COLLEGE OF CHARLESTON
HEAL 257 01  PRINCIPLES OF NUTRITION
Spring 2015  3 credit hours

TIME:         MWF: 9:00 - 9:50 am
PLACE:        Room 111, Silcox Physical Education and Health Center
INSTRUCTOR:   Susan E. Balinsky, DrPH, CHES
OFFICE HOURS: 1:30-2:30 MW, 9:00-11:00 Tuesday, 9:00-9:45 Thursday and by appointment
OFFICE:       Room 319, Silcox Physical Education and Health Center
PHONE/FAX:    953-8242 (direct)  953-5558 (PEHD Office)  843-953-6757 (FAX)
E-MAIL:       BalinskyS@cofc.edu
PREREQUISITES: None


COURSE DESCRIPTION:  A study of food groups and nutrients and their relationship to health, physical activity, aging, and consumer food programs.


COURSE OBJECTIVES:  Students will be able to

1. comprehend concepts related to health promotion and disease prevention by:
   a. describing the basic functions & food sources of the 6 nutrient groups.
   b. identifying the role of nutrition in disease development/prevention.
   c. identifying how nutritional requirements vary throughout the lifecycle.
   d. analyzing the concepts of appropriate weight loss, gain, and maintenance.

2. demonstrate the ability to practice health enhancing behaviors and reduce health risks by:
   a. demonstrating knowledge of nutritional planning via food planning systems
   b. correctly interpreting nutrition labels.
   c. completing a behavior change project during the semester.

REQUIREMENTS:  37%  Outside assignments and projects
                 63%  Examinations

DESCRIPTION OF PROJECTS:  1. NUTRIENT ANALYSIS & ACTIVITY  (70 pts = 9.9 %)  DUE 1-30

*See OAKS for directions for this assignment

   Section 1:  Food & Activity Record

   Section 2:  Super Tracker – My Report

   Section 3:  Understanding your Diet & Activity

**Select behavior change topic
Choose one nutrient for your behavior change. Discuss why you feel this would be the most beneficial for you. Include any family history issues (e.g. hypertension, CHD, diabetes, cancer) that played a role in your selection. If there are no family history issues indicate that it is not applicable.

2. **SECOND NUTRIENT ANALYSIS** (70 points = 9.9%) **Due 3-20**

Repeat assignment from first analysis. Start March 9

3. **PRESENTATION** (60 points = 8.5%)
   1. Select a nutrient by February 6 to do this assignment.
   2. Prepare a creative 4-6 minute Power Point presentation on your approved vitamin or mineral. Use a **minimum of three current sources** (2011 – present), **including at least one** source from the internet. This should be a research type article, not a commentary, from a credible source (e.g. NIH, USDA, CDC)

      Hint: Check out website www.ods.od.nih.gov

      E-mail Dr. Balinsky a copy of your Power Point **at least 24 hours in advance** of your presentation.

      Also post your Power Point on OAKS under the appropriate GROUP heading. (Take out graphics!)

   3. Include (minimum requirements): functions, sources, and issues of excesses and deficiencies, who is most at risk. Try to add interesting new information or facts about your nutrient. Have a slide showing your multiple choice questions (see #4 below) and a slide showing your sources.

4. **Multiple choice questions.** Include **two** multiple choice questions as a part of your Power Point presentation. Only include the question, do NOT provide the answer or the three distracters.
   i.e. This vitamin, when consumed during pregnancy, can help prevent neural tube defects like spina bifida.
   * Do not provide your a, b, c, d responses for classmates.

   Note: do NOT ask questions about the RDA or AI

**To be submitted to Dr. Balinsky at the time of your presentation:**  
(Note: these should all be hard copies)

1. A hard copy of your Power Point presentation (6 slides per page).
2. A complete copy of your two multiple choice questions including the three distracters and the correct answer. Be sure to identify the correct answers.
   i.e  This vitamin, when consumed during pregnancy, can help prevent neural tube defects like spina bifida.
   a. niacin  **b. folate**  c. riboflavin  d. B6
**Tentative dates** to give presentations:

- **Vitamins:** March 25, 27
- **Minerals:** April 10, 13

4. **FINAL PAPER** (30 points = 4.2%)  **Due 4-15**

   Compare this to the summary data from your first analysis.
   
   a. Complete the **Comparison Chart for Final Analysis** . (10)
   
   b. Overall, do you believe your diet has changed for the better? Using your average of all days’ analysis, do you believe you have a healthy diet? Explain why or why not. Address a wide variety of issues including: significant nutrient intakes (high or low), percent calorie breakdown including alcohol, breakdown of fats, your my plate results as well as how well you met the five components of a healthy diet. (20)

5. **Health Service Activity** (30 points = 4.2%)  **Due 4-6**

   Complete four community service hours, preferably related in some way to diet and health. This may be on campus or within the community. Nutrition related community options to select from include: Shadowing is not acceptable. See rubric.
   
   - Lowcountry Food Bank, Inc
   - Crisis Ministries
   - Meals on Wheels of Summerville
   - DHEC/WIC program

   Complete the **time sheet and reflection form** provided.

   You may access a list of over 100 volunteer agencies in the Charleston area at [www.tuw.org](http://www.tuw.org) (Trident United Way).

   Check with me if the agency you are considering is not listed.

   **Note:** Exams will include assigned reading, class notes, speakers, and audio-visual supplements.

   **EXAMINATIONS:**

<table>
<thead>
<tr>
<th>Exam</th>
<th>Points</th>
<th>Chapters</th>
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<tbody>
<tr>
<td>Exam 1</td>
<td>100</td>
<td>Chap. 1-7</td>
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<tr>
<td>Exam 2</td>
<td>100</td>
<td>Chap. 12,13,14,18,19,22</td>
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<tr>
<td>Exam 3</td>
<td>100</td>
<td>Chap. 9,11,15,16,19,20,22,24</td>
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<tr>
<td>Exam 4</td>
<td>100</td>
<td>Chap. 23,25,28,29,32, food pyramid, nutrient %s, food labels, dietary guidelines, diet evaluation, components of a healthy diet, overview material from the semester</td>
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   **SCALE:**

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<thead>
<tr>
<th>Percentage</th>
<th>Grade</th>
<th>Points</th>
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<td>90-100%</td>
<td>A</td>
<td>639-710</td>
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<td>88-89%</td>
<td>A-</td>
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<td>604-624</td>
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<tr>
<td>80-84%</td>
<td>B</td>
<td>568-603</td>
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<tr>
<td>78-79%</td>
<td>B-</td>
<td>554-567</td>
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<td>75-77%</td>
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<td>70-74%</td>
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<td>68-69%</td>
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<td>483-496</td>
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<td>&lt;62%</td>
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   **QUIZZES:**

   A total of 50 points in quizzes will be given throughout the semester. These may be announced or unannounced.
**EVALUATION CRITERIA:**

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<th>Percentage</th>
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<tbody>
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<td>Exam 2</td>
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<td>14.1%</td>
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<tr>
<td>Quizzes</td>
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<tr>
<td>Nutrient Analysis 1</td>
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<td>Nutrient Analysis 2</td>
<td>70</td>
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<td>Presentation</td>
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<td>Final Paper</td>
<td>30</td>
<td>4.2%</td>
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<tr>
<td>Health Service Activity</td>
<td>30</td>
<td>4.2%</td>
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<td><strong>Total:</strong></td>
<td>710</td>
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**Bonus point options:** These are totally voluntary. **5 points each**

1. **Healthy Recipe:** Find or create a healthy recipe. The recipe should have at least six ingredients and should be more involved than a fruit salad!

   You must **sign up** with Dr. B **on or before 4-20** (only one person per recipe)
   
   Recipe should include: ingredients, what to do with the ingredients, the source and a description of why it is healthy.

   Submit a **hard copy** to Dr. B (by 4-22) and post the recipe to everyone in the class via OAKS under the Recipes heading.

2. **Prepare recipe:** Make the dish approved in #1 above for the class on our “healthy eating” day, 4-24.

**COURSE CONTENT:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Unit</th>
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<tbody>
<tr>
<td>1-12</td>
<td>Introduction</td>
<td>1</td>
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<td></td>
<td>Learning Activities: lecture, small group</td>
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<tr>
<td>1-14</td>
<td>Key Concepts</td>
<td>2</td>
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<td></td>
<td>Learning Activities: lecture, discussion</td>
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<tr>
<td>1-16</td>
<td>The “Inside Story”</td>
<td>3</td>
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<td></td>
<td><strong>Start My Plate</strong></td>
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<td></td>
<td>Learning Activities: lecture, discussion</td>
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<tr>
<td>1-19</td>
<td>Martin Luther King, Jr. Day – No class</td>
<td>4</td>
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<tr>
<td>1-21</td>
<td>The “Inside Story” continued</td>
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<td></td>
<td>Learning Activities: lecture, discussion</td>
<td></td>
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<tr>
<td>1-23</td>
<td>Ways to Know About Nutrition</td>
<td></td>
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<tr>
<td></td>
<td>Learning Activities: lecture, demonstration, individual</td>
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<tr>
<td>1-26</td>
<td>Food Labels</td>
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<td>(Bring a label with you!)</td>
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<td></td>
<td>Learning Activities: lecture, discussion, individual work</td>
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<tr>
<td>1-28</td>
<td>Food Labels</td>
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<td>Learning Activities: lecture, discussion, group work</td>
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</tbody>
</table>
1-30 Healthful Diets  
**Nut. analysis & Activity analysis due**  
Learning Activities: lecture, discussion

2-2 Digestion  
Learning Activities: lecture, discussion

2-4 Catch up day or start carbohydrates  
Learning Activities: lecture, discussion

2-6 **Exam 1** Units 1-7  
**Presentation nutrient selected**  
Learning Activities: examination

2-9 Carbohydrates  
Learning Activities: lecture, discussion

2-11 Carbohydrates  
Learning Activities: lecture, discussion

2-13 Carbohydrates, Artificial Sweeteners  
Learning Activities: lecture, discussion

2-16 Diabetes/Alcohol  
13,14  
Learning Activities: lecture, discussion

2-18 Fats  
Learning Activities: lecture, discussion  
Jump Rope for Heart (optional)

2-20 Fats  
Learning Activities: lecture, demonstration, discussion

2-23 Fats  
Learning Activities: lecture, demonstration, discussion

2-25 Nutrition and Disease  
19, 22  
Learning Activities: video

2-27 **Exam 2** Units 12, 13, 14, 18, 19, 22  
Learning Activities: examination

3-2 to 3-6 Spring Break!!!!  Be safe

3-9 Proteins  
**Start My Plate #2**  
15  
Learning Activities: lecture, discussion

3-11 Proteins  
Learning Activities: lecture, discussion

3-13 Proteins/Vegetarianism  
Learning Activities: lecture, discussion

3-16 Calories, Obesity, Weight Control  
8,9,10  
Learning Activities: lecture, discussion, video
3-18 Health Fair
Go to health fair (Silcox Gym 10-2)
Sign in
Go to at least 8 tables, including RD (get signatures)
Turn in signature sheet in class on Friday

3-20 Obesity/Disordered Eating  My Plate #2 due  10, 11
Learning Activities: video, discussion

3-23 Vitamin Overview/Catch up
Learning Activities: lecture, discussion, video

3-25 Vitamins
Learning Activities: student presentations, discussion
Last day to withdraw with a “W”

3-27 Vitamins
Learning Activities: student presentations, discussion

3-30 Dietary Supplements
Learning Activities: lecture, discussion, video

4-1 Exam 3  Units 9, 11, 15, 16, 19, 20, 22, 24
Learning Activities: examination

4-3 Activity Analysis Calculations
Learning Activities: individual work

4-6 Mineral overview/Calcium  Service Hours due  23
Learning Activities: lecture, discussion

4-8 Calcium
Learning Activities: lecture, discussion

4-10 Minerals
Learning Activities: student presentations, discussion

4-13 Minerals
Learning Activities: student presentations, discussion

4-15 Water  Final paper due  25
Learning Activities: student presentations, discussion

4-17 Physical Performance
Learning Activities: lecture, discussion

4-20 Pregnancy
Learning Activities: lecture, discussion
Extra Credit recipe last approval date

4-22 Pregnancy continued/Food Safety
Learning Activities: lecture, discussion
Extra Credit typed recipe due by today (hard copy to Dr. B)
4-24  Healthy Cooking/Healthy Eating (food day)  32
In-class online course evaluations (bring device to use!)
Food Safety & Food Additives
Learning Activities: group activity, eat treats!

4-27  Food Safety & Food Additives  32
Learning Activities: lecture, discussion

Friday  5-1  Exam 4 Units 23, 25, 28, 29, 32, food pyramids, dietary
guidelines, food labels, nutrient %s, components of a healthy diet,
diet evaluation, overview of semester material

8-11 am

PARTICIPATION/ ATTENDANCE
This is an interactive, participatory class. Students are expected to be present and actively involved every day. You may have three unexcused absences without penalty. All subsequent absences will result in a three point deduction per absence from your final point total.

An excused absence includes illness/hospitalization, death of a family member or close friend, or issues dealt with through CARE documented through the Undergraduate Dean’s Office; absence due to a court appearance documented by a copy of the summons; and absence due to attendance at events as a representative of the College (athletic team gospel choir, etc). All excused absences must be documented.

NOTE: If you come to class late, it is your responsibility to make sure it has been noted.

CLASS EXPECTATIONS:
Appropriate behavior is expected, and appropriate attire will be worn at all times. Clothing must cover the private areas of the body, including one’s navel. Any behavior or attire that detracts from the academic learning environment may result in the student being asked to leave class. Students who are asked to leave class will be counted absent for that day.

MAKE-UP EXAMS:
Make-up exams are given at the discretion of the professor. Contact me prior to the exam if at all possible, or as soon as you return to school after an excused absence or during an absence, if possible. It is your responsibility to contact me if you miss any work.

ASSIGNMENTS/ LATE POLICY:
*All assignments must be typed.
*Assignments are due when collected in class.
*There will be an automatic five point deduction if you have an unexcused absence on the due date and your assignment is not turned in by the time they are collected.
*There will be a penalty of three points for every school day the assignment is late.
*Points will be deducted for errors in spelling, grammar and punctuation.

ELECTRONIC DEVICES:
All electronic devices should be turned off during class and should be kept out of sight. This includes, but is not limited to, cell phones and listening devices. If I see you using a device, I may ask you to leave class.

DISABILITY STATEMENT:
Any student eligible for and needing academic adjustments or accommodations because of a disability is requested to speak with the professor in a timely manner so that your needs can be addressed.
HONOR CODE: The College of Charleston has an honor code that expects students to govern their behavior. This honor code can be found in the current edition of the Student Handbook.
**FOOD LOG DAY:** 1 2 3 4 (circle one)  Name ______________________

Date: _______  Day of Week ______________

Total number of **ounces of water** consumed today: ______ fl. oz. (if zero, write 0)

<table>
<thead>
<tr>
<th>Food Eaten</th>
<th>How Prepared (if applicable)</th>
<th>Amount consumed</th>
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<tbody>
<tr>
<td>chicken breast</td>
<td>chicken breast</td>
<td>1 medium / 6 oz.</td>
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<tr>
<td>spaghetti</td>
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<td>¾ cup; 2 oz. dry (56 grams)</td>
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<td>Cheerios</td>
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<td>1 cup (30 grams)</td>
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<tr>
<td>Lays Cheddar &amp; Sour Cream chips</td>
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<td>1.5 oz. (42.5 grams)</td>
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<tr>
<td>orange juice</td>
<td>Fresh squeezed</td>
<td>8 fluid oz. / 1 cup</td>
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Health Service Activity Reflection

Name ___________________________ Class _______________________
Professor(s) ______________________ Semester ____________________
Name of Organization __________________________________________
Contact Person ______________________ Phone Number ________________
Type of Activity ______________________ Total hours completed at this site ________

Reflective Questions

1. Briefly describe what you did at this site.

2. What did you learn from this experience?

3. How did you benefit from this experience professionally?

Honor Code:

I, __________________________, certify that the above information is true, and that I performed the service activities described above. This information can be confirmed with the contact person identified.

_________________________ ______________________
Signature of Student Date
HEALTH SERVICE ACTIVITY TIME LOG

<table>
<thead>
<tr>
<th>NAME OF SITE</th>
<th>DATE</th>
<th>TIME IN</th>
<th>TIME OUT</th>
<th>TOTAL HOURS</th>
<th>AUTHORIZED SIGNATURE (and print name)</th>
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