

NUTRITION AND HEALTH

PH 1104-401

Fall 2010

INSTRUCTOR:

ALISON VENTURA, PH.D.

Phone: 267-519-4884

E-mail: aventura@monell.org

Office Hours: By Appointment Only

CLASS MEETINGS:

Thursdays, 4:40 – 7:10 pm, Temple Center City Campus, 1515 Market Street, Room 308

TEXTS AND COURSE MATERIALS:

Insel P, Turner RE, Ross D. Discovering Nutrition. Third Edition. Sudbury: Jones and Bartlett Publishers, 2009.

TurningPoint Classroom Response Pad

Also known as “clickers.” Response pads can be purchased at the bookstore or by following the links given at <http://www.temple.edu/cs/students/crs.htm>.

DESCRIPTION:

This course introduces basic nutrition and its role in human health.

COURSE OBJECTIVES:

- Examine personal nutrition habits and appreciate influences on eating choices
- Evaluate different sources of nutrition knowledge and information
- Characterize national nutrition recommendations, assessment, and monitoring
- Differentiate between nutrient classes and their roles in human functioning
- Recognize the relationship between nutrition, wellness, and disease
- Characterize lifecycle nutritional issues
- Recognize the role that disease and socioeconomics play in maintaining adequate nutrition
- Examine the role of government programs in the nutritional health of the population

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LEARNING OBJECTIVES: By the end of this course the student will be able to:

- Appreciate the complex roles of genes and environments in shaping our food choices and eating behaviors
- Become familiar with current dietary recommendations and assessment of the nutritional health of the population
- Identify and differentiate between the classes of nutrients
- Identify nutrient sources and explain their role in health
- Critically examine dietary intake to assess the adequacy of dietary choices and identify potential nutritional risks
- Understand the links between nutrition and disease
- Identify nutritional issues and nutritional risk factors by lifecycle stage
- Understand the roles race, education, and poverty play in public health nutrition
- Engage in critical thinking and discussion of current trends in public health nutrition such as organic foods, food marketing, and costs of healthy eating

COURSE POLICES:

This class meets approximately 2.5 hours per week. Students can expect 3 to 6 hours of preparation (reading, reflecting, preparing written assignments, reviewing notes, preparing for tests, etc.) per week.

Reading: Readings are assigned to correspond with each day's lecture. Students are expected to complete each day's assigned readings before each class session. Readings are intended to supplement classroom lectures; tests will assess knowledge acquired from both lectures and readings.

Response Pads-Clickers: You are required to purchase and register a response pad for this course. Clickers will be used to take attendance and conduct in-class surveys and polls. Individual responses may be recorded through your ID numbers. After buying one, you will need to register it by following links at <http://www.temple.edu/cs/students/crs.htm>. You will be given a score of 0 for the first mini-project if you do not provide your registered clicker ID by the second class session.

Projects and Exams: Dates for projects and exams are as listed on this syllabus. Exams will be given on the dates scheduled with little to no exceptions. You must have a valid reason (e.g. death in the family, pronounced illness, automobile accident) and appropriate written documentation to make alternative arrangements for scheduled projects and/or exams. It is your responsibility to inform the instructor of your absence before the scheduled project or exam if possible. You will receive a zero for the project or exam if written documentation is not provided.

Religious Holidays: If you will be observing any religious holidays this semester that will prevent you from attending a regularly scheduled class or interfere with fulfilling any course requirement your instructor will offer you an opportunity to make-up the class or course requirement if you make arrangements by informing your instructor of the dates of your religious holidays within two weeks of the beginning of the semester.

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Cell Phones and Laptops: Cell phones, pagers, and any other electronic devices must be turned off during class unless special permission is granted by your instructor. Texting during class is not acceptable. Laptops may be used only for note-taking; checking e-mail and other internet use is not acceptable during course period. Students who disregard this policy will be asked to leave class for the day without credit for attendance.

Sleeping during Class: Attention and participation are an important component of this class; when students sleep during class they do not participate and miss important information. Sleeping during class will not be tolerated. Students who disregard this policy will be asked to leave class for the day without credit for attendance.

Attendance: Attendance is very important to your success in this class. Students with an emergency (e.g., death in the family, serious illness, automobile accident) may have an excused absence if written documentation is provided. However, if such absences amount to more than 20% of class hours for the semester, students should consider the possibility of withdrawing from the class. If you miss a class it is your responsibility to contact a classmate for missed material; the instructor will not provide notes for a missed class.

GRADING POLICIES:

The final course grade will be determined according to the following formula:

| ACTIVITY | % COURSE GRADE | TOTAL POSSIBLE POINTS |
|----------------------------|----------------|--------------------------------|
| Attendance & Participation | 10% | 75 points (5 points per class) |
| Mini-Projects | 25% | 200 points (50 points each) |
| Project – Part 1 | 10% | 75 points |
| Project – Part 2 | 15% | 125 points |
| Exams | 40% | 300 points (100 points each) |
| Total | 100% | 800 points |

Attendance and Participation: This class is scheduled to meet 15 times including the final exam. For the purposes of this course, attendance is defined as coming to class, and participation is defined as bringing and using your clicker during class. A total of 5 points per class session will be awarded for attendance (2 points) and participation (3 points). Students who forget to bring their clicker to class will earn 2 points for attendance, but will not be awarded 3 points for participation for that class period.

Mini-Projects: Four mini-projects will be completed during class-time. Students who miss the mini-project will not be given the opportunity for a make-up. Mini-projects will consist of a brief in-class activity and writing assignment based on reading assignments and class lectures and discussions.

Project: The project will be worth 25% of your course grade; the completion of dietary records is worth 10% of your course grade and the analysis and report on those records is worth another

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15%. Each component of the project is due at the beginning of class on the date listed on the syllabus; homework submitted at any other time will be considered late and will be given a score of 0. Late homework will only be accepted when accompanied by a legitimate excuse (severe illness or family emergency) and supporting written documentation.

Exams: Exams will be closed-book and taken without notes or study aids of any kind. Exams will be held in class and will be one class period in length. Exam 1 will cover readings and lectures from Weeks 1 through 4. Exam 2 will cover readings and lectures from Weeks 6 through 9. Exam 3 will cover readings and lectures from Weeks 11-15. Each exam will contain 50 multiple choice questions worth 2 points each.

Extra Credit: Extra credit will not be available.

Final letter grades for the entire course will be assigned based on the cumulative % earned:

| | | | | | |
|----|---|-----------------|----|---|-----------------|
| A | = | 92.5 and higher | C | = | 72.5 - 77.49 |
| A- | = | 90.0 – 92.49 | C- | = | 70 - 72.49 |
| B+ | = | 87.5 - 89.99 | D+ | = | 67.5 - 69.99 |
| B | = | 82.5 - 87.49 | D | = | 62.5 - 67.49 |
| B- | = | 80 - 82.49 | D- | = | 60 - 62.49 |
| C+ | = | 77.5 - 79.99 | F | = | 59.99 and lower |

Students are invited to discuss their concerns about their grades at any time during the semester with the instructor. However, appointments must be made to discuss grades; I will not discuss your personal grades with you informally before, during, or after class.

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STUDENT EXPECTATIONS:

Students taking PH1104 are expected to read and respect the following class guidelines and rules. It is your responsibility to be familiar with and adhere to these guidelines:

- Students are expected to respect their instructor.
- Students must make appointments to meet about grades or course materials; please give sufficient notice if you would like to meet so that I can arrange my schedule.
- Please use formal writing and language in all e-mails to me (this means complete sentences, correct spelling and grammar; no “IM language”: i.e. :-), TTYL!).
- Students who are not in class on the day that assignments or tests are returned are expected to contact me to pick up the assignment or test; I will not carry documents around once they have been returned to the rest of the class.
- Cell phones are to be turned off at the beginning of each class. On test days cell phones, electronic devices (e.g. PDAs, laptops, mp3 players, etc.) and hats are not permitted.
- You are expected to actively participate in class. This means taking notes and paying attention to the instructor, participating in discussions and responding to questions. Please do not read non-course related material during class or distract other students in any other way.
- Students who need extra help with course materials are encouraged to meet with the instructor at least three days before assignments are due. I will not read or grade drafts of assignments before the assignment is due, but I am happy to answer questions about the assignment if help is needed. I will be able to answer minor questions about assignments, or exams via e-mail until 5:00pm on the weekday before these are due.

INSTRUCTOR EXPECTATIONS:

Just as I have certain expectations for you, I hope you have expectations for me. As your instructor, I will adhere to the following guidelines.

- You will be treated with respect and professionalism.
- I will come to class prepared and make every effort to make each class a valuable learning experience.
- I will be accessible to you. I am always happy and willing to meet with any student.
- Students should feel comfortable making appointments with me to go over course material or to prepare for assignments and are welcome to schedule an appointment with me for help with any assignment or test.
- Students are welcome to discuss assignment grades with their instructor up to one week after the assignment is returned.
- I will return all graded material in a timely manner.
- Grading criteria will be provided ahead of time for assignments in order to help students organize their work.

PH-1104-401: NUTRITION AND HEALTH**SCHEDULE OF CLASS TOPICS, PROJECTS, AND EXAMS**

| Date | Topic | Reading | Project or Assignment |
|-------------------------------|--|--------------------------|---|
| Week 1 September 2 | Introduction Why we eat | Ch 1 | Purchase Book Purchase and Register Clicker |
| Week 2 September 9 | Development of Taste & Smell Taste and Smell Assessment | Cowart Article | In-Class Mini-Project #1: What do you sense? |
| Week 3 September 16 | Digestion and Metabolism Energy Balance | Ch 4, Pg 245-271 Ch 8 | |
| Week 4 September 23 | Nutrition guidelines Assessment and monitoring | Ch 2 Appendix H | In-Class Mini Project #2: How do you measure up? |
| Week 5 September 30 | EXAM #1 | | |
| Week 6 October 7 | Carbohydrate Alcohol | Ch 5 Pg 371-397 | |
| Week 7 October 14 | Fat Protein | Ch 6 Ch 7 | Project Part 1 Due: Dietary Records |
| Week 8 October 21 | Vitamins | Ch 9 | |
| Week 9 October 28 | Water and Minerals | Ch 10 | In-Class Mini Project #3: Read that Label |
| Week 10 November 4 | EXAM #2 | | |
| Week 11 November 11 | Eating Disorders Fad Diets and Supplements | Pg 491-515 Ch 3 | |
| Week 12 November 18 | Public Health Movie Review | None | In-Class Mini-Project #4: Movie Critique |
| Week 13 November 25 | NO CLASS: Thanksgiving Holiday | | |
| Week 14 December 2 | Lifecycle Nutrition | Ch 12 Ch 13 | Project Part 2 Due: Analysis & Report |
| Week 15 December 9 | Food Insecurity Nutrition and Food Assistance Programs | Ch 15 | |
| Week 16 December 16 | EXAM #3 | | |

**THE INSTRUCTOR RESERVES THE RIGHT TO MODIFY THE COURSE SYLLABUS
IF NECESSARY. STUDENTS ARE RESPONSIBLE FOR NOTING THESE CHANGES.**

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UNIVERSITY POLICIES

Policy on Disabilities

This course is open to all students who meet the academic requirements for participation. Any student who has a need for accommodation based on the impact of a disability should contact the instructor privately to discuss the specific situation as soon as possible. The instructor will work with Disability Resources and Services in 100 Ritter Annex to make reasonable accommodations for disabilities. Please note that the disability must be on record with Disability Resources and Services in order to make such accommodations.

Statement on Academic Freedom

Freedom to teach and freedom to learn are inseparable facets of academic freedom. The University has adopted a policy on Student and Faculty Academic Rights and Responsibilities (Policy # 03.70.02) which can be accessed through the following link:

http://policies.temple.edu/getdoc.asp?policy_no=03.70.02.

Policy on Academic Honesty

Temple University believes strongly in academic honesty and integrity. Plagiarism and academic cheating are, therefore, prohibited. Essential to intellectual growth is the development of independent thought and a respect for the thoughts of others. The prohibition against plagiarism and cheating is intended to foster this independence and respect.

Plagiarism is the unacknowledged use of another person's labor, another person's ideas, another person's words, another person's assistance. Normally, all work done for courses -- papers, examinations, homework exercises, laboratory reports, oral presentations -- is expected to be the individual effort of the student presenting the work. Any assistance must be reported to the instructor. If the work has entailed consulting other resources -- journals, books, or other media - - these resources must be cited in a manner appropriate to the course. It is the instructor's responsibility to indicate the appropriate manner of citation. Everything used from other sources -- suggestions for organization of ideas, ideas themselves, or actual language -- must be cited. Failure to cite borrowed material constitutes plagiarism. Undocumented use of materials from the World Wide Web is plagiarism.

Academic cheating is, generally, the thwarting or breaking of the general rules of academic work or the specific rules of the individual courses. It includes falsifying data; submitting, without the instructor's approval, work in one course which was done for another; helping others to plagiarize or cheat from one's own or another's work; or actually doing the work of another person.

Students must assume that all graded assignments, quizzes, and tests are to be completed individually unless otherwise noted in writing in this syllabus. The instructor reserves the right to refer any cases of suspected plagiarism or cheating to the University Disciplinary Committee; the instructor also reserves the right to assign a grade of "F" for the given paper, quiz or test.