

Nutr 210-00 Fall 2009
Cedar Crest College
The Allen Center for Nutrition
Fall 2009

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 (3 hours didactic)

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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.

Fall 2009

- 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. 2009. 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. Computer Lab: Go to Start, choose programs and select ESHA. The computers with the diet analysis program are on the back wall, the 4 center computers (between the two printers).

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. Points for exams and projects may change based on the needs of the course. The syllabus will be a general guideline for the course, but may be changed at the instructor's discretion.

Weekly online quizzes will be used to assess learning.

Quizzes will open on Thursday at noon and will close Sunday at noon. Quizzes may only be taken once. A quiz will include 15 questions and you will be allowed 30 minutes to take the quiz. The computer program will close automatically at the end of 30 minutes.

The honor code applies to online quizzes. **They are NOT to be taken open book.** Study the material covered in class and the activity material prior to taking the quiz. See the syllabus for dates of the quizzes.

There will be an **INCLASS midterm and INCLASS Final exam.** The midterm and final will cover similar material to the quizzes and will be used to validate retention and understanding of the overall class materials.

There will not be any make up quizzes allowed. You have three days to take each quiz, if you miss one, you will lose the 15 points. Don't wait until the last minute. Once the quiz date is closed I will not reopen a quiz because the answers will become available to all those who have taken the exam.

Make up exams for midterm and final will be given through the academic center at Cedar Crest and will be paper exams, not online. You will have to schedule any make up exams with the academic center on campus.

30% of grade: Quizzes (15 points each) 12 quizzes total	180 points
22.5% of grade: Midterm	135 points
22.5% of grade: Final	135 points
25% of grade: Diet assessment, Energy Intake and Expenditure Assignment/Project	150 points
Total	600 points

600 Points total

Points for percentage ≥ points noted	Percentage	Grade
558 or greater	93	A
540 - 557	90-92	A-
522 - 539	87-89	B+
498 - 521	83-86	B
480 - 497	80-82	B-
462 - 479	77-79	C+
438 - 461	73-76	C
420 - 437	70-72	C-
402 - 419	67-69	D+
378 - 401	63-66	D
360 - 377	60-62	D-
<359	<60%	F

METHODS OF TEACHING

1. Lecture/Teacher-centered discussion
2. Student-centered discussion
3. Written summary and abstracts of pertinent material
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 read the assignment prior to class and to actively participate in class discussions and activities
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.

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.

If you are late more than two times, or absent more than twice without a doctor's note (or documented family emergency), your final numerical grade by one percentage point. Example: 90% would become an 89%.

Illness and Emergency Absences: Doctor's notes or Validation of emergencies must be taken to the Dean of Students office. The Dean will provide validated information to **all of your professors**. Do NOT bring the doctor's notes to the class; take them to the Dean's office. The Dean's office will send notification and you will be allowed to make-up any missed work including quizzes for validated absences.

I do not expect you to come to class ill. **In MOST cases I do expect you to study the material on your own, complete the in class activity while you study and Take the online quiz during the open dates**

However, if you are so ill that you cannot take the quiz within the 3 days allotted, you will need a physician excuse to be allowed to make up the quiz.

Upon receipt of notice from the Dean's office, you will be contacted via email to verify that you can make up any missed material.

- Make up quizzes will be given only at the academic center, they will not be the same quiz given online.
- You will need to make an appointment at the academic center should be made first to take the quiz.
- Contact me with the date and time (email is fine). I will send a copy of the quiz to academic center with any instructions needed.

The class room environment shall be 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 cell phones are permitted in class. Please turn them off.

NO PERSONAL COMPUTERS. PLEASE DON'T EMBARRASS YOURSELF OR ME, BY BRINGING THEM TO CLASS. I WILL ASK YOU TO CLOSE THEM DOWN.

WHY? I tried allowing computers a class. Nearly 50% of the final class evaluations from other students stated the class members who used computers disrupted class. Students used class time to look at internet sites, chat with friends and even email others in the same class during class. The disruption to class was significant.

Class notes and power point lectures are available on line and can be copied prior to class. I strongly recommend you copy the NOTES pages, not the power points. You can return to the power points to study, but the outline of class notes is excellent as a guide for taking notes.

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. Taking an ONLINE test using your password verifies that you are under the Honor Code.

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. A complete explanation of the Cedar Crest Honor Code can be found on the Cedar Crest Web site. Any suspected academic dishonesty must be reported to the Provost Office and a complete investigation is made.

When citing material from journals, newspapers or the internet the comments, concepts or ideas must be cited and source given in a bibliography, even for a simple summary of an article or resource. You may use MLA or APA style. The following web sites have excellent resources for both.

Fall 2009

APA: <http://owl.english.purdue.edu/owl/resource/560/01/>

MLA : <http://owl.english.purdue.edu/owl/resource/560/01/>

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. Class cancelations due to weather will be made at least two hours prior to class.

If you do not have a Cedar Crest Email account, or access to the online class, call the REGISTRAR's office to get help. 610-606-3765.

Please sign the front of your class folder, to verify that you have read and understand all of the information regarding Honor Code, attendance, assignments, use of email and online quiz expectations.

NTR 210 – Principles of Human Nutrition Fall 2009
TENTATIVE COURSE SCHEDULE

WEEK	TOPIC	READING ASSIGNMENTS BY CHAPTER Online quiz – open date and times. All quizzes open and close at 12:00 NOON on the date noted.
WEEK 1 August 26	Class expectations, Grades and Assignments The role of nutrition in your diet Discussion of Project: Recording and Assessing My diet. In Class: -- Calculating Macronutrient Contribution -- Label Reading Activity	Ch 1 Ch 2 - labels Quiz dates August 27 – August 30
WEEK 2 September 9	Designing a healthful diet The human body: are we really what we eat? In Class: --Using the Exchange System and Food Guide Pyramid	Ch 2 Ch 3 Quiz Dates September 10 – September 14
WEEK 3 September 16	Carbohydrates (Simple, Complex and Fiber) In Class: finding Carbohydrates --Comparing simple, complex carbohydrates --Redesigning a menu to increase fiber content	Ch 4 Quiz Dates September 17 –September 20
WEEK 4 September 23	Fats In Class: Assessing fat content --Calculating percent of saturated, polyunsaturated and Monounsaturated fat content --Redesigning a recipe.	Chapter 5 Quiz Dates September 24 – September 27
WEEK 5* September 30 <u>Project</u> <u>Section 1 due</u> <u>by midnight</u>	Proteins In Class: Protein needs --Calculating total intake --Planning a Vegetarian meal	Ch 6 Quiz Dates October 1 – October 4
WEEK 6 October 7	Fluids and electrolytes In Class: --Water in Foods --Assessing intake of water and caffeine	Ch 7 Quiz Dates October 8 – October 11
WEEK 7* October 14	Vitamins and Minerals In depth Antioxidants	Ch 8 Pages 252- 263

<i>Project : Section 2 due by midnight</i>	In Class: Clues to nutrient sources	Quiz Dates October 15 – 18
WEEK 8 October 21	MIDTERM EXAM -	In class All materials to this point!
WEEK 9 October 28	Bone Health In Class: --Determining Calcium intake --With Dairy and Without	Ch 9 Ch 10 E Quiz Dates October 29 – November 1
WEEK 10* November 4	Energy metabolism and blood health Nutrition and physical activity In class: --Determining Healthy body weight --Calculating Body mass Index	Ch 11 Chapter 12 Quiz Dates November 5 – November 8
WEEK 11 November 11 <i>Project : Section 3 due by Midnight</i>	Disordered eating In class activity: --Assessing intake --Determining baseline needs	Ch 13 Quiz Dates November 12 – November 15
WEEK 12 November 19	Food safety and technology Pregnancy and the first year of life In Class --Portions sizes --Children compared to adult	Ch 14 and Ch 15 Quiz Dates November 20-November 23
WEEK 13* November 25	Thanksgiving No class	-----
WEEK 14 December 2	Adult nutrition Geriatrics and aging In Class: --Lowering Sodium	Ch 16 Quiz Dates December 3 – December 6
WEEK 15	Final Exam	Follow Finals Schedule IN CLASS All materials to date