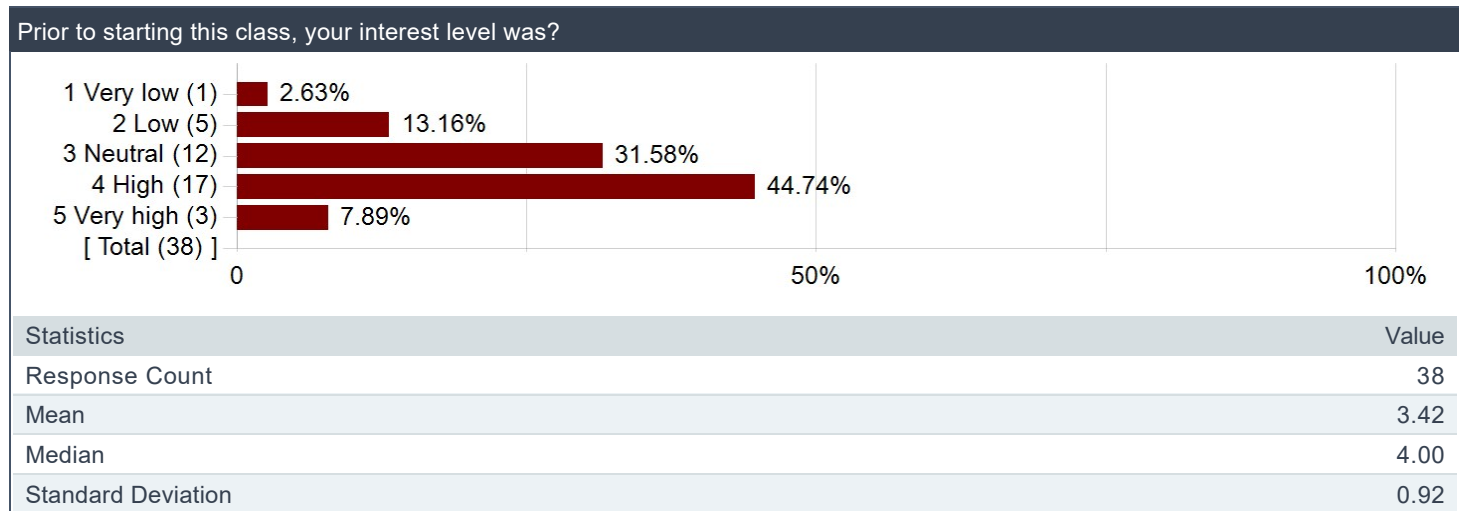
What was the most important thing (to you) that you learned in this course? What aspect of the material is still unclear for you, that you wish you could have learned better?

Comments
I learned about my diet and where my nutrients are coming from which allows me to recognize excessive intakes and low intakes. The exact progresses and how everything works together is still not the most clear to me.
Learned about essential nutrients and how the body uses them to support its processes.
How to read a nutritional level, how to tell what's good vs bad for you, the role of macronutrients in diet, supplements Wish I could have learned cooking methods
Importance of various nutrients and what I should eat to live a healthful lifestyle. Some biological processes were glossed over which was fine with me but maybe would be useful to learn.
I learned about the importance of having a balanced diet and how nutrients interact with one another. Nutritional science has a lot of components, and it's a lot to remember, but the important concepts and general functions of a nutrient are useful to know.
The most important thing I learned was the analysis of my diet. We had to track our food take over three days and analyze the data, and that led me to reconsider my food intake.
The science behind nutrition.
What the body does to the food you eat and what the body does with it.
Sources of different nutrients in foods, saturated vs unsaturated fats in causing CVD, problem of added sugars and processed foods, omega 3 and omega 6 fatty acids, the role of supplements.
I learned how to be more conscious when it comes to food, especially nutrition labels.
The most important thing to me in this course was how to read food labels and understand my intake, as well as my nutrition needs. That was super helpful for me even outside of classroom contexts, as I can now assess my own health based on the foods I consume.
"Eat fruits and vegetables, not too much" as he said on the first day.
Basically tells you what nutrients do, why they're important.
I think this class made me lose 10 pounds because I started eating so many greens. Would recommend also eating high calorie things in addition. But not a bad idea to add a salad or vegetables to everything you eat lol.
Also started having whole glasses of milk at 4th meal.
Helps you read food labels which sounds stupid but now you know what's actually good and bad for you and why.
Mineral supplements aren't regulated.
I learned that excess amounts of certain nutrients can be bad, how to lower cholesterol (helpful for me to pass on to relatives with high cholesterol), and other good tips for maintaining a good diet.
The basics of nutrition, such as the characteristics of carbohydrates, fats, proteins, vitamins/minerals, etc.
Occasionally, I felt the lecture was rushed because it was hard to integrate lecture slides and in-class exercises in 50 minutes.
The most important thing was just learning about nutrition and the functions of the main macro/ micronutrients. I feel like since there was so much content covered though, while I understood things at the time – I forgot them as time went by.
Metabolism of different macronutrients
How to take better care of my health.
I learned a lot in this course, including how to understand nutrition labels, the chemistry of food digestion, the functions of different vitamins and minerals, and how to regulate hunger and appetite
Core bio.
how to access daily diets

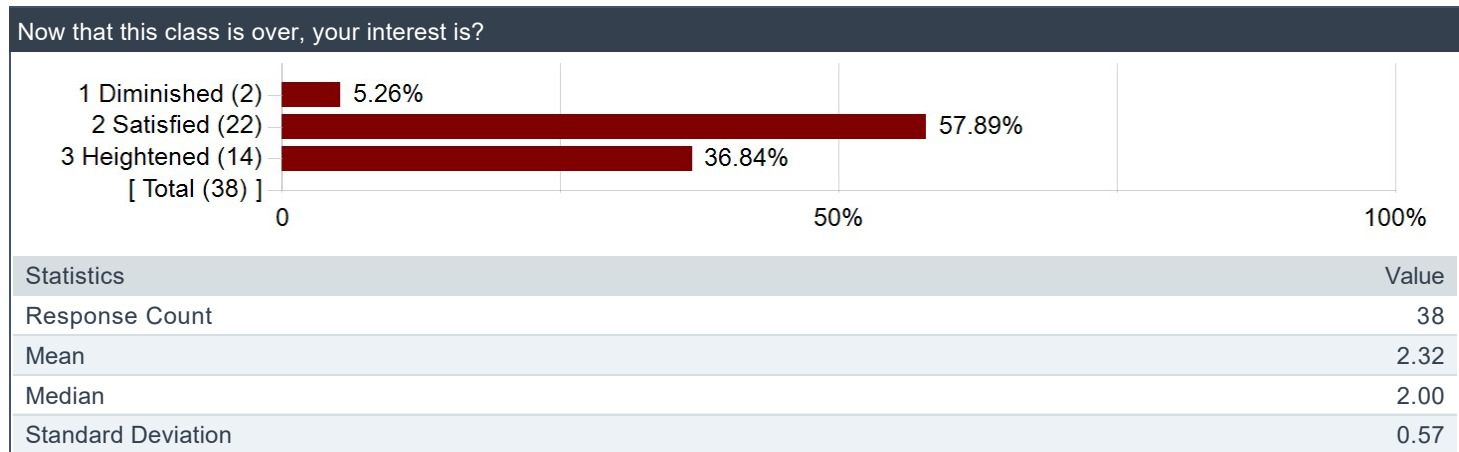
How many hours per week outside of attending required sessions did you spend on this course?



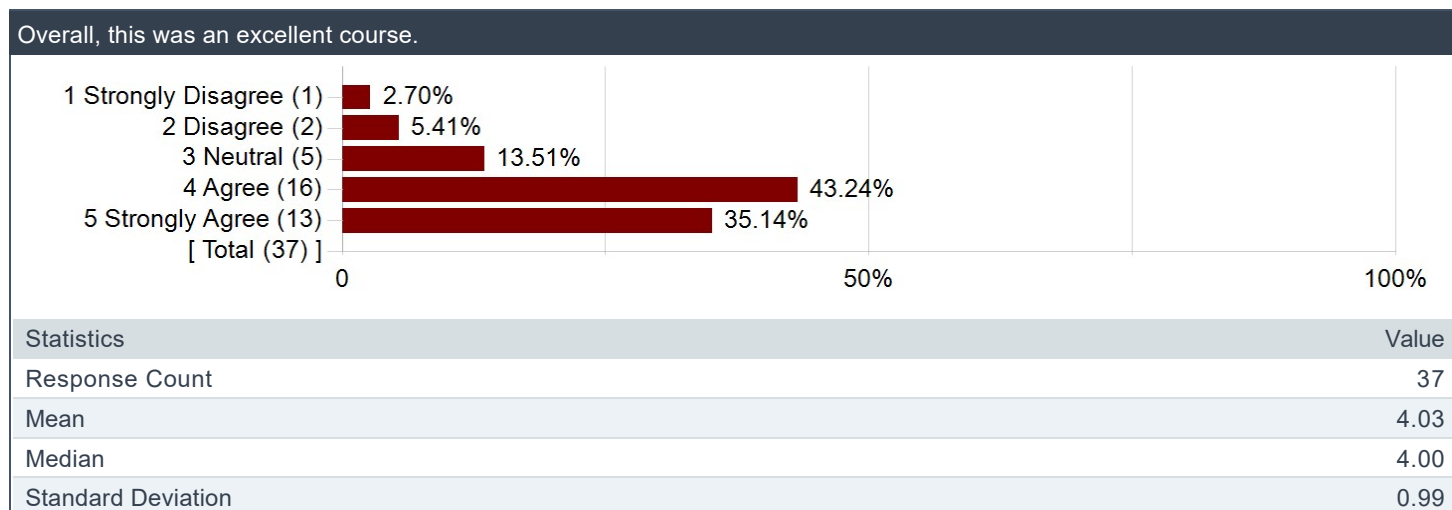
Prior to starting this class, your interest level was?



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
Be prepared to attend office hours, ask your TAs questions, and read the textbook. Also, constantly check Canvas every single day because the due dates and the modules aren't the most organized and you can, and probably will, miss something.
Study the material well – this course is very doable if you study.
This class is a lot of busy work but is very, very doable and extremely interesting! Exams aren't hard but help you learn a lot
Just do your work and it's pretty easy.
Take it
Just do all of the work and do it early and you will succeed
Complete all the assignments and pay attention in class and it's straight forward.
It is manageable. Do well on the exams and big assignments.
If you have interest in improving your nutritional health — this is the perfect class for you. I walked away knowing that I will always have the tools to eat healthy and happy – you realize how much junk you put into your body everyday and how much that can affect you!
Try to not procrastinate the busy work so you have enough time for studying. Also make sure to watch the review sessions on Zoom that the TAs make because they are SO helpful
Make sure you stay on top of topics as there is a lot to remember
Very easy bio topics course, 85% for an A and you should be fine as long as you study for exams/look over review slides.
TAKE IT! GREAT CLASS.
Lots of high frequency low intensity work – make sure you stay on top of the assignments!
Class is interesting but if you just want to take a bio topic and get it out of the way then this also works
Be ready to do busy work. It is worth it.
it can be very time consuming before each exam