

### **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** Wednesday 7-930 PM

**INSTRUCTOR:** Marcia Kalista-Richards MPH, RD, CNSC, LDN  
The Allen Center for Nutrition  
The best way to reach me is via email. In the event of an emergency you can contact Lesley Jones at the Allen Center 610 606 4624 extension 3457 and she can reach me via cell phone when needed.  
makalist@cedarcrest.edu

**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. You must use this for project completion.

**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. Project work may be turned in before due date but not after.** No added points for early turn in. Lost points if late.

60%	3 multiple choice/true false tests at 100 points each	300 points
20%	Energy Intake and Expenditure Assignment/Project	100 points
20%	Comprehensive Final Examination	100 points
		<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

**TARDINESS/ABSENCE:** If you are late more than two times, or absent more than twice without a doctor's note, your final numerical grade (on a scale of 1 to 100) will be lowered by 3

points for each session missed. **Attendance includes the entire class.** It is against the college honor code to sign in and leave class. Administration will be notified of such behavior.

**MAKE UP EXAMS** – Unless on line exams given, all make-up tests will given through the advising center. The course instructor **MUST BE NOTIFIED BEFORE** the exam if you cannot take the exam on the assigned date. If on line exams given, you are expected to take the exam during the “open period”.

#### **METHODS OF TEACHING**

1. Lecture/Teacher-centered discussion
2. Student-centered 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 class discussions.
2. Students are responsible for all terms defined in the textbook.
3. Class attendance is expected. If you must miss a class, a phone call is expected.
4. **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. **Work WILL NOT BE ACCEPTED PAST DUE DATE unless previous arrangements have been made.**

#### **CLASSROOM PROTOCOL**

Appropriate classroom behavior is implicit in the Cedar Crest honor Code. Such behavior is defined and guided by complete protection for the rights of all students and faculty to a courteous, respectful classroom environment. **That environment is free from distractions such as late arrivals, early departures, inappropriate conversations and any other behaviors that might disrupt instruction and/or compromise students’ access to their Cedar Crest College education.** No “on” cell phones are permitted in class. Please turn them off.

**Personal computers are not allowed in this class. Multiple research groups have shown that taking notes on computers actually diminishes learning. Focus is shifted toward the technology of typing and both the ability to listen and process what is said are negatively impacted.**

**If you sign in for class and leave, you have not followed the Cedar Crest Code of Ethics/Conduct and this is considered falsification of records. If you do not return to class after any breaks or exams that may be given, you again have not followed the code of thics/conduct and have falsified your records. This will be reported to the Provost office.**  
de:

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, notes and any weather related class cancellations.**

NTR 210 – Principles of Human Nutrition Fall 2008  
**TENTATIVE COURSE SCHEDULE (Subjective to Change)**  
 Class times may be changed based on exam schedule and method.

<b>WEEK</b>	<b>TOPIC</b>	<b>READING ASSIGNMENTS BY CHAPTER</b>
<b>1</b> August 27	The role of nutrition in your diet Designing a healthful diet      Video – Healthful diet	<b>Ch 1 -2</b>
<b>2</b> September 3	Discuss project The human body: are we really what we eat? – Videos Digestion Worksheet review in class- must be completed	<b>Ch 3</b>
<b>3</b> September 10	Carbohydrates	<b>Ch 4</b>
<b>4</b> September 17	Fats <b>Project – Section 1 due</b>	<b>Ch 5</b>
<b>5</b> September 24	<b>Test # 1</b> Proteins	<b>Ch 1-5</b> <b>Ch 6</b>
<b>6</b> October 1	Proteins	<b>6</b>
<b>7</b> October 8	Fluids and electrolytes Antioxidants <b>Project – Section 2 due</b>	<b>Ch 7</b> <b>Ch 8</b>
<b>8</b> October 15	Bone health Energy metabolism and blood health	<b>Ch 9</b> <b>Ch 10</b>
<b>9</b> October 22	<b>Test # 2</b> Healthy body weight	<b>Covered material &amp; project work</b> <b>Ch 11</b>
<b>10</b> October 29	Nutrition and physical activity	<b>Ch 12</b>
<b>11</b> November 5	Disordered eating <b>Project – Section 3 due</b>	<b>Ch 13</b>
<b>12</b> November 12	<b>Test #3</b> Pregnancy and the first year of life	<b>Covered Chapters &amp; Project work</b> <b>Ch 15</b>
<b>13</b> November 19	<b>Life Cycle</b> Childhood through adulthood	<b>Ch 16</b>
<b>14</b> December 3	<b>Food Safety/Review</b> Final Exam date TBA (may be Dec 10)	<b>Ch 14</b> <b>All chapters and project work covered</b>
