College of Charleston
Department of Health and Human Performance
“ST: Food as Medicine” EXSC 320-03
Fall 2017  3 Semester Hours

Instructor: Bea Lavelle, M.A., HH
Office Phone: 843-953-3397
Email: lavellevb@cofc.edu
Office Hours: Tuesdays, 7PM – 8:30 PM by appointment
Prerequisites: None
Grading: A, A- B+, B, B-C+, C, C-D+, D, D-, F

Course Description:
Over two thousand years ago, the Greek physician Hippocrates, known as the “Father of Western Medicine,” advised “Let your food be thy medicine and your medicine thy food.” Today, our leading public health organizations claim that unhealthy diets are the number-one contributor to premature death and disability. The main focus of the course will be to analyze the scientific evidence based research on the power of plants to prevent and reverse disease in America. Beginning with an in-depth study of the effect of diet on the leading causes of death and disability in the United States, the course will ultimately provide a blueprint for, and an understanding of, healthy eating for disease prevention in the 21st century.

Required Texts: *How Not To Die* by Michael Greger, M.D.

*Please note you are required to purchase the above title in hard copy – eBooks or free computer generated texts are not acceptable.

Numbers for Health Concerns:
College of Charleston Health Center
(843) 953-5520

For Counseling You Have Two Options on Campus:

Licensed Counselors (843-953-5640):
You are eligible to see an on campus licensed counselor for 8 -12 private sessions at no cost.

Peer Counseling (843-953-7411 or Text “4support” to 839863)
Counseling is available (by trained peers) Monday – Thursday 4-9PM

*Please note CofC students have 24 hour access to a mental health counselor. If a student is in need of a counselor after the Health Services/Counseling Center operating hours, Campus Security (843-953-5611) will connect the student to our 24 hour on call counselor.

Instructional Objectives:
Upon the successful completion of this course the student should be able to:

1. Qualify and analyze scientific evidence based research on the human healing and disease prevention properties of plants.
*2. Understand the human digestive system and expression of energy with focus on the absorption of the edible parts of a plant.

*3. Classify and identify all edible parts of a plant and understand their unique nutritional value for a healthy diet.

*4. Have workable knowledge of the healing prosperities, and impact, of phytonutrients on human disease and illness.

*5. Understand the role of diet and herbal treatment in the medical systems of Ayurveda and Traditional Chinese Medicine.

*6. Communicate to peers and the community in a manner that suits the context, audience, and message and demonstrate the ability to share complex knowledge concerning the nutritional value of edible plants for wellness and disease prevention.

**Student Learning Outcomes:**

1. Students will be able to demonstrate their knowledge of the nutritional value and disease prevention qualities of edible plants by achieving a minimum of 80% on course assessment exams.

2. Students will be able to verbally indentify the edible parts of a plant and their corresponding culinary form.

3. Students will be able to analyze in script presentation the scientific evidence based research of the leading public health agencies surrounding the disease prevention and curative properties of edible plants.

4. Students will successfully identify the phytochemicals associated with the prevention of the leading causes of human morbidity and death in the United States by achieving a minimum of 80% on course assessment exams.

5. Students will verbally demonstrate command of the scientific terms of edible plant composition and their individual properties.

6. Students will be able to construct in script presentation individual menus for health maintenance and for the treatment of specific health challenges based on available scientific evidence based research.

7. Students will demonstrate their understanding of Ayurveda and Traditional Chinese Medicine by analyzing the theories in script presentation as they apply to their individual health.

8. Students will command a workable vocabulary of the scientific terms that explain and define the medicinal properties of edible plants by achieving an 80% on course assessment exams.

9. Students will be able to demonstrate their ability to understand the scientific evidence based research of the therapeutic benefits of edible plants by completing an in depth literature review of an individual plant and presenting their findings to their peers.
Course Assessments:

Twenty Eight Chapter Questions Submissions—20%
You will be required to accurately answer and submit 28 How Not to Die chapter question assignments. The assignments will not be assigned a letter grade; you will either receive full credit, partial credit, or no credit for the task.

Submitting your assignments - You are required to submit the Twenty Eight Chapter Questions assignments in two formats: (1) submit your assignment to the Dropbox on Oaks before class commences on the day it is due and (2) bring a printed hard copy of the assignment to class (on the day it is due). You will find the Chapter Questions under the Content Tab of our class’ Oak Homepage. You are required to answer the questions on the Word Document provided under the Content Tab and upload the entire document in Oaks. Your assignment must be submitted before class commences on the assignment due date. The Dropbox will be closed at the start of our class session. You are also required to bring a hard copy of your assignment to class which may or may not be collected; this is very important. We will be reviewing all questions in class. If you do not have a hard copy of your answers, but you have submitted your document to the Dropbox you will only receive partial credit for the assignment. Also, late assignments will not be accepted. If you are absent from class on the assignment due date you will receive full credit if you submitted your document to the Dropbox. You will not receive credit for an emailed document under any circumstance. Please note it is your responsibility to check your Dropbox submission to verify it has been uploaded and to remember to bring a printed copy to class.

Three Exams—60%
Three objective exams of equal scoring will be administered during the semester. Test questions will be derived from information presented in the class textbook, PowerPoints, lecture notes, and auxiliary material.

Missed exams: All students are expected to complete an examination at its pre-designated test date and time. When an exam is missed due to an emergency or illness on the day of the exam, the student must inform the instructor as soon as possible. You will be excused from the exam with the proper medical documentation.

Research Project—20%
You will be required to conduct and submit a comprehensive research project on the healing and disease preventing properties of a designated plant. As part of your grade, you will be required to discuss your findings and defend your position to your peers. The Research Project rubric will be issued to the class by midpoint of the semester.
Grading

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Accommodations for Students with Disabilities:
This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services/SNAP, 843.953.1431 or me so that such accommodation may be arranged.

Attendance:
Attendance is required. You may miss one class without being penalized. For each additional unexcused absence, your final grade will be reduced by two points. Excused absences must be pre-approved by the instructor or approved by the Undergraduate Dean’s Office. No other excuses will be accepted. Entering class after roll call is considered tardy. Three tardies will equal one absence. Over 10 minutes late to class equals two tardies. Students missing more than 1/3 of class sessions (5 classes) will receive an “F” for the course. In cases of extreme personal issues leading to prolonged absence, it is in a student’s best interest to contact the Undergraduate Dean’s Office and provide necessary documentation to the instructor.

Please note if a student must leave class early, the student must notify the instructor before the class begins. If a student leaves class early without approval from the instructor, the student will receive an absence for the session.

Honor System:
The College of Charleston Honor System is recognized in this course. For the specific details of responsibility and penalty, see the current edition of the College of Charleston Student Handbook.

Classroom Decorum:
Students are expected to be courteous and respectful at all times. It is important to maintain an environment where students always feel safe. Please respect the privacy of your classmates and do not share personal classroom discussion with others not enrolled in the course.

The student is permitted to bring only bottled water and plants to consume while class is in session. Absolutely no other beverages or food items are allowed in the classroom. If a student brings a beverage or food item that is not designated allowable, the student will be asked to leave the classroom and will receive an absence for the session.
Technology Policy

Electronic Devices are not permitted in class, including lap top computers. All cell phones must be silenced for the duration of class. The recording of class dialogue, with any device, is not permitted. If a student fails to comply, they will be asked to leave the classroom and be issued an absence.

Questions, Concerns, Clarifications:
Students are encouraged to seek clarification from the instructor on any classroom policy, course requirement or assignment. Please seek instructor help as soon as possible if any question should arise. If a topic of study should cause any concern for you, please discuss the issue with the instructor immediately.