

PLYMOUTH STATE UNIVERSITY
Department of Health and Human Performance
Course Syllabus

Course: **HE 3220.01 Applied Nutrition for Healthy Living** – 3 credits
Hours: MWF -10:30-11:30 and T/R 2-3 pm or by appointment

Course Description:

Fundamental concepts of nutrition are addressed with a special focus on contemporary issues relevant to developing professionals in health and human performance. A survey of concepts in nutrition science will be applied to the support of general wellness and active lifestyles throughout the lifespan. *Prerequisite: BI 2110 & 2120, Health and Human Performance majors and minors*

General Education Component – Technology Connection*

In the modern world, technology has application to every academic discipline, and educated people must have an understanding of the technology that will allow them to adapt to rapid technological change. This course will help students to examine the role of technology within the discipline of Health Education and within a larger societal and cultural context. This course will provide students with the hands-on experience using current technologies; with a broad discussion of the concepts underlying current technologies; with an understanding of the potential ethical issues involved with the use of technology; and with an understanding of the forces, based in the needs and values of our culture, that drive technological innovation. The general education skills of *reading, writing, speaking and listening, critical thinking, conducting research, quantitative/qualitative reasoning, and collaborating with others* will be emphasized as students are expected to be active agents in the learning process.

Required text and materials: **NUTRITION FOR HEALTHY LIVING with Nutricalc CD**, Schiff, W., McGraw-Hill, ISBN13: 978-0-07-352271-5 and Access to the internet and Blackboard

Student Learning Outcomes: Through this course students will be able to:

- 1) Identify valid and reliable nutrition information on the connections between diet and health.
- 2) Describe and apply current dietary guidelines and nutrition recommendations (from evidence based resources) for food choices, eating behaviors and other lifestyle parameters
- 3) Describe the processes of digestion, absorption, assimilation and metabolism.
- 4) Describe and discuss the basic chemistry, sources and uses of the six nutrients; carbohydrate, lipids, proteins, vitamins, minerals and water.
- 5) Discuss the principles of energy balance and weight control and apply the principles to meal planning for long term weight and body composition control.
- 6) Analyze and evaluate a diet record for nutritional content and energy balance using a computer database
- 7) Plan nutritious meals and menus for specific populations across the lifespan.
- 8) Describe the impact of several forms of technology on eating behaviors, food choices, nutritional quality of foods and environmental concerns.
- 9) Use web-based information and tools to access, organize and deliver current information about food production and correlations to health-promoting dietary behaviors.
- 10) Collaboratively present finding on current issues/topics in nutrition and nutrition research.

Student Responsibilities and Attendance Policies:

- Active and attentive participation in each and every class meeting is expected from every student.
- Assessment for learning will be ongoing; quizzes or concept checks can be expected during each class
- Students are expected to refer to the calendar regularly and often. Updates may necessary and will be widely broadcasted.
- Students should check their PSU e-mail daily and access the course Blackboard site on Thursdays or as otherwise instructed.
- Only excused absences will be eligible for make-ups of test or assignments, or for extended deadlines.
- The instructor decides what is “Excused”. Documentation will be required for all PSU athletic events, illness or other cause of absence.
- In the event of absence for any reason, all assignments and readings will be required and deadlines will apply unless specific written arrangements have been made with the instructor.

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- Students are also responsible for obtaining any and all course materials and content delivered or disseminated in a missed class. Note: In cases of group work during class, there may be no possibility to make up the experience.
- 4, 5 or 6 unexcused absences will result in a full letter grade reduction from 4 on; 7 or more unexcused missed will result in a failing grade. Basically, be in class. Your presence is important for you and the whole class.

Notes on professionalism:

- ✓ All out of class written work will be typed, documentation done in APA format and be clean, clear, well-organized and professionally presented.
- ✓ Written assignments with more than 4 spelling or structural errors will not be graded and will be returned. Resubmission will be allowed with a full grade reduction. Quality counts! All work should be carefully proof read before submission. Use of the Reading and Writing Center is strongly encouraged.
- ✓ ***Carefully save a digital copy of all your original work, individually and with group work!***
- ✓ ***Food is allowed in class only if we all clean up afterwards!***

Notes on evaluation and grading:

Exams will be objective, including multiple choice, matching, short answer and essays. Assessment of participation in class is ongoing by instructor observation.

Written Rubrics will be provided for all projects to clearly indicate the expectations and standards of evaluation. A high standard is expected for organization and expression of ideas. Proper grammar, spelling, structure and depth of thought at the upper college level are expected.

Students should **visit the Reading and Writing Center** to get feedback and editorial help prior to their submission and/or have peer reviews done before submitting work. All work will be submitted in a paper binder (instructor will provide), clearly labeled with students name and course.

Late work must be submitted to instructor's office – not in class. Tutoring may also be available at no cost through the PASS Office.

Assignments and Assessments (Course total = 500 total points):

- I. **Examinations (LO1- 8; 300 points, 60%):** Three examinations will be given to assess student's accomplishment of the learning outcomes indicated. These exams will be objective, e.g., multiple-choice, true/false, matching questions in addition to problems involving food label reading, case examples and evaluation of sample meals. (*GE - reading, writing, critical thinking, quantitative/qualitative reasoning,*)
- II. **Analysis of a food and physical activity record. (LO 6&7; 75 points, 15% of total grade):** Using the Nutricalc software, students will secure a "client" and administer a series of health and behavioral assessment tools. The results of the assessment will be analyzed and reported to the client with suggestions short and long term goals to enhance health and wellness. Nutritionally sound meals will be planned based on the Guidelines for Healthy Americans and on nutrition and behavioral concepts presented in class. (*GE – writing, critical thinking, quantitative/qualitative reasoning*)
- III. **Collaborative Topical Research Project (PBO 7- 10; 75 points, 15% of total grade)** Beginning in week eight, some in-class time will be used to organize and work on a group research project that explores a group of related topics in nutrition. Week thirteen through fifteen will devoted to

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presentation of group research projects. Each group member will receive the averaged total points of the 50 points possible. (*GE - speaking and listening, critical thinking, using information technology, and collaborating with others*)

IV. **Attendance and special projects (PBO 1-11; Attendance 25 points, project 25 point, 10% of total grade)** . This component of assessment is open to a variety of student selected activities. Among the possible options are:

- a. Volunteering at "Meals for Many – at least twice, photo recording and full analysis of the nutritional content of the meals provided. A written learning statement including observations of the whole process will be included. (25 pts)
- b. Serving lunch at the Plymouth Seniors Center at least twice – photo recording of the meals provided and nutritional analysis relative to the population being served. Learn statement as above in #1.recording written learning statement (25 pts)
- c. Preparation and presentation of a workshop on healthy eating for the Wellness Center program. (25 pts.)
- d. Others as they arise or are suggested (points to be determined)

Course Grading: Grades will be assigned using the following criteria:

- A = 93-100, A- =90-92
- B+ = 88-89, B = 82-87, B- =80-81
- C+ = 78-79, C =72-77, C- =70-71
- D+ = 68-69, D =62-67, D- = 60-61
- Below 60 = Failing

Note: The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. If you believe you have a disability requiring an accommodation, please contact the Counselor for Students with Disabilities at Plymouth Academic Support Services (PASS). The web address for PASS is <http://www.plymouth.edu/pass/serve.htm>.

If you are willing, the instructor would appreciate knowing if you have any physical, medical, mental, or learning disability that may require assistance. This information may be helpful to me in accommodating for diversity among our students.

Academic Integrity: All work submitted in this course must be your own and produced exclusively for this course. The use of sources (ideas, quotations, and paraphrases) must be properly acknowledged and documented (APA format). Violations of university policy will be reported in accordance with the procedures outlined under *Academic Policies and Procedures - Academic Integrity* at http://www.plymouth.edu/registrar/academic_policies.html.

Academic dishonesty, as defined by Plymouth State University, is an intentional act of deception in one of the following areas:

- *Cheating* – use or attempted use of unauthorized materials, information, or study aids.
- *Fabrication* – falsification or invention of any information.
- *Assisting* – helping another commit an act of academic dishonesty.
- *Tampering* – altering or interfering with evaluation instruments and documents.
- *Plagiarism* – representing the works of ideas of another person as one’s own.