HEAL 257 - PRINCIPLES OF NUTRITION

SECTION 3

Fall 2016 – 3 credit hours

TIME: M and W 5:30-6:45

PLACE: Johnson Center 206

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 nutrients and current dietary guidelines. The course will include a personal dietary and activities analysis and focus on the relationship of food choices to lifestyle diseases and/or premature death. Emphasis will be on health-oriented decision making and personal responsibility.


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 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.

3. As a Result of participating in this HEAL 257 course, students will be able to analyze and summarize how their nutritional behavior change has affected their well being by comparing the two nutritional analysis activities.

STUDENT LEARNING OUTCOMES:

1. Students will describe the role of nutrient in the prevention of chronic diseases on an exam.

2. Students will be able to analyze and summarize how their nutritional behavior change has affected their well-being by comparing two nutritional analyses.

3. Students will correctly interpret the nutritional value of food by analyzing the nutrition facts label.

REQUIREMENTS: Outside assignments, projects, examinations and quizzes.

DESCRIPTIONS OF PROJECTS:

**FIRST NUTRIENT ANALYSIS** (60 Points) **DUE 9/12/2016**

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 10/26/2016**

Will Discuss in class
**POWERPOINT** (60 points) **Due 11/16/2016**

1. Select any vitamin or mineral from the list provided in drop box.
2. Prepare a creative 6-10 slide 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.

**FINAL PAPER** (40 Points) **DUE 11/21/2016**

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 5, 2016**

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 (Trident United Way).

EXAMINATIONS:  
- Exam 1 (100 Points = (14.5%)  Chapters: 1, 2, 3
- Exam 2 (100 Points = (14.5%)  Chapters: 4, 5, 6, 7
- Exam 3 (100 Points = 14.5%)  Chapters: 8, 9, 10, 11, 12
- Exam 4 (100 Points = 14.5%)  Chapters: 13, 14, 15, 19, 20

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:
- A 90-100
- 1. 88-89
- B+ 85-87
- B 80-84
- B- 78-79
- C+ 75-77
- C 70-74
- C- 68-69
- D+ 66-67
- D 64-65
- D- 62-63
- F <62

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 5.8%
Presentation 60 points 8.7%
Health Service 20 points 2.9%
Total 690 points 100

**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 21, 2016. 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 5, 2016.

**TENTATIVE** Schedule for Fall 2016 – Monday-Wednesday Class-5:30-6:45

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>CHAPTER</th>
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<tbody>
<tr>
<td>8/24</td>
<td>Introduction to class</td>
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<tr>
<td>8/29</td>
<td>The Science &amp; Scope of Nutrition</td>
<td>1</td>
</tr>
<tr>
<td>8/31</td>
<td>The Science &amp; Scope of Nutrition</td>
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<tr>
<td>9/5</td>
<td>Healthy Diets</td>
<td>2</td>
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<td>9/7</td>
<td>Healthy Diets</td>
<td>2</td>
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<tr>
<td>9/12</td>
<td>Digestion</td>
<td>3</td>
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<td></td>
<td><strong>First Nutrient Analysis Due</strong></td>
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<tr>
<td>9/14</td>
<td>Exam #1 (chapter 1,2,3)</td>
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</tbody>
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9/19 Carbohydrates 4
9/21 Carbohydrates 4
9/26 Nutrition & Diabetes 5
9/28 Video Fed Up (or lecture catch up)
10/3 The Lipids 6
10/5 The Lipids 6
10/10 Lipids & Heart Disease 7
10/12 Exam # 2 (4,5,6, &7)
10/17 Protein 8
10/19 Protein 8
10/24 Plant-Based Diets 9
10/26 Plant-Based Diets 9
Second Nutrient Analysis Due
10/31 Forks Over Knives (or lecture catch up)
11/2 Vitamins (Fat -Water Soluble) 10,11
11/7 Fall Break
11/9 Supplements 12
11/14 Exam #3 (8,9,10,11, & 12)
11/16 Minerals (Major & Minor) 13,14
Power Point on Vitamin or Mineral Due
11/21 Energy Balance & Obesity 15
Final Paper Due
Extra Credit Recipe Due
11/23 Thanksgiving
PARTICIPATION/ATTENDANCE

This is an interactive, participatory class. Students are expected to be present and actively involved for 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. Lap tops 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.