

## **NUTRITION IN HEALTH**

**NHM 225 ONLINE**

**Section: U800**

**Summer 2008**

**Credit Hours: 3**

**Dates: 5/19/08 – 8/8/08**

**Location: Syracuse University Blackboard**

**Instructor: Joan A. Nicholson, CAS, RD, CDN, CHES**

**Communications:** E-mail: janich01@syr.edu  
Phone: 443-2386 (leave message)

### **Materials:**

**Text Packet:** available at S.U. Bookstore under UC listing

**Understanding Nutrition** (11<sup>th</sup> edition) by Whitney & Rolfes

Diet Analysis Plus, Version 8.0 as CD-Rom (packaged with book)

Resources Access Code:

<http://west.ilrn.com/ilrn/authentication/welcome.do>

### **Course Description:**

This is a basic **natural science** course that focuses on the role nutrition plays in human health throughout the life cycle. **Nutrition** is the study of how foods provide the body with nutrients. The food choices humans make and how they prepare and consume their food have strong associations with social, economic, environmental, cultural and psychological factors at all levels of our global society. The study of **Nutrition** encompasses many if not all areas of the natural and social sciences. Current issues and daily “hot topics” including weight management, disordered eating, high protein diets, dietary supplements, functional foods, bioengineering, and food safety will be addressed by way of lecture notes, media presentations, online discussion, problem solving activities and the diet analysis project.

### **Course Objectives:**

As the student completes this course, they will:

1. develop an appreciation for the complexities of food choices and the possible effects of these choices on physical and mental health.
2. learn to recognize valid nutrition and health information.
3. understand the fundamentals of the anatomy and physiology of the digestive and circulatory systems and the roll these systems play in the delivery of nutrients to the body.

4. identify nutrients, their chemical and physical properties, sources, human nutrient requirements and the relationship of specific nutrients to health status.
5. discuss the hazards of dieting and the role exercise plays in maintaining weight and optimal health.
6. discuss nutritional requirements for themselves and different age groups and identify specific health risk factors that must be considered.
7. identify food safety hazards and how to personally safeguard against them.
8. discuss nutrition issues centered on agriculture, population, poverty and the environment.
9. produce a quantitative evaluation of their food intake before and after completing the course.
10. be able to use the nutrition knowledge gained to answer questions and solve problems regarding their own dietary needs.

**Grading:**

The final grade will be based on the following point system:

125 pts.	Final Exam (21%)
200 pts	Exams (2 @ 100 pts each) (33%)
100 pts	Diet Analysis Project (17%)
180 pts	Weekly online discussion (15 pts./wk) (30%)
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Total= 605 pts	

**Earned Grades:**

- A = 95-100    A- =90-94  
 B+ = 87-89    B =83-86    B- = 80-82  
 C+ = 77-79    C =73-76    C- = 70-72  
 D = 65-69    F < 65

**ASSESSMENT**

- **Exams:** This is the major form of evaluation for this course. Tests and quizzes will consist of multiple choice and essay questions. The exams are used to evaluate your knowledge of basic nutrition facts, comprehension of the basic concepts and application of this information. The times set for the exams are listed and will be posted in the announcements prior to the exam date. **There are no makeup exam times. NOTE: The pre- and post-tests are not graded but if you do not complete them, you will lose 15 points from your total points at the end of the semester.**
- **Study Tools:** You will find study aids in your textbook and on the Thomson learning site. Your access code for this is in your text.

- **Diet analysis:** This is a full semester project that is due the two weeks prior to the final. The full project will be submitted as hard copy to the instructor via the postal system or any other carrier. It will be mailed back to you after it is corrected in a self-addressed stamped envelop that you will send with the project. **No late papers** will be accepted. (Latest post mark will be noted)
- **Discussion:** Discussion is a significant component of your final assessment and grade and accounts for 180 pts. Each week you have the opportunity to earn 15 pts by your participation in all questions posed by the instructor and if noted by your “classmates”. We will use the **Discussion Board** unless otherwise noted. I expect full responses at least 10 times each week. What is a full response? It is a **minimum** of 5 full sentences to the question posed or in a question you may pose. If you pose a question (which you have to do at least 3 times during the semester) you must follow through the entire class discussion with it and make a final statement of understanding and/or summation. Test questions will be developed from the DB.

### **Academic Integrity**

*We learn by reading and sharing the research and ideas of authors, researchers, teachers as well as other students. I would hope you take advantage of all of these resources that are available to you today. I encourage you to talk to your peers about class work and assignments. But when it comes time to submit your assignments, I expect the work to be in **YOUR** words with all ideas and concepts that are not general knowledge or your own to be cited in the text and footnoted. **I expect you to have a resource list of all materials you use to complete an assignment. This includes using any resources including your textbook and on all assignments including the diet analysis.** If there is any reason to believe that you have submitted the work of others the instructor will take action by following the policies and procedures established by the Syracuse University Office of Academic Integrity. **Carefully read and review these policies at:***

<http://academicintegrity.syr.edu>

**Citations:** You are to use the Vancouver method of citation. This may be found at:

<http://www.lib.murdoch.edu.au/find/citation/vancouver.html>  
[www.library.uq.edu.au/training/citation/vancouv.pdf](http://www.library.uq.edu.au/training/citation/vancouv.pdf)

## COMMUNICATIONS

- All e-mail communications between the student and instructor must be through their **syr.edu account**. This is the fastest/safest way to make contact with me.
- I usually read my mail first thing in the morning (7AM), at intervals during the day and **no later than 10:00 PM**. Phone communications (**emergencies only**) should be via the nutrition office at X3-2386 by leaving a message between 8:30 AM and 5:00 PM. Your call will be returned when I receive the message via e-mail from the office or if I am in the office when you call. If you call after 5:00 I will not receive the message until the next day.
- How fast will you receive a response? **Within 24 hours** unless I have notified you that I am out of town on business which will occur several times this semester.

## MAJOR RESOURCES

The text packet that you purchase includes the text Understanding Nutrition and the Diet Analysis 8.0 CD-Rom. Within the text you will find the access code to Cengage. This resource includes a case study section, animated presentations and a glossary for each chapter. You will also find Web links for related materials and practice tests. In addition to the text and auxiliary materials, you will find assigned articles on the SU Blackboard, links to Web resources, and links to video clips and films. The SU library is at your fingertips with e-journals, reserves articles and databases.

## TECHNICAL SUPPORT

Syracuse University Blackboard Learning Center has technical support for you by calling 443-2677 or e-mailing [Consult@syr.edu](mailto:Consult@syr.edu). If you go to the home page you will find links to technical help and information. Your instructor is not the technician for the site or for your computer. If the main Blackboard system fails (**not your personal computer or access to a computer**), adjustments will be made concerning any deadlines that have been affected. **I ASSUME YOUR COMPUTER IS UP TO DATE AND FUNCTIONING. HAVE A BACKUP PLAN IF IT SHOULD CRASH. THE SU CAMPUS AND YOUR LOCAL LIBRARY HAVE COMPUTERS YOU CAN USE IN AN EMERGENCY.**

## COURSE DYNAMICS

I consider the class syllabus a contract. Therefore, we will follow the outline as listed for assignments, class notes and discussion topics and exams. We can make topic adjustments for current events, questions/comments, and new products that come on the market. The class will consist of class notes, discussion and media presentations that will address materials directly from the chapter readings assigned, with additional enrichment subjects. **I expect you to have completed the readings**, completed any assignment given and be ready to ask questions or answer questions on the materials. I have been teaching this course in the classroom for 16 years. My goal is to make this course as or more dynamic than the in-class version. **Your participation is essential for a stimulating class and I look forward to your input on the issues that will be presented.**

**Services for students with Disabilities:**

Syracuse University is committed to compliance with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Students who may need assistance should contact the Office of Disability Services, Room 309, 804 University Avenue (315-443-4498) and then see the professor.

(Reference: Syracuse University Student Handbook 2006-2007)

## **Posting Course Materials**

**Course materials for the week will be posted on  
Mondays at 6 AM**

**Materials will remain available throughout a module.  
They will be closed upon completion of the module.**

### **Materials on Blackboard**

Daily messages: *Announcements*

Weekly Format, Objectives: *About this course*

Syllabus: will remain open at the *Syllabus* site

Study Guide, Readings: *Course Documents*

Tests, Assignments: *Assignments*

Notes: *Lectures*

Diet Analysis: *Projects*

Discussion Topics: *Discussion Board*

Thompson learning, other web sites: *External Links*

**Be sure you check each section for materials**

**It is suggested that you copy materials and put them in order in a loose-leaf binder.**

**NHM 225**  
**NUTRITION IN HEALTH ONLINE**  
**WEEKLY COURSE MATERIALS**

The course material has been divided into 4 modules for the 12 week semester. *The format for presenting the material on a weekly basis will be as follows:*

WEEK # \_\_\_\_\_

- In the **news** this week: instructor or students can report
- **Objectives:**
- **Readings:** see pre-class readings listed in syllabus
- **Study questions:**  
Each session will be opened with questions that the student will use as a study guide to prepare for the module quiz or exam.
  
- **Lessons/Notes:**  
Notes are usually materials not found in the text and are subjects of my choice or the classes'. These are to be integrated with the assigned readings
  
- **Discussion:** Question (s) will be posted for discussion on discussion board. Participation is required. Students are encouraged to pose their own questions to the instructor and/or group.
  
- **Activity:** A variety of study and reading activities will be assigned during the semester that should enhance your comprehension of the materials.
  
- **Resources:** Additional resources for the week's lessons will be listed. These may include access to videos, Web sites, the library reserves, etc. (Your textbook packet provides many of these resources.)

# COURSE SUBJECT & READING OUTLINE

## MODULE I

### INTRODUCTION TO NUTRITION IN HEALTH

**OPEN DATES**

**TOPICS**

**READINGS**

**Week 1**

Mon. 5/19/08	Introductory Activities	<b>Meaning of Food.</b>
Sun 5/25/08	What is food? Nutrients?	<b>Ch. 1 pgs. 3-11, 24-25</b>
	What influences our food choices?	<b>Ch. 14 pgs. 477-480</b>
	Who are the nutrition experts?	<b>Highlight 1</b>
	19 <sup>th</sup> century concepts of wellness	

	Dietary Recommendations (USA, WHO)	<b>pg.40, I-1 (appendix)</b>
	The Science of Nutrition	<b>Ch. 1, pg. 11-16</b>
	Human Organ Systems:	<b>Ch. 3, A-2 to A-8, Highlight 3</b>
	Digestion/Cardiovascular systems	<b>Video: Digestion</b>

**Week 1 Activities:**

**Pretest-All students complete on 5/21/08, 6PM-12PM. 15 min.**  
**Install the Diet Analysis CD-ROM on your computer**  
**Study participants: Informed consent must be submitted before starting Demographic Survey-Study participants only watch for e-mail and link Discussion Board**

## MODULE II

### ENERGY-CONTAINING NUTRIENTS

### ENERGY BALANCE

**Week 2**

Mon. 5/26/08-		<b>Ch. 4</b>
Sun. 6/1/08	Carbohydrates	<b>pgs. 637-641</b>
	Refined vs. Whole	<b>Highlight 4</b>
	Diabetes, Lactose Intolerance	<b>pg. 217, fig. 7-4, 7-18, 7-19</b>
		<b>C-1 to C-3, pgs. 50-51</b>

**Week 2 Activities:**

**Diet Analysis I available: complete 3-day diary, submit by 6/1**  
**Attitude I survey-Study participants only watch for e-mail and link Discussion Board**

**Week 3**

Mon. 6/2/08	Fats Good & Bad	<b>Ch. 5</b>
Sun. 6/8/08	Degenerative Disease & Fats	<b>Highlight 5</b>
		<b>C-3</b>

**Week 3 Activities:**

**Diet Analysis I, Data Printout should be completed and saved**  
**Motivation Survey I-Study participants only watch for e-mail and link Discussion Board**

**COURSE SUBJECT & READING OUTLINE (CONT.)**  
**MODULE II (CONT.)**

**Week 4**

Mon. 6/9/08	Proteins	<b>Ch 6</b>
Sun. 6/15/08	How much is enough?	<b>Highlight 2</b>
	Vegetarianism	<b>C-3 to C-4, D to D-1</b>

**Week 4 Activity:**

**Discussion Board**

**Study for Test I Wed. 6/18/08 6PM-12AM Allow 2 hours**

**Week 5**

Mon. 6/16/08	Energy Maintenance	<b>Ch 7 (213-223, 230-236)</b>
Sun. 6/22/08	Weight & Energy Consumption	<b>Ch. 8, 9</b>
	Exercise & Energy Utilization	<b>Highlight 9</b>
		<b>Pg. 478-479</b>
		<b>Appendix -F</b>
<b>Test I Wed. 6/18/08 6PM-12AM Allow 2 hours</b>		

**Week 5 Activity:**

**Test I Weeks 1-4 Multiple Choice**

**Abbreviated Discussion Board**

**Estimation of Energy Output Calculations (at home exercise)**

**MODULE III**

**THE OTHER NUTRIENTS, NON-NUTRIENTS & HEALTH**

**Week 6**

Mon. 6/23/08	Vitamins	
Sun. 6/29/08	Selected topics	<b>Ch. 10</b>
		<b>Ch. 11</b>
		<b>Diagrams: C-5 to C-9</b>

**Week 6 Activity:**

**Read, Read, Read.....**

**Discussion Board**

**Week 7**

Mon 6/30/08	Minerals & Water	<b>Ch. 12</b>
Sat. . 7/6/08	Phytochemicals	<b>Ch. 13</b>
	Antioxidants	<b>Highlights 11, 12</b>

**Week 7 Activity:**

**Diet Analysis II available. Read and prepare for 3-day diary**

**Discussion Board**

**COURSE SUBJECT & READING OUTLINE (CONT.)**  
**MODULE III (CONT.)**

**Week 8**

Mon 7/7/08	Supplement Use	<b>Highlights 10, 13</b>
Sun. 7/13/08	Nutrition Assessment	<b>Ch. 1(pgs. 16-26) E-1 to E-5</b>
	Nutrition Tools	<b>Ch. 2 Appendix-J</b>

**Week 8 Activity:**

**Nutrition Math (at home activity)**  
**Diet Analysis: 3-day diary should be completed**  
**Study for Test II Weeks 5-8**  
**Wed. 7/15/08 6PM-12AM Allow 2 hours**  
**Discussion Board**

**Week 9**

Mon 7/14/08	Diet & Disease	<b>Ch 18</b>
Sun 7/20/08	Dietary Excess vs. Deficiency	<b>Highlights 6, 18</b>
	Nutrigenomics	
<b>Test II Wed. 7/15/08 6PM-12AM Allow 2 hours</b>		

**Week 9 Activity:**

**Diet Analysis II Food Records/Printout should be completed**  
**Enrichment Article: Origins & Evolution of the Western Diet...**  
**Abbreviated Discussion Board**

**MODULE IV**

**THE COMPLEXITIES OF HUMAN NUTRITION**

**Week 10**

Mon 7/21/08-	Nutrition Needs at Different	<b>Ch. 15, 16</b>
Sun. 7/27/08	Stages of Life	<b>Highlight 16, 15</b>
	Pregnancy, Infancy	<b>Appendix E</b>

	Nutrition Needs at Different	<b>Ch. 17</b>
	Stages of Life (cont.)	<b>Highlights 7, 8</b>
	Childhood, Adolescence, Elderly	

**Week 10 Activity:**

**Completing the diet analysis questions. Postmark: 7/28/08**  
**Study for Test III Thursday 8/7/08 6PM-12AM Allow 2 Hrs.**  
**Discussion Board**  
**Motivation Survey II- Study participants only watch e-mail contact for link**

**COURSE SUBJECT & READING OUTLINE (CONT.)**  
**MODULE IV (CONT.)**

**Week 11**

Mon. 7/28/08	Food Safety & Technology	<b>Ch. 19 Highlight 19</b>
Sat 8/2/08	GM Foods	<b>Video: Dirty Dining</b>

**Week 11 Activity:**

**Study for Test III (weeks 9-12)**

**Thursday 8/7/08 6PM-12AM Allow 2 Hrs.**

**Discussion Board**

**Week 12**

Sun 8/3/08	Hunger	<b>Ch. 20</b>
Fri.. 8/8/08	Global Food Issues	<b>Highlight 20</b>
	Sustainable Food Systems	
	<b>ExamIII Weeks 9-12</b>	<b>Thurs. 8/7/08 6PM-12 AM</b>

**Week 12 Activity:**

**Complete post-test available Monday 8/4/08 6PM-12AM (10 min.)**

**Exam III (weeks 9-12) Thursday 8/7/08 6PM-12PM**

**Abbreviated Discussion Board**

**Motivation Survey II- Study participants only watch e-mail contact for link**

**Attitude Survey II- Study participants only watch e-mail for link**

**All Students should complete the course evaluation for UC.**