

## **COURSE PLAN**

**COURSE NO:** NTR 210

**COURSE TITLE:** Principles of Human Nutrition

### **COURSE DESCRIPTION/**

**OBJECTIVE:** Basic principles of human nutrition are investigated, emphasizing the nutrients, food sources, and their utilization in the body for growth and health throughout life. This course also assesses contemporary nutrition issues.

**CREDIT HOURS** 3

**CLOCK HOURS/WEEK** 3 hours total (online)

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### **COURSE OUTCOMES:**

1. Student will have a basic knowledge of:
  - A. Biotechnology
    - Define biotechnology and give examples of foods developed by this process.
    - Discuss the pros and cons of food biotechnology.
  - B. Alternative nutrition and herbal therapies
    - Define alternative nutrition.
    - Evaluate alternative and herbal therapies for their possible benefits and potential harms.
2. Student will have a working knowledge of:
  - A. Nutrient metabolism
    - Explain how sugars, starches, fibers, lipids, and proteins are metabolized in the body.
  - B. Fluid and electrolyte requirements
    - Identify amounts of fluids and electrolytes needed for normal nutrition.
  - C. The role of food in promotion of a healthy lifestyle
    - Explain how food selections influence health.
  - D. Environmental issues related to food
    - Give examples of environmental contaminants and their possible harmfulness.
    - Discuss current food safety concerns.
  - E. The promotion of pleasurable eating
    - Discuss how to facilitate pleasurable eating.
  - F. Food and nutrition laws/regulations/policies
    - Explain and discuss food labeling laws.
    - Read food labels with understanding.
  - G. Evolving methods of assessing health status

- Identify and discuss current ways to assess health status.
- H. Nutrition and metabolism
  - Describe the transformation of macronutrients to energy and to storage compounds.
  - Describe metabolism of macronutrients during feasting and fasting.
- I. Health promotion and disease prevention theories and guidelines
  - Describe the health effects and recommended intakes of sugar, starch, fibers, lipids, and proteins.
  - Explain causes and treatment of obesity.
- J. Influence of socioeconomic, cultural, and psychological factors on food and nutrition behavior
  - Identify and discuss the factors affecting food and nutrition behavior.
- 3. Student will demonstrate the ability to:
  - A. use current information technologies
  - B. calculate and interpret nutrient composition of foods
  - C. screen individuals for nutrition risk
  - D. to measure, calculate, and interpret body composition data

**TEXTBOOK:**

Nutrition: An Applied Approach. My Pyramid Edition. Janice Thompson and Melinda Manore. 2008. Pearson/Benjamin Cummings.

My Diet Analysis, an ESHA based online or CD program – comes with your text or you may use the software on the Miller lab computers. Go to Start, choose programs and select ESHA.

**EVALUATION/  
ASSESSMENT:**

Assessment of the student's progress is an ongoing process and involves the student as well as the instructor. The stated course objectives serve as the basis for evaluation. All assignments are due on the date scheduled. NO EXCEPTIONS.

4 multiple choice tests	20%
Online Discussion Question Participation	10%
Chapter assignments (you must do 10 of the 16 offered- each is worth 16 points each (10 X 16 = 160)	10%
Energy Intake and Expenditure Assignment/Project	50%
Comprehensive Final Examination	10%
	<b>TOTAL: 500 points</b>

<u>POINTS</u>	<u>GRADE</u>
465+	A
450-464	A-
435-449	B+
415-434	B
400-414	B-
385-399	C+
365-384	C
350-364	C-
335-349	D+
300-334	D
-300	F

## **METHODS OF TEACHING**

1. Teacher-centered online discussion
2. Student-centered online discussion
3. Drill and practice
4. Reading in textbooks, reference books, periodicals, newspapers, Internet
5. Assignment involving collecting data, organizing information, and writing

## **WORK EXPECTED OF THE STUDENTS**

1. Students are expected to have read the assignment prior to class and to actively participate in online discussions.
2. Students are responsible for all terms defined in the textbook.
3. **Assignments are due on the date indicated.** The course project is used as part of the classroom discussion and must be completed by the dates indicated on the syllabus
4. **You must take a test during the assigned times.** No make-up exams are given. If you do not take a test you will receive a 0 for the grade.

### **Online Course Protocol:**

#### **Discussion Board:**

All students are expected to respond to the weekly discussion posting.

All discussion postings must be well thought and communicative. Providing feedback and demonstrating an understanding of the subject matter: “good posting” and “I agree” are not acceptable response postings.

Please keep discussions free of personal communications, you may use emails for this purpose or the student “side bar” thread for this purpose.

#### **The Assignment Drop Box**

All individual drop box submission files must be named in the following manner:  
Yourlastname\_project1.doc

Therefore, mine would read: Salmon\_project1.doc

All group submissions must be named by group

Example: group1\_discussion1.doc

Be sure that all group members’ names are on each assignment.

Please Note: Online courses are different from in class experiences in that they are a student centered, instructor facilitated learning experience. Therefore, it is the responsibility of the student to take an active role in the learning experience. The onus is also upon the student to ensure they have adequate computer access and a working knowledge of the E-college platform to fully participate in all online course activities and assignments (discussion boards, exams, chat rooms (when required), download of course materials, reading of all posted assignments and response to emails, access to your grade book, submissions to the assignment drop boxes, and any other required activities on the college platform to ensure successful completion of all course objectives and associated assignments.

**Honor Code:**

**The Cedar Crest Honor Code will prevail at all times. Please verify on each test and assignment that the work done is your own with your SIGNATURE. You are not to consult with ANY OTHER STUDENTS when you are given take-home tests, projects, and assignments. PLAGIARISM or any other form of academic dishonesty will result in no points on the paper/exam on which you plagiarized or cheated. In addition, such an act may result in failing the entire course. Please refer to your customs book for a complete explanation of the Cedar Crest Honor Code.**

**Email:**

**All communication will be sent to your Cedar Crest Email address. Please make sure to check for class updates and notes as well as assignment due dates.**

NTR 210 – Principles of Human Nutrition Fall 2008  
**TENTATIVE COURSE SCHEDULE**

<b>WEEK</b>	<b>TOPIC</b>	<b>READING ASSIGNMENTS BY CHAPTER</b>
<b>1</b> August 25	The role of nutrition in your diet Designing a healthful diet	<b>Ch 1 -2</b>
<b>2</b> September 1	Discuss project, <b>Brief bio due</b>  The human body: are we really what we eat?	<b>Ch 3</b>
<b>3</b> September 8	Carbohydrates	<b>Ch 4</b>
<b>4</b> September 15	<b>Exam 1</b> <b>Project – Section 1 due</b>	<b>Chapters 1-4</b>
<b>5</b> September 22	Fats Proteins	<b>Ch 5</b> <b>Ch 6</b>
<b>6</b> October 29	Fluids and electrolytes	<b>Ch 7</b>
<b>7</b> October 5	<b>Exam 2</b>	<b>Chapters 5-7</b>
<b>8</b> October 12	Antioxidants Bone health	<b>Ch 8</b> <b>Ch 9</b>
<b>9</b> October 19	Energy metabolism and blood health Healthy body weight <b>Project – Section 2 due</b>	<b>Ch 10</b> <b>Ch 11</b>
<b>10</b> October 26	<b>Exam 3</b>	<b>Chapters 8-11</b>
<b>11</b> November 2	Nutrition and physical activity Disordered eating	<b>Ch 12</b> <b>Ch 13</b>
<b>12</b> November 9	Food safety and technology <b>Project – Section 3 due</b>	<b>Ch 14</b>
<b>13</b> November 16	<b>Exam 4</b>	<b>Chapters 12-14</b>
<b>14</b> November 23	Pregnancy and the first year of life Childhood through adulthood	<b>Ch 15</b> <b>Ch 16</b>
<b>15</b> November 30	<b>FINAL</b>	