HEAL 257 - PRINCIPLES OF NUTRITION

SECTION 4

FALL 2015 – 3 credit hours

TIME: T TH 8:00 – 9:15
PLACE: Room 206 Johnson Building
INSTRUCTOR: Karyn Taylor MS, RD, LD
OFFICE HOURS: Before or after class by appointment
E-MAIL: taylorkl@cofc.edu
PREREQUISITES: None

COURSE DESCRIPTION: A study of food groups and nutrient 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 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 loos, 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:   outside assignments and projects
Examinations and quizzes

DESCRIPTIONS OF PROJECTS:    

FIRST NUTRIENT ANALYSIS  (60 Points)   DUE 9-7-15
   Section 1:  Food & Activity Record
   Section 2:  Super Tracker – My Reports
   Section 3:  Understanding your Diet & Activity
   Section 4:  Behavior Change

SECOND NUTRIENT ANALYSIS  (60 Points)   DUE 11-23-15
Repeat assignment from first analysis except for
Section 4:  explain if you were successful with your behavior change and if you plan to continue behavior this change after class.

PRESENTATION  (60 points)
   1. Select a vitamin or mineral from the list provided in drop box.
   2. Prepare a creative 4-5 minute Power point presentation on your vitamin or mineral
   3. Include (minimum requirements):  functions; optimal level; sources; issues of excess; issues of deficiencies; and who is most at risk.
   4. Tentative date to start presentations:  October 21 – there will be a sign up for dates to present.

FINAL PAPER (40 Points)   DUE 12-7-15
   1. Complete the Comparison Chart for final analysis
      a. Form is in drop box
      b. Answer the following questions:
i. Do you believe your diet has changed for the better?

ii. Using your average of all days analysis – do you believe you have a healthy diet? Explain why or why not.

iii. Address issues unique to your diet such as: significant nutrient intakes (high or low), percent calorie breakdown of macronutrients and micronutrient, any improvement in energy level, stress levels, mood etc...

**HEALTH SERVICE ACTIVITY: (20 points) LAST DATE TO TURN IN IS DECEMBER 7**

You must complete four hours of community service related to diet and health. This may be on campus or within the community. Nutrition related community options to select from (but not limited too) include:

- Lowcountry Food Bank
- Meals on Wheels
- Crisis Ministries
- DHEC/WIC program

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).

**EXAMINATIONS:**

- Exam 1 (100 Points = 14.5%) Chapters: 1, 2, 3, 4, 7
- Exam 2 (100 Points = 14.5%) Chapters: 12, 13, 18, 19, 22
- Exam 3 (100 Points = 14.5%) Chapters: 15, 16, 8, 9, 10, 11, 24
- Exam 4 (100 Points = 14.5%) Chapters: 23, 25, 28, 29, 32

Note: Exams will include assigned reading, power points, speakers, and audio-visual supplements.

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

**SCALE:**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
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<tr>
<td>A</td>
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<tr>
<td>B+</td>
<td>88-89</td>
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<tr>
<td>B</td>
<td>85-87</td>
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<td>B-</td>
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<td>D-</td>
<td>64-65</td>
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**EVALUATION CRITERIA:**

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<thead>
<tr>
<th>Criteria</th>
<th>Points</th>
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<tbody>
<tr>
<td>Exam 1</td>
<td>100</td>
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<tr>
<td>Exam 2</td>
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<td>Quizzes</td>
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<tr>
<td>Nutrient Analysis #1</td>
<td>60</td>
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<td>Nutrient Analysis #2</td>
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<td>Final Paper</td>
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<tr>
<td>Presentation</td>
<td>60</td>
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<td>Health Service</td>
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<td><strong>Total</strong></td>
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**Bonus point options:** These are all voluntary **5 pts each**

- **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. The recipe must be submitted on or before November 30. Recipe should include ingredients, what to do with the ingredients, the source, and a **description of why it is healthy.** All of
these components must be included in order to receive credit.

- **Prepare recipe.** Make the dish approved above for the class on our healthy eating day – December 7, 2015.

### Fall 2015 Class Schedule - T-TH Class

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Notes</th>
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<tbody>
<tr>
<td>25-Aug-15</td>
<td>Introduction to Class Key Concepts</td>
<td>1</td>
</tr>
<tr>
<td>27-Aug-15</td>
<td>The Inside Story Nutrient and Exercised Analysis</td>
<td>2</td>
</tr>
<tr>
<td>1-Sep-15</td>
<td>Ways of Knowing About Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>3-Sep-15</td>
<td>Food Labels</td>
<td>4</td>
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<td></td>
<td><strong>Nutrient Analysis #1 Due</strong></td>
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<td>8-Sep-15</td>
<td>Food Labels Continued Group Activity</td>
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<tr>
<td>10-Sep-15</td>
<td>Digestion</td>
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<td>15-Sep-15</td>
<td>Exam One</td>
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<td>17-Sep-15</td>
<td>Carbohydrates</td>
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<tr>
<td>22-Sep-15</td>
<td>Diabetes</td>
<td>13</td>
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<td>24-Sep-15</td>
<td>Fed Up Video</td>
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<td>29-Sep-15</td>
<td>Fats</td>
<td>18</td>
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<tr>
<td>1-Oct-15</td>
<td>Heart Disease</td>
<td>19</td>
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<tr>
<td>6-Oct-15</td>
<td>Diet &amp; Cancer</td>
<td>22</td>
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<tr>
<td>8-Oct-15</td>
<td>Exam Two</td>
<td>12,13,18,19,22</td>
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</table>
13-Oct-15  Proteins  15
15-Oct-15  Vegetarianism  16
            Presentations Begin
20-Oct-15  Fall Break - No Classes
22-Oct-15  Calories/Obesity/ Weight Control  8,9,10
27-Oct-15  Forks Over Knives Video
29-Oct-15  Disordered Eating  11
3-Nov-15  Dietary Supplements  24
5-Nov-15  Exam Three  15,16,8,9,10,11,24
10-Nov-15  Vitamins  20
12-Nov-15  Water  25
17-Nov-15  Minerals  23
19-Nov-15  Physical Performance  27
            Second Nutrient Analysis Due
24-Nov-15  Pregnancy  29
            Extra Credit Recipe Due
1-Dec-15  Food Safety  32
3-Dec-15  Healthy Eating Day & Catch Up Day
            Last Day to turn in Final Paper
8-Dec-15  Reading Day - No Class
15-Dec-15  Exam 4 @ 8:00 am

PARTICIPATION/ATTENDANCE
This is an interactive, participatory class. Students are expected to be present and actively involved every class. 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 and appropriate attire is expected. 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 EXAM:**
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 an exam or any work.

**ASSIGNMENTS/LATE POLICY:**
- All assignment must be typed
- Assignments are due when collected in class or on due date in drop box
- 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 or due in drop box.
- There will be a penalty of three points for every school day the assignment is late.

**ELECTRONIC DEVICES:**
All electronic devices should be placed on silence mode during class. Laptops are allowed for taking notes only 😊

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*. 