

**COLLEGE OF HEALTH SCIENCES**  
**DEPARTMENT OF FAMILY & CONSUMER SCIENCES**  
**FACS 4395: LIFECYCLE NUTRITION**  
**FALL SEMESTER 2017**

**CLASS TIME:** Tuesday and Thursday, 8-9:20 AM

**CLASS LOCATION:** MLHB Room: 301

**CLASS CREDIT:** 3 Hours

**INSTRUCTOR:** Crystal Clark Douglas, PhD, RD

Office: MLHB, 224

Phone: 936-294-4164

Fax: 936-294-4204

Email: [ccdouglas@shsu.edu](mailto:ccdouglas@shsu.edu)

**OFFICE HOURS:** Monday 9 AM-12 PM; Tuesday and Thursday 9:30-10:30 AM

**COURSE DESCRIPTION:** This course will cover nutrition and its influence on reproductive health in men and women as well as the importance of adequate nutrition during pregnancy for both mother and child. The nutrient composition of breast milk as well as the nutrient recommendations and growth patterns of infants, children, and adolescents will be discussed. The interrelationships of diet, nutrition, body composition, emotional development, behavior, and aging will be covered. This course will also examine the role of environment and lifestyle choices, including nutrition, on disease and over-all health. Prerequisite: FACS 2362; FSN majors with instructor approval.

**COURSE OBJECTIVES:**

1. Identify changes in nutrient needs during growth and development and the physiological basis for these changes
2. Provide scientific basis for recommendations for diet during pregnancy, lactation, infancy and childhood
3. Identify the impact of nutrition on development
4. Identify changes in nutrient needs during aging and the physiological changes that occur

**Required Texts:**

Brown, J.E. Nutrition Through the Life Cycle, 6th edition, 2017

Additional supplemental reading material may be provided during the course.

**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/>.

**Classroom Rules of Conduct:** Students are expected to assist in maintaining a classroom environment that is conducive to learning. Students are to treat faculty and students with respect:

- Sidebar conversations will not be tolerated, and students engaging in such activity will be asked to leave.
- Students are to turn off cell phones while in the classroom. Under no circumstances are cell phones or any electronic devices (including calculators) to be used or seen during times of examination.

- Texting will not be tolerated. If texting is observed, it will result in an automatic 5% reduction in the student's overall grade (per event).
- All tobacco products, including chewing tobacco, are prohibited in all academic buildings and classrooms. Students found using these products will be asked to leave.
- During exams/quizzes, students will be required to store their belongings in open bins and/or shelving. These dates are clearly spelled out on the class schedule. Please plan accordingly in order to properly store your valuables.

**Student Absences on Religious Holy Days:** 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.

### **STUDENTS WITH DISABILITIES POLICY:**

It is the policy of Sam Houston State University that no otherwise qualified disabled individual shall, solely by reason of his/her disability, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any academic or Student Life program or activity. Disabled students may request help with academically related problems stemming from individual disabilities from their instructors, school/department chair, or by contacting the Director of the Office of Services for Students with Disabilities, Lee Drain North Annex, or by calling 936.294.3512, TDD 936.294.3786. **NOTE: No accommodation can be made until the student registers with the Office of Services for Students with Disabilities (SSD).** See the link at <https://www.shsu.edu/syllabus/>

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 Office of Services for Students with Disabilities (SSD) and talk with the instructor about how best to deal with the situation. All disclosures of disabilities will be kept strictly confidential. **No accommodation can be made until a student registers with the Office of Services for Students with Disabilities (SSD).**

**Visitors in the Classroom:** Only registered students may attend class. Unannounced visitors 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. Students wishing to audit a class must apply to do so through the Registrar's Office.

### **Procedures in Cases of Academic Dishonesty (AP 810213)**

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.

<http://www.shsu.edu/dotAsset/728eec25-f780-4dcf-932c-03d68cade002.pdf>

Plagiarism includes, but is not limited to, copying the work of another student, copying published work without appropriate citations, and allowing someone else to complete an assignment or work for the student.

**\*\*Note:** If a student submits a paper that exhibits plagiarism the paper will be given a grade of “0”. No makeup of the grade will be accepted. The second occurrence of plagiarism will result in a failing grade for the course.

**Rules of Conduct:** Students are expected to comply with the university’s Code of Conduct, found on the Dean of Students website at [http://www.shsu.edu/~slo\\_www/](http://www.shsu.edu/~slo_www/). All students are expected to assist in maintaining an environment that is conducive to learning. Students are to treat faculty and other students with respect.

Allegations of **student misconduct**, as defined in paragraph 5.2, Chapter VI of the *Rules and Regulations*, Board of Regents, The Texas State University System, and Sam Houston State University *Student Guidelines*, published by the Dean of Students’ Office, will be referred to the Dean of Students’ Office for necessary action. Dean of Students: <http://www.shsu.edu/dept/dean-of-students/>.

### **Academic Grievance Procedures for Students (AP 900823)**

Academic grievances include disputes over course grades, unauthorized class absences/tardiness, suspension for academic deficiency, instructor’s alleged unprofessional conduct related to academic matters, graduate comprehensive and oral exams, theses and dissertations, and withdrawal or suspension of privileges related to degree-required clinical rotation, internships, or other clinical service delivery in professional degree programs.

If the dispute is determined to be based upon professional judgment, the aggrieved student is entitled to have, as appropriate and in turn, the department/school chair, College Academic Review Panel, academic dean, Dean of Graduate Studies (for graduate student issues), and Provost and Vice President for Academic Affairs form an opinion about the dispute and so advise the individual(s) involved.

**Cell Phone/Electronic Devices:** The use by students of electronic devices that perform the function of a telephone or text messenger during class-time may be prohibited if deemed disruptive by the instructor to the conduct of the class. Arrangements for handling potential emergency situations may be granted at the discretion of the instructor. Failure to comply with the instructor’s policy could result in expulsion from the classroom or with multiple offenses, failure of the course. Cell phones may not be used for taping or photography without the consent of the professor and for class related projects that may arise.

Any use of a telephone or text messenger or any device that performs these functions during a test period is prohibited. 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

<http://www.shsu.edu/students/guide/StudentGuidelines2010-2012.pdf#page=29>).

### **Expectations for Succeeding**

To perform successfully in the course, here are a few "tips for success":

- Dedicate time each week to include reading and completing assignments.
- Participate fully in the course. Your ideas and comments, shared with the professor and classmates, are important and valued. Comments should be relevant to the topic and not derogatory.

- Manage your time wisely in order to complete your assignments on or before deadlines.
- Seek assistance immediately if you are experiencing any difficulties.

**Attendance Policy:**

Regular and punctual class attendance is expected of all SHSU students. Those who miss a substantial number of classes will penalize themselves by missing material that will be discussed in class, that may not appear in the texts, and over which the class will be tested. It is up each student, not the instructor, to obtain missed material. Only University-recognized excuses will be accepted.

**Evaluation:** Student overall performance will be measured on the basis of course exams and assignments.

**GRADING POLICY AND ASSIGNMENTS:**

**Exams (75%):**

2 at 100 pts each	200 pts
Cumulative Exam	100 pts

**Additional assignments (25%):**

Group presentation	40 pts
On-line Quizzes (2 at 20 pts each)	40 pts
Out-of-class assignment	20 pts

**Total:** 400 pts

**Grades will be assigned using the following scale:**

<b>A = 90-100</b>	<b>D = 60-69%</b>
<b>B = 80-89%</b>	<b>F= below 60</b>
<b>C = 70-79%</b>	

Grades of xx.5 and above will be rounded up; grades of less than xx.5 will be rounded down.

**Examinations:** Attendance for scheduled exams is required. Students are expected to be on time for exams, and may not leave the room once the exam has begun. If you arrive to class after a student has completed and turned in an exam you will not be allowed to take the exam. **There will be one make-up exam during the semester (at a time to be announced later in the semester). Students must produce proper documentation (ex. A doctor’s signed note for illness) before a make-up exam may be given.** Tentative dates are provided on the course schedule with examination dates. The examinations will encompass any lecture material, reading assignments, and material from the assessments.

- If you have a university-recognized excuse for missing an examination and notify the instructor prior to the examination, missed examinations may be made up at the convenience of the instructor and on a case-by-case basis.
- The final exam is cumulative and may not be taken at an alternative time except for circumstances allowed for under the University’s final examination policy.

**On-line Quizzes:**

On-line quizzes will be offered throughout the course. The content of the quizzes will pertain to the material covered in class and/or additional articles assigned for reading. Completion of these quizzes will serve as a study guide for the exams. You will not be able to make up the exams if you miss the deadline. It is your

responsibility to complete the assignment outside of the classroom within the given deadline.

**Out of class assignment:**

These will be discussed in more detail in class.

**Group Presentations:**

Students are responsible for developing content information to deliver to the class using PowerPoint. Students are expected to provide a comprehensive overview of the topic as it will serve as exam material. More details will be announced in class.

## Tentative Lecture Schedule, Chapter Assignments and Laboratories

**\*\*Please Note: Syllabus subject to change at instructor's discretion\*\***

<b>Date</b>	<b>Topic</b>	<b>Reading</b>	<b>Projects/Assignments</b>
<b>August</b> 24	Introduction	Syllabus	
29	Nutrition Basics	Ch 1	
31	Nutrition Basics		<b>Sign up for presentations</b>
<b>September</b> 5	Preconception Nutrition	Ch 2	
7	Preconception Nutrition		
12	Preconception Nutrition	Ch 3	
14	Preconception Nutrition		<b>On-line Quiz</b>
19	Nutrition and Pregnancy	Ch 4	
21	Nutrition and Pregnancy		
26	<b>Exam 1</b>		
28	Nutrition and Pregnancy	Ch 5	<b>Oral Presentations</b>
<b>October</b> 3	Nutrition during Lactation	Ch 6/7	
5	Infant Nutrition	Ch 8	
10	Infant Nutrition		
12	Infant Nutrition	Ch 9	<b>Oral Presentations On-line Quiz</b>
17	Toddler and Preschooler	Ch 10	
19	Toddler and Preschooler		
24	Out-of-class assignment		
26	Toddler and Preschooler	Ch 11	<b>Oral Presentations</b>
31	Child and Preadolescent	Ch 12	
<b>November</b> 2	Child and Preadolescent		
7	Child and Preadolescent	Ch 13	<b>Oral Presentations</b>
9	<b>Exam 2</b>		
14	Adolescent Nutrition	Ch 14	
16	Adult Nutrition	Ch 16	
21	Adult Nutrition	Ch 17	<b>Oral Presentations</b>
23	Happy Thanksgiving		
28	Elderly Nutrition	Ch 18	
30	Elderly Nutrition	Ch 18	<b>Oral Presentations</b>
Tuesday, December 5	<b>Cumulative Final Exam</b>		<b>**8-10 AM**</b>