COLLEGE OF CHARLESTON
HEAL 257 03 PRINCIPLES OF NUTRITION
Spring 2015 3 credit hours

TIME: TH 8:00 – 9:15 am

PLACE: Room 206 Johnson Building

INSTRUCTOR: Karyn Taylor MS, RD, LD

OFFICE HOURS: Before or after class by appointment

PHONE/FAX: 953-5558 (PEHD Office) 843-953-6757 (FAX)

E-MAIL: taylorkl@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: 35% Outside assignments and projects
65% Examinations and quizzes

DESCRIPTION OF PROJECTS:
1. NUTRIENT ANALYSIS (60 points) DUE 1-29

   Section 1: Food & Activity Record

   Section 2: Super Tracker – My Report

   Section 3: Understanding you 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** (60 points) Due 2-26

Repeat assignment from first analysis

** Behavior Change – state what your behavior change was and explain if you were successful in changing it.

3. **PRESENTATION** (60 points)
   1. Select a vitamin or mineral
   2. Prepare a creative 4-6 minute Power Point presentation on your vitamin or mineral.
   3. Include (minimum requirements): functions, optimal levels, sources, and issues of excesses and deficiencies, who is most at risk. Try to add interesting new information or facts about your nutrient.

   **To be submitted to Karyn Taylor at the time of your presentation:**
   (Note: send to drop box before your presentation date)
   Tentative dates to start presentations:
   **April 9, 2015** (5-6 students per class)

4. Final Paper (40) – Due 4-2
   a. Complete the Comparison Chart for Final Analysis
   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, you’re my plate results

5. **Health Service Activity** (20 points) due by 4-21
   You must complete four hours of community service, preferably related to diet and health. This may be on campus or within the community. Nutrition related community options to select from include:
   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).

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**EXAMINATIONS:**
- Exam 1 (100 points = 13.9%) Chap. 1, 2, 3, 4, 6, 7
- Exam 2 (100 points = 13.9%) Chap. 12, 13, 14, 18, 19, 22
- Exam 3 (100 points = 13.9%) Chap. 8, 9, 10, 11, 15, 16, 20, 24
- Exam 4 (100 points = 13.9%) Chap. 23, 25, 28, 29, 32

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

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

**EVALUATION**
- 90-100% = A
- 88-89% = A-
- 85-87% = B+

2
80-84% = B
78-79% = B-
75-77% = C+
70-74% = C
68-69% = C-
66-67% = D+
64-65% = D
62-63% = D-
<62% = F

EVALUATION
CRITERIA:
Exam 1 100 points 14.5 %
Exam 2 100 points 14.5 %
Exam 3 100 points 14.5 %
Exam 4 100 points 14.5 %
Quizzes 50 points 7.2 %
Nutrient Analysis 1 60 points 8.7 %
Nutrient Analysis 2 60 points 8.7 %
Final Paper 40 points 6.8 %
Presentation 60 points 8.7 %
Health Service Activity 20 points 3.0 %
Total: 690 points

Bonus point options: These are all 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 submit to drop box on or before 4/16 (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.

2. Prepare recipe: Make the dish approved in #1 above for the class on our “healthy eating” day, April 23, 2015

TENTATIVE SCHEDULE - Tuesday & Thursday

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<thead>
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<th>UNIT</th>
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<tr>
<td>1/13/2015</td>
<td>Intro to Class</td>
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PARTICIPATION/ATTENDANCE

This is an interactive, participatory class. Students are expected to be present and actively involved every day. You may have two 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 teacher. Contact me prior to the exam if at all possible, or as soon as you return to school after an excused absence. 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 unless used to take notes.

DISABILITY STATEMENT:
Any student eligible for and needing academic adjustments or accommodations because of a disability is requested to speak with the teacher 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.