

Health Science (HESC)/Kinesiology (KNES) 350 Nutrition

Course Syllabus for Fall 2009
(Section 51 and 52, 3 units)
Online

Instructor: Brie Roumeliotis, MPH, CHES
Office: KHS 236
Office Hours: Live chat as needed or arrange for teleconference or in-person meeting by email.
Email: broumeliotis@fullerton.edu (preferred method of communication)
Room: online
Prerequisite: Chemistry 100 or equivalent course and junior or senior standing.
Text: *Nutrition: An Applied Approach*, 2nd Edition, by Janice Thompson and Melinda Manore, published by Pearson/Benjamin Cummings

Course Description:

Concepts of nutrition as they relate to nutritional needs, practices, and problems throughout the life cycle. Emphasis on nutritional counseling and education of individuals/groups toward health promotion and disease prevention.

Course Objectives:

Upon successful completion of this course students will be able to:

1. Identify and discuss the functions of macronutrients, micronutrients, and water in the human diet as applied to primary and secondary preventative health concepts.
2. Understand and discuss the processes of digestion and absorption in the goal of lifelong health and wellness.
3. Develop a basic understanding of the Daily Reference Intakes, food labels, diet assessment, and planning for the application of health maintenance and lifelong wellness.
4. Explain how diet and fitness interact in preventative health applications with sensitivity and appreciation for the socio-cultural influences on the science of nutrition.
5. Explain the dietary needs in the presence of certain chronic diseases (cardiovascular disease, osteoporosis, diabetes, and cancer).
6. Develop a basic understanding of nutrition related to stress management, fitness and performance goals.
7. Explain and demonstrate the basics of a nutritional assessment with the goal of providing effective feedback towards making behavior change.

Student Learning Goals

There are two primary learning goals for this course. First, students will obtain scientifically based, accurate, up-to-date information about various issues related to health behaviors and health care. Second, students will use self-assessment of their personal values and beliefs and will analyze and potentially improve various aspects of their health-related behaviors. Guidelines, tools, and strategies for change will be offered for students who wish to adapt healthier lifestyles.

Learning Methods

1. Lectures via BlackBoard (see PowerPoint presentations in the Course Documents folder)
2. Reading Assignments (see page 5 of this document)
3. Class Discussions via BlackBoard Discussion Board
4. Initiative of Personal Health-Related Behavior Change (see page 4)
5. Writing Assignments (see page 3-4 of this document)
6. Exams

Student Responsibilities

1. Participate in all class discussions;

2. Be prepared;
3. Submit all projects, typed, on the due dates (see policy on turning in late assignments) to the Digital Dropbox on BlackBoard or appropriate Discussion Board forum as assigned;
4. Keep a copy of the written materials that you submit, as well as graded assignments that are returned to you;
5. Complete all examinations on the date or within timeframe specified by instructor.
6. Be courteous to others by using appropriate netiquette (see <http://www.albion.com/netiquette/corerules.html> for assistance in this area).

Special Needs

During the first week of classes, inform the instructor of any disabilities or special needs that you have that may require special arrangements related to attending class sessions, carrying out writing assignments, or examinations. Students with disabilities need to document the disability at the Disabled Student Services Office in UH 101. <http://www.fullerton.edu/disabledservices/>

Academic Dishonesty

Academic dishonesty includes such things as cheating, inventing false information or citations, plagiarism, and helping someone else commit an act of academic dishonesty. Cheating is the act of obtaining or attempting to obtain credit for work by the use of any dishonesty, fraudulent, or unauthorized means. Plagiarism is the act of taking the specific substance of another and offering it as one's own without giving credit to the source. Students found guilty of academic dishonesty will be assigned an appropriate academic penalty ranging from a reprimand to a grade of F and will be reported to the Judicial Officer on campus. For more information about the Academic Integrity policy please refer to: <http://www.fullerton.edu/deanofstudents/judicial/policies.htm>

Late Work

Students are expected to take exams and submit assignments as scheduled. Make-up exams and submission of late assignments will only be permitted under extenuating circumstances and are at the discretion of the instructor. All written assignments must be typed in the format specified by the instructor and must be submitted on the due date.

Caveat

The procedures on this syllabus and the course schedule are subject to change at the instructor's discretion. Students will be informed of any changes as soon as possible.

Grading Criteria

Midterm exam 1	100 pts.
Midterm exam 2	100 pts.
Final exam	100 pts.
Participation on Discussion Boards/Homework	250 pts.
Fast Food Diet Analysis	50 pts.
Diet and Disease Research Paper	100 pts.
Total Points	700 pts.

Grading Standard

630-700 points (90-100%)	A
560-629 points (80-89%)	B
490-559 points (70-79%)	C
420-489 points (60-69%)	D
0-419 points (0-59%)	F

Please note that because of potential unjust judgment calls based on borderline final grade percentage, final grades are assigned solely based on total points earned in the class based on Grading Standard above. The plus/minus grading system will not be used in this course.

Guidelines and Projects for This Online Course

The Course Schedule below is divided into the sixteen weeks of the class. Each week's assignments are grouped by topic.

Assignments are due the Saturday of each week so my recommendation is that you begin covering course content for that week the preceding weekend.

DISCUSSION BOARD

For each week you will have at least one discussion board posting due. An initial posting will be due by Thursday of each week by midnight in which you will be asked to respond to my prompt in about 200-300 words. Due on Saturday of each week will be your responses to the posts of two other students in a meaningful way that quotes the reading, develops the point further, asks a probing question, provides personal experience with the topic, or provides a web link to a resource. Your participation grade for this class will be based the fulfillment of these requirements. Consistent participation on BlackBoard Discussion Boards is a requirement for this course; plan on checking in to the site daily.

EXAMS

Exams will consist of multiple choice and true/false questions. Exams will require use of all course resources (textbook, presentations, discussion boards, and homework labs). You will be provided access to the exam on the first day of the week listed on the syllabus and will have until midnight of the following Saturday to take and submit in BlackBoard. Exams are timed and you are allowed 1 hour and one attempt to complete the exam. Please be careful not to submit exam prior to completion. Success in completing all questions in 1 hour requires advanced planning with careful note taking, highlighting and/or tabbing textbook to easily find needed material, and printing PowerPoint slides to have on hand during exam as they will not be accessible in BlackBoard while you are taking the exam.

FAST FOOD DIET ANALYSIS PROJECT

Choose a fast food restaurant and evaluate the nutrition content of three full days' worth of meals (i.e. breakfast, lunch, and dinner). Evaluate the adequacy of nutrients based on eating exclusively at this fast food restaurant. The goal is to achieve 100% of your Recommended Daily Intake for that 72-hour period. Use the resources from this class (such as the new food pyramids) and calculate the total 72 hour intake to evaluate caloric and nutrient consumption and type in a table format. Note that the normal ranges for nutrients are listed in your text book.

Rubric:

5 pts. for meeting page requirements (minimum of 3-5 pages) and no spelling/grammar errors.

2.5 pts. for correctly citing source(s) in APA format

15 pts. For the diet analysis table which should include recommended and actual intake for each of the following: calories, total and saturated fats, carbohydrates, sugars, proteins, fiber, sodium, vitamins A & C, and the minerals of calcium and iron.

12.5 pts. for identifying positive and negative implications of such a diet on your physical health.

10 pts. Describe healthier alternatives for the hypothetical fast food diet you have created. Specifically cite increase or reduction in intake of the pertinent items above.

5 pts. for summary paragraph on the how diet impacts overall wellbeing and lifestyle.

When you save the assignment save it under the following format: lastname_initial_Food so for Brie Roumeliotis the document would be saved as Roumeliotis_B_Food and submit to the Digital Dropbox in BlackBoard by selecting "Send File", NOT "Add File".

DIET AND DISEASE RESEARCH PAPER

Identify a disease that is correlated in some way either positively or negatively to diet and nutrition. A minimum of 3 empirical sources must be used to respond to the items listed in the rubric. Format as a narrative research paper but feel free to use section headings for ease of reading.

Rubric:

10 pts. for meeting page requirements (minimum of 3-5 pages) and no spelling/grammar errors.

5 pts. for correctly citing source(s) in APA format

15 pts. for appropriateness of 3+ research (empirical article on the chosen technique) and explanation of article and relevance to the technique. (http://en.wikipedia.org/wiki/Empirical_research) To find empirical articles see <http://www.library.fullerton.edu/default.aspx> and contact a CSUF librarian if you require assistance. Please report relevant data from the study such as sample size (i.e. the number of participants), methods and results. Also include your analysis of whether or not the results are valid and/or reliable and why.

30 pts. Describe the disease: what is the probable cause? What organs are affected in what way? What populations are susceptible to this disease?

30 pts. Describe the role of diet and nutrition: what are the preventative effects of diet on this disease? What are the causative effects of diet on this disease? Is diet used in the management or cure of this disease? Is there a connection between diet and the susceptible population identified above?

When you save the assignment save it under the following format: lastname_initial_Disease. For Brie Roumeliotis the document would be saved as Roumeliotis_B_Disease. This project will be due by Saturday by midnight of the week listed on the schedule to the Digital Dropbox in BlackBoard by clicking "Send File", NOT "Add File".