

**Cedar Crest College**  
**The Allen Center for Nutrition**  
**Spring 2010**

**COURSE PLAN**

**COURSE NO:** NTR 210-66

**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)

**INSTRUCTOR:** Kelly McBride RD, LDN, MA

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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. 2 ed. 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. Go to Start, choose programs and select Food Processor.

*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 True False / multiple choice tests worth 40 points each	160 points
Energy Intake and Expenditure Assignment/Project	100 points
16 Online Assignments	160 points

Discussion Questions/Online Chat  
Final Examination

80 points  
100 points

**TOTAL: 600points**

GRADE

94%-100% A  
90% - 93% A-  
87% - 89% B+  
83% - 86% B  
80% - 82% B-  
77% - 79% C+  
73% -76% C  
70% - 72% C-  
67% - 69% D+  
60% - 66% D  
<60% F

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.

All exams for this course will be online and must be taken within the allowed time frame. A physician's statement of illness, or documented emergency are the only accepted reasons for an exam to be reopened.

**METHODS OF TEACHING**

1. Lecture/Teacher-centered discussion
2. Student-centered discussion/online participation
3. Reading in textbooks, reference books, periodicals, newspapers, Internet
4. 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 and online activities.
2. Students are responsible for all terms defined in the textbook.
3. Class attendance is expected and attendance is recorded for every class. 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. **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 cell phones are permitted in class. Please turn them off.**

**Honor Code:**

**The Cedar Crest Honor Code will prevail at all times. 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.**

**This course relies on the online E-college site for exams, assignments, copies of lectures and any handouts. The REGISTRAR's office must be contacted if you do not have a password for E-college for this course.**

NTR 210 – Principles of Human Nutrition  
Spring 2010 Schedule

WEEK / Dates	TOPIC	READING ASSIGNMENTS
<b>Week 1</b>		
3/17 in class	In class meeting to discuss syllabus/online format	
<b>Week 2</b>		
3/22 online	The role of nutrition in your diet Designing a healthful diet <b>Assignments 1 and 2 Due 3/22 at midnight</b> <b>Discussion Questions (answer 1, respond to 1 classmate)</b>	Ch 1 Ch 2
3/24 online	The human body: are we really what we eat? Carbohydrates <b>Assignments 3 and 4 Due 3/24 at midnight</b> <b>Discussion Questions</b>  <b>Exam 1 - chapters 1 through 4 – <u>Online Exam - You will have 90 minutes to complete this exam.</u></b>  <b>Open:</b> <b><u>12:00 Noon – March 22 through Midnight March 28</u></b>  Study the material prior to taking the exam. You will not have time to look up answers. DO NOT wait until the last possible hour to take the exam, there are cases where computers fail, or computer clocks are set to an incorrect time zone, once you open the exam you must complete it, it cannot be reopened.  It is your responsibility to take the test within the time allowed.	Ch 3 Ch 4
<b>Week 3</b>		
3/29 online	Fats Proteins <b>Assignments 5 and 6 Due 3/29 at midnight</b> <b>Discussion Questions</b>	Ch 5 Ch 6
3/31 online  <b><u>Project Part One due by 12:00 Midnight March 31</u></b> <b><u>Must be placed in drop box of E-college class.</u></b>	Fluids and electrolytes Antioxidants <b>Assignments 7 and 8 Due 3/31 at midnight</b> <b>Discussion Questions</b> <b>Exam 2 - chapters 5 through 8 – <u>Online Exam - You will have 90 minutes to complete this exam.</u></b>  <b>Open:</b> <b><u>12:00 Noon – March 29 through midnight April 4</u></b>	Ch 7 Ch 8

<b>Week 4</b>		
4/5 online	Bone health Energy metabolism and blood health <b>Assignments 9 and 10 Due 4/5 at midnight</b> <b>Discussion Questions</b>	Ch 9 Ch 10
4/7 online  <b><u>Project Part 2:</u></b> <b><u>due by midnight</u></b> <b><u>April 7</u></b> <b><u>Must be placed in</u></b> <b><u>drop box of</u></b> <b><u>E-college class.</u></b>	Healthy body weight Nutrition and physical activity <b>Assignments 11 and 12 Due 4/7 at midnight</b> <b>Discussion Questions</b>  <b><u>Exam 3 - chapters 9 through 12 – Online Exam - You will have 90 minutes to complete this exam</u></b>  <b>Open:</b> <b>12:00 Noon – April 5 through midnight April 11</b>	Ch 11 Ch 12
<b>Week 5</b>		
4/12 online	Disordered eating Food safety and technology <b>Assignments 13 and 14 Due 4/12 at midnight</b> <b>Discussion Questions</b>	Ch 13 Ch 14
4/14 online	Pregnancy and the first year of life Childhood through adulthood <b>Assignments 15 and 16 Due 4/14 at midnight</b> <b>Discussion Questions</b>  <b><u>Exam 4 - chapters 13 through 16 – Online Exam - You will have 90 minutes to complete this exam</u></b>  <b>Open:</b> <b>12:00 Noon – April 12 through midnight April 18</b>	Ch 15 Ch 16
<b>Week 6</b>		
4/19 online	<b>Project Part 3: Due by midnight.</b> <b>Must be placed in drop box of</b> <b>E-college class.</b>	
4/21 in class	<b>In class Final Exam</b> <b>Miller Computer Lab – Room # TBA</b>	