

FCS 2362: Section 04-Nutrition

Credit Hours: 3 CRN: 82185

Fall 2017

College of Health Sciences

Department of Family and Consumer Sciences

Class Days: Monday and Wednesday

Time: 1:00-2:20 pm

Location: MLHB Room 301

Course Format: Face-to-Face



Associate Professor: Valencia Browning Keen, PhD, RD, LD

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Office Hours: MW: 9-10:00 am and TR: 1-3; I am usually available after class some days and appointments are always welcomed unless away at a conference, research, meeting, personal day. Plan and stay on top of the daily schedule!

Textbook: Blake, J.S. Munoz, K.D. and Volpe, S. *Nutrition: From Science to You*. Pearson, 3rd edition, 2016. Additional reading assignments may be provided by the professor for enhanced understanding along with some in class activities.

STUDENT SYLLABUS GUIDELINES: You may find online a more detailed description of the following policies. These guidelines will also provide you with a link to the specific university policies or procedures: http://www.shsu.edu/syllabus_regarding:

-SHSU Class Attendance Policy AP: 800401

-Procedures in Cases of Academic Dishonesty such as Plagiarism AP: 810213

-Academic Grievance Procedures for Students AP: 900823

-Students with Disabilities AP: 811006

-Student Absences on Religious Holy Days AP: 861001

-Use of Telephones and Text Messengers in Academic Classrooms and Facilities AP: 100728

COURSE DESCRIPTION: Study is made of the fundamental concepts of nutrition. The various nutrients, their sources, metabolism, physiology and interrelationships are emphasized. Requirements at different stages of growth and development are studied. Experience is provided in making dietary studies and in adjusting meals for individuals and population groups. **This course meets requirement for pre-nursing curriculum. Prerequisite: BIOL 2401.**

COURSE OBJECTIVES: This course is designed to study the various fundamental concepts of nutrition. The various nutrients, their sources, metabolism, physiology and interrelationships

are examined. Requirements' at various stages of growth and development are studied. Fundamentals of nutrient assessment to ascertain the quality of diets throughout the life cycle and in various communities are provided. Fundamentals of quality assurance in the process of providing various nutrients will be discussed. Experience is provided in making dietary studies utilizing computer software. Based on such studies, adjustment of meals for individuals and populations is suggested. Upon the completion of this course the student will be able to:

1. Describe food and food ways as sources of various nutrients; their action, interaction and balance in relation to health and disease;
2. Recall nutrient information to food and physiological functions of the human body;
3. Demonstrate a varied and balanced diet from both a personal and professional viewpoint;
4. Memorize nutritional information regarding chemical characteristics, metabolic roles, clinical symptoms of deficiencies or excess intake and food sources of each nutrient;
5. Discuss nutrition problems as related to various socioeconomic groups in the U.S. and various cultures in the world;
6. Recognize nutrition information with regard to various socioeconomic groups in the U.S. and various cultures in the world typically available for mass distribution;
7. Identify nutrition guidelines to effectively alter established, but undesirable, food habits;
8. Explain the responsibility of individuals in health professionals for keeping abreast with new developments in nutrition and food research;
9. Demonstrate basic understanding of nutritional quality assessment of individuals and populations utilizing computer software;
10. Defend and criticize reasons when and when not to provide nutrition information with others and when to refer to experts in nutrition for appropriate medical nutrition therapy;
11. Examine and discuss quality assurance procedures designed to systematically monitor the nutritional qualities of the diets in order to improve health of the populations and to resolve identified problems.

Student Syllabus Guidelines: You may find online a more detailed description of the following policies. These guidelines will also provide you with a link to the specific university policy or procedure: <http://www.shsu.edu/syllabus/>

ATTENDANCE POLICY:

Attendance will be taken in each class in accordance with the University Policy. Each student is responsible for ensuring that he/she has received credit for being present in each class. Tardiness will count as absences unless otherwise specified.

Each student will be given three grace absences during the semester. For every absence beyond this (regardless of the reason), a penalty will be incurred. After the 3 grace periods have been exhausted, the each student's absences that are legitimate will be reviewed case by case to determine if for example a prolonged illness warrants missing class. However, if no such case exists, the following will apply since each week is designed to review in detail whole chapters of content which applies to your major.

COURSE FORMAT:

This course will consist of teacher lectures, student/teacher discussion, power point presentations and student inquiry. Lectures will include textbook information as well as other references, some of which are listed in the bibliography and this professor's clinical and practical experience in the food industry and in clinical dietetics and public health positions she has held.

COURSE EVALUATION:

Major Exams including the Final (4)	400 points (100 points each)
Nutritional Analysis Project	100 points Guidelines Provided in Class
Movie or Ted Talk Reflection	50 points Guidelines Provided in Class
Fad Diet Assessment	75 points Guidelines Provided in Class
Restaurant/Menu Project Due	100 points Guidelines Provided in Class

Total Possible Points:

725 points total

675-725 = A

624-674 = B

573-623 = C

D or F? Why are you here?

GRADING SCALE: A= 90-100; B= 80-89; C= 70-79; D= 60-69; F=59 below

***The professor reserves the right to implement additional assignments in class to enhance the students' learning curve of the content. The total point value will be adjusted accordingly.**

***Make-up exams are NOT an option in this class unless an excused absence. The professor reserves the right to give the student a comparable assignment with the same weight value.**

***The professor may take up to 2 weeks to return grades from exams and assignments.**

***The professor may refer students who are failing or demonstrating poor academic performance to the SHSU First Alert Program. However, I would hope that the student would make an office appointment to discuss how I can assist in conveying and improving the learning curve.**

CLASSROOM RULES OF CONDUCT:

Do unto others as you would want them to treat you-the Golden Rule in class and life. Students are expected to assist in maintaining a classroom environment that is conducive to learning. Students are to treat the professor and their fellow students with respect. Please turn off the cell phones and store properly while in class along with all other personal

items. You should not be texting or anticipating answers to inquiry on your cell phone from anyone unless it is a family emergency and then you need to speak with your instructor before class. Under no circumstances are cell phones or any electronic devices to be used or seen during times of examination. No conversations are to take place between students during class unless related to a classroom assignment. Sometimes small groups or a partner in class assignments may be asked of you and you may need access to your laptop, Wi-Fi and specific internet websites as well as your text. The instructor will let you know when that is an opportunity.

ACADEMIC DISHONESTY:

All students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action. The University and its official representatives may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including but not limited to, cheating on an examination or other academic work which is to be submitted, plagiarism, collusion and the abuse of resource materials. For a complete listing of the university policy, see website listed at the beginning of this syllabus.

STUDENT ABSENSES ON RELIGIOUS HOLY DAYS POLICY:

Section 51.911 (b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence. "Religious holy day" means a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20, Tax Code. Please see policy identified at the beginning of the syllabus.

STUDENTS WITH DISABILITIES POLICY:

Requests for accommodations must be initiated by the student. A student seeking accommodations should go to the Counseling Center for certification of the disability during the first week of the semester. Please adhere to the following:

It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Students with disabilities that might affect their academic performance are expected to visit with the Office of Services for Students with Disabilities located in the Counseling Center. They should then make arrangements with their individual

instructors so that appropriate strategies can be considered and helpful procedures can be developed to ensure that participation and achievement opportunities are not impaired.

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. If a student has a disability that may affect adversely his/her work in this class, then the student is encouraged to register with the SHSU Counseling Center and to talk with the instructor about how best to deal with the situation. All disclosures of disabilities will be kept strictly confidential. NOTE: no accommodation can be made until the student registers with the Counseling Center.

VISITORS IN THE CLASSROOM:

Unannounced visitor to class must present a current, official SHSU identification card to be permitted into the classroom. They must not present a disruption to the class by their attendance. If the visitor is not a registered student, it is at the instructor's discretion whether or not the visitor will be allowed to remain in the classroom.

INSTRUCTOR EVALUATIONS:

You will have the opportunity to evaluate this class at the end of the semester to assist with any improvements for the following semesters. The evaluation is online and you will be given the information on how to assess the class. The IDEA Objectives to be achieved include:

- Gaining factual knowledge (terminology, classification, methods, trends);**
- Learning to apply course material (to improve thinking, problem solving);**
- Acquired skills in working with others as a member of a team;**

CELL PHONE USAGE:

If you are expecting a phone call from a family member related to an emergency, please sit down front until phone call comes in and leave the classroom. If phones are out of your purses, book bags, attached to your belts or underneath clothing and are attended to during class, you will be asked to leave the classroom. All phones are to be OFF during lecture, testing and class activities. Each violation leads to a zero on class assignments identified on your syllabus. All personal items are to be stowed in your book bag or purse.

Cell phones may not be used for taping or photography without the consent of the professor and for class related projects that may arise. Use of a telephone or text messenger or any device that performs these functions during a test period is prohibited. These devices should not be present during a test or should be stored securely in such a way that they cannot be seen or used by the student. Even the visible presence of such a device during the test period will result in a zero for that test. Use of these devices during a test is considered de facto evidence of cheating and could result in a charge of academic dishonesty (see student code of conduct. Please review first part of syllabus for this website.

POINTS TO PONDER:

***The instructor reserves the right to implement in class activities and other additional assignments to enhance the student's learning curve if the exam grades are not contributing to the student's learning curve. Students will be allowed to use various materials made available to them from the instructor to help with their success. The total point value will be adjusted accordingly if more course opportunities are added in class. THIS CLASS REQUIRES READING. Numerous student help is available at the end of each chapter. CRITICALLY READING AND NOT RIGHT BEFORE THE EXAM IS HIGHLY RECOMMENDED PAYING PARTICULAR ATTENTION TO GLOSSARY TERMS, CONCEPTS, METHODS, CALCULATIONS, FACTUAL AND TREND DATA.**

TENTATIVE COURSE CALENDAR-All lecture content and dates are subject to change:

DATE	TOPIC	TEXT READING
8/23	Introduction/Syllabus/Assignments	Begin reading Chapters 1,2
8/28	What is Nutrition? Begin Tools for Healthy Eating	Chapters 1,2
8/30	Tools for Healthy Eating	Chapters 1,2
9/4	Labor Day Holiday—Enjoy!	Labor Day Holiday!
9/6	Digestion, Absorption, Transport	Chapter 3
9/11	Carbohydrates	Chapter 4
9/13	Carbohydrates	Chapter 4
9/18	Lipids	Chapter 5
9/20	Lipids	Chapter 5
	Global Nutrition and Malnutrition	Chapter 21
9/25	Examination 1	Chapters 1,2,3,4,5
9/27	Proteins	Chapter 6
10/2	Proteins	Chapter 6
	Energy Metabolism	Chapter 8
10/4	Energy Metabolism	Chapter 8
10/9	Energy Balance/ Nutrition and Fitness	Chapter 14, 16

10/11	Weight Management and Nutrition and Fitness	Chapter 15, 16
10/16	Weight Management and Nutrition and Fitness	Chapter 15 *Movie or Ted Talk Project Due
10/18	Examination 2	Chapters 6,8,14,15,16
10/23	Fat Soluble Vitamins	Chapter 9
	Food Safety	Chapter 20
10/25	Water Soluble Vitamins	Chapter 10
10/30	Fat and Water Soluble Vitamins	Chapter 9,10
11/1	Water and the Major Minerals	Chapter 11,12
11/6	Water and the Major Minerals	Chapter 11,12 *Fad Diet Project Due
11/8	The Trace Minerals	Chapter 13
11/13	The Trace Minerals	Chapter 13
11/15	Examination 3	Chapters 9,10, 11, 12,13
11/20	Pregnancy, Lactation and Infancy, Childhood and Adolescence	Chapter 17,18 *Nutritional Project Due
11/22	Pregnancy, Lactation and Infancy, Childhood and Adolescence	Chapter 17,18
11/23-24	Happy Thanksgiving and Safe Travels! Tell the family hello and hope to meet them at your graduation one day!!	
11/27	Older Adults and Elders	Chapter 19 *Restaurant/Menu Project Due
11/29	Older Adults and Elders	Chapter 19
12/6-Wednesday	Final Examination 2:30-4:30 pm	Comprehensive Exam

