

The Principles of Nutrition Syllabus

HUN1201, Summer 2021, May 17 - June 18

Course & Instructor Information

Instructor: Roman Pawlak, Ph.D, RDN

Office Hour: 2 hours (according to the teaching schedule)

Contact Hours: 45

Credits: 3

Correspondence with the instructor

Students are encouraged to contact the instructor with question and issues related to the course. In addition, students can contact the Teaching Assistant for help. We will do our best to reply to students' mails as soon as possible and no later than within 24 hours from receiving them.

Course Description

This course is designed to study elementary principles of nutrition and their practical application. The objectives include providing an overview of the scientific principles of nutrition, summarize digestion and metabolism of nutrients, discuss the role nutrients play in human anatomy, physiology, and disease prevention, summarize age and life stage specific nutritional requirements, and overview the role nutrition plays in prevention of aging and age-related chronic health conditions.

Prerequisites

Prerequisite: Eligibility for ENC 1101 or higher.

Textbook Information

You will have the opportunity to read a course pack document available to you free of charge via Moodle as part of preparation for instruction covered in lecture recordings and as independent study outside of instructor's lecturing. The course pack is available to you as a pdf file on Moodle.

Collegewide Student Learning Outcomes

The Collegewide Student Learning Outcomes assessed and reinforced in this course include the following:

- Knowledge of basic/introductory nutrition concepts
- Critical Thinking
- Scientific and Quantitative Reasoning

Measurable Course Objectives

Measurable Course Objectives are outcomes students are expected to achieve by the end of the course.

- Identify the forces that influence an individual's eating pattern.
- Demonstrate knowledge of the dietary goals and guidelines set for Americans by listing these guidelines and specifying ways to implement them into the planning of healthful diets.
- Analyze the nutritional adequacy of daily food intake by calculating the daily intake of specific nutrients and comparing them to an established standard and identifying alternative diet plans.
- Identify food myths, fads, and fallacies and why each is incorrect.
- Demonstrate understanding of how to read and interpret food labels.
- Explain how DRIs are developed and outline their role in healthful diet planning.
- Describe the process of digestion, absorption and metabolism. This includes identifying parts of the digestive system, describing the mechanical and enzymatic activities involved in digestion, and discussing the hormonal regulation of the digestive processes.
- Demonstrate a comprehension of carbohydrates, lipids, and protein by discussing their structure, classifications, function, and dietary sources. Identify the association between the three energy-yielding nutrients and disease.
- Demonstrate a comprehension of energy balance and weight control. Discuss prudent ways to manage body weight. Outline the association between abnormal body weight and selected co-morbidities.
- Demonstrate a comprehension of selected water-soluble and fat-soluble vitamins by describing their individual and collective functions, requirements, dietary sources, deficiency and toxicity symptoms.
- Demonstrate a comprehension of selected minerals by describing their functions, requirements, dietary sources, deficiency and toxicity symptoms.
- Demonstrate knowledge of nutritional requirements throughout the life cycle by listing the specific nutrient needs of pregnancy, lactation, infancy, childhood, adolescence, adult life, and in older adults.

Grading Scale

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = Below 60%

“A” grades are given for outstanding work. You are doing extremely well. The student has exceeded expectation.

“B” grades are given for above average work. You are doing very well. Improvements will be toward higher refinements of concept.

“C” grades are given for average work. You are meeting an acceptable level or expectation. Improvements will be towards acceptable levels of project requirements.

“D” grades are given for below average work. You are under-achieving in quality and/or motivation. Improvements will be towards acceptable level of project requirements.

“F” grades are given for failure. You are not reaching the expected level for college work. Improvements are to review goals, seek assistance and increase efforts.

Grading Policy

Grades will be determined based on the following:

- **Exams 50% of the final grade**

Four exams (3 weekly and one final) will be given throughout the semester. Please note that each exam is comprehensive, meaning that each exam will be based on all lectures and course pack/textbook readings from the beginning of the semester until the time the exam is offered. The same applies to the final exam. All exams are offered via Moodle, including the final exam. You will have one attempt to take the Moodle-based exams and there will be a time limit to submit them (please check Moodle for details). The table below includes information regarding the content of each exam, time period during which each exam will be offered, and the percentage of the final grade each exam is worth.

Exam #	Content	Date exam becomes available	Date by which exam must be completed	Grade
Exam 1	Lectures from week 1 and course pack reading chapter 1-4	05/22	05/24	5%
Exam 2	Lectures from week 1 and 2 and	05/29	05/31	10%

	course pack reading chapter 1-8			
Exam 3	Lectures from week 1, 2, and 3 and course pack reading chapter 1-12	05/29	05/31	15%
Final exam	All lectures and all chapters from the course pack reading	06/16	06/16	20%
<p>Please, <u>ALWAYS</u> use the “PrtScn” (print screen) feature on a keyboard of the confirmation page that you submitted the exam. Also, if you have a problem while taking the exam (e.g. internet outage) use the Print Screen option to document the problem. Attach it to an e-mail and send it to me.</p>				

- Quizzes based on course pack/textbook reading 35%

Students will have the opportunity to read the course pack and earn a credit for each reading assignment by taking Bb-based quizzes. There will be a deadline for taking each quiz (see the table below). Students will not be permitted to take quizzes after the deadline except in cases of prolong illness, hospitalization and other extreme circumstances. Short-term issues, such as having a cold, headache or stomach problem, do not constitute a valid reason to have the deadline extended. Each quiz is set up for 3 attempts with the highest grade of the attempts that will be counted toward the grade.

Quiz	Date the quiz becomes available	Date by which the quiz has to be submitted*	Weighted grade
Quiz 1	05/17	05/20	1%
Quiz 2	05/17	05/21	2%
Quiz 3	05/17	05/22	2%
Quiz 4	05/17	05/23	2%
Quiz 5	05/22	05/24	2%
Quiz 6	05/22	05/25	2%
Quiz 7	05/22	05/26	2%
Quiz 8	05/22	05/27	2%
Quiz 9	05/29	05/31	2%
Quiz 10	05/29	06/01	2%
Quiz 11	05/29	06/02	2%
Quiz 12	05/29	06/03	2%
Quiz 13	06/05	06/07	2%
Quiz 14	06/05	06/08	2%
Quiz 15	06/05	06/09	2%

Quiz 16	06/05	06/10	2%
Quiz 17	06/12	06/14	2%
Quiz 18	06/12	06/15	2%

*the quiz will be available until midnight of the date listed in the table

- **Assignment 1 – diet analysis/healthy eating index 10% - deadline June 16**

Use the MyPlate pictorial dietary recommendation along with the Healthy Eating Index (HEI) guidelines, evaluate your own diet in terms of diet quality. Discuss the degree your diet is consistent with the dietary guidelines represented by the MyPlate and HEI. Propose changes to your diet in order to improve your diet quality to be more consistent with the MyPlate and HEI guidelines.

- **Assignment 2 – create an educational video 5% - deadline June 13**

Students will have the opportunity to create a short video recording in which important nutrition is to be discussed. Please view a sample, read instruction, topics (pick one) and grading criteria uploaded on Moodle. Students will submit a check list document that will include a hyperlink to the MP4 video they have created (you can upload it on youtube.com and include a link to that youtube link). The deadline to submit a check list document with the link to the completed assignment is **June 13**.

Please, ALWAYS use the “PrtScn” (print screen) feature on a keyboard (and/or take a picture with you smart phone) to copy the confirmation of the study guide submission. If, for some reason, I have not received your study guide, you will only be allowed to resubmit the assignment after the deadline when you show a picture of the submission confirmation page.

Makeup Policy

You will be allowed to make up work for full credit only under extreme circumstances (such as a documented, serious health-related problem or family emergency).

No make-up exams will be given unless you have a doctor’s note, family emergency, or another serious reason for missing an exam! In such a case you must take the exam within a week after the scheduled date!

Course Outline

Please note that the schedule is meant to give an overview of the major concepts of this course. Changes may occur in this calendar as needed to aid in the student’s development.

Week 1

- Course introduction
- Introduction to nutrition and nutrients
- Introduction of dietary assessments
- Nutrition: every day choices
- Dietary guidelines and principles
- Basic principles of nutrition research
- Fed diets. How to recognize prudent health and nutrition information
- How to understand food labels
- Digestion: From Meals to Molecules
- Carbohydrates. Sugars, starches, and fibers
- Exam 1

Week 2

- Lipids: Fats, Phospholipids, and Sterols
- Proteins: amino acids, enzymes, hormones, and more
- Health effect of macronutrients
- Energy balance and weight management
- Eating disorders
- Exam 2

Week 3

- Energy and nutrient metabolism
- Water- and fat-soluble vitamins
- Vegetarian diets
- Nutrition and athletic performance
- Issues in food safety
- Exam 3

Week 4

- Water, macro and trace minerals

- Water and alcohol
- Nutrition in disease prevention and treatment
- Nutrition in the lifecycle. Pregnancy, lactation, infancy and children
- Nutrition in the lifecycle. Adults

Week 5

- Nutrition in the lifecycle. Elderly, oldest old and centenarians
- Malnutrition around the world
- **Final exam**

Policies

1. Grades

The final grades will be based on grades achieved from all exams, quizzes, lecture notes and assignments. There will be no extra credits assignments given. No grade will be dropped.

2. Exams

If you do get permission to take an exam at a different time you will be expected to take it within a week from the original date.

3. Academic honesty

Any violation of academic integrity will result in automatic failure of the course. Violation of academic integrity includes among other things lying and cheating (copying information from the internet for an assignment is a form of cheating). You are to take each exam individually. Taking it and discussing it with another student constitutes cheating. Honesty is expected at all times.

4. Professionalism

Students are expected to act professionally at all times. This includes referring to the instructor, teaching assistant and other students with respect and courtesy.

Academic Integrity

As members of the Seminole State College of Florida community, students are expected to be honest in all of their academic coursework and activities.

Academic dishonesty, such as cheating of any kind on examinations, course assignments or projects, plagiarism, misrepresentation and the unauthorized possession of examinations or other course-related materials, is prohibited.

Plagiarism is unacceptable to the college community. Academic work that is submitted by

students is assumed to be the result of their own thought, research or self-expression. When students borrow ideas, wording or organization from another source, they are expected to acknowledge that fact in an appropriate manner. Plagiarism is the deliberate use and appropriation of another's work without identifying the source and trying to pass-off such work as the student's own. Any student who fails to give full credit for ideas or materials taken from another has plagiarized.

Students who share their work for the purpose of cheating on class assignments or tests are subject to the same penalties as the student who commits the act of cheating.

When cheating or plagiarism has occurred, instructors may take academic action that ranges from denial of credit for the assignment or a grade of "F" on a specific assignment, examination or project, to the assignment of a grade of "F" for the course. Students may also be subject to further sanctions imposed by the judicial officer, such as disciplinary probation, suspension or dismissal from the College