ST. BONAVENTURE UNIVERSITY

School of Health Professions

A. PREFIX, NUMBER, AND TITLE:

**HS 309 NUTRITION**

Instructor: Marcy Higgs MS, RD

mhiggs@sbu.edu

B. REQUIRED TEXTBOOK/MATERIALS:

Insel, P., Ross, D., McMahon, K., & Bernstein, M. (2019). *Discovering Nutrition* (6th ed). Jones & Bartlett: Burlington, MA.

C: Credit Hours: 3

D: APPROVED COURSE DESCRIPTION:

Scientific concepts and principles of nutrition related to the macronutrients, digestion/absorption, behavior change, diseases/disorders related to nutrition, and how to develop nutrition plans that promote health and wellness will be discussed. 3 credits. Fall.

E. PREREQUISITES: None

F. LEARNING OBJECTIVES:

|  |  |
| --- | --- |
| LEARNING OBJECTIVES | ACSM |
| Understand the essential nutrients required for a healthy quality of life. | 1.8.1 |
| Become familiar with nutritional supplements and the need for proper diet for sports-related performance. | 1.8.6, 1.8.14 |
| Have knowledge of American diet habits and the recommended goals for Americans as well as dietary practices throughout the world. | 1.8.8 |
| Develop an understanding of nutrient digestion and absorption and their effect on the body; measured by quizzes, examinations, and solving practical applications. | 1.1.9; 1.8.1; 1.8.6;  1.8.11 |
| Comprehend the importance of body composition, energy balance and weight control through diet and exercise; measured by quizzes, examinations, and practical applications. | 1.8.1-5; 1.8.10-13; |
| Develop skills in reading and understanding food labels, selecting wholesome foods, and assessing nutritional quality of various food products.  Measured by quizzes, examinations, and practical applications. | 1.8.8 |
| Become aware of special topics in nutrition  including metabolism, alcohol use, and eating  disorders. | 1.1.9; 1.8.1,2,5,10,12, 13, 15 |

G. PROGRAM GOALS:

1. Graduates will be prepared to work in a variety of healthcare and other related professional settings (e.g. health promotion)
2. Graduates can continue their education in post-baccalaureate and graduate programs leading to careers in health and medicine professions
3. Graduates will contribute to their professional discipline and be reflective ethical practitioners in the Franciscan tradition

H. FIELD EXPERIENCE: None

I. COURSE REQUIREMENTS:

|  |  |
| --- | --- |
| COURSE REQUIREMENTS | ACSM |
| 5 quizzes | 1.1; 1.2;1.8 |
| Midterm examination | 1.1; 1.2;1.8 |
| Final examination | 1.1; 1.2;1.8 |
| Nutrition assignments where students will utilize information from lecture, practical applications, and literature reviews in classroom setting and through experiential learning. | 1.1; 1.2;1.8 |

Course Assessment Break-down:

#### Written Examinations

1. A total of two tests will be given during the semester. The first test will cover the reading and course content leading up to the test. The final exam will be comprehensive and will address all information and reading throughout the entire semester.
2. The format of the tests may consist of multiple choice, true/false, short answer and essay questions.

**Quizzes**

1. Students will complete 5 (announced) quizzes during the course of the semester.

Quizzes will specifically address prescribed reading and may be comprised of written short-answer responses and/or multiple choice.

**Nutrient Analysis**

1. Students will record all foods and beverages (including serving size) consumed over three consecutive days (one weekend day included). In addition, students will record their hunger level as demonstrated in the text (5 points)

2. Once food records are complete, students will analyze their records using food labels and on-line resources. The analysis should include the following information: total calories consumed, total carbohydrates, total protein, total fat. In addition the students will include cholesterol, Sodium, Fiber, Calcium, Vit. D and Iron. The results will be averaged and compared to recommended standards as discussed in class and within the text. Students must make sure all percentages and numbers correctly balance. (10 points) Other nutrients can be included for purposes of diet evaluation but are not required.

3. Students will calculate estimated needs in above categories using information discussed in class as well as calculations described in the text. (5 points)

4. After completing all quantitative data, students will develop a written analysis of their diet including their motivation for eating (i.e. hungry, bored, etc). The analysis will contain strengths with supporting evidence as well as areas of improvement with specific examples of how to improve their diet. (15 points)

**Final Project**

Students will choose either a current “hot” topic in nutrition **or** a “fad” diet and work in teams (of 2 students) to develop a project that will utilize technology to share what they’ve learned about their topic & to educate others on their findings (e.g. YouTube video, social media informational page, power point, brochure, thematic poster). The majority of this grade will be derived from the student’s ability to convey scientifically sound information in a concise way. (20 pts) Regardless of the platform chosen the students will be expected to present that information to their fellow students in class (10-15 minutes). Students will not only grade their partner on equal distribution of work/participation but will also be expected to evaluate other groups on their communication of information (5 points each). All presentations must have supporting lit reviews (10 pts)

J. EVALUATION PROCESS/GRADING:

Midterm 45 points

Final 50 points

Quizzes 50 points (5 @ 10 points each)

Nutrient Analysis 35 points

Final Project 40 points

**TOTAL: 220 POINTS**

GRADE PERCENTAGE RANGE

A 100-94 A- 93-90

B+ 89-88 B 87-82

B- 81-80 C+ 79-78

C 77-72 C- 71-70

D+ 69-68 D 67-66

D- 65 F Below 65

K. COURSE CALENDAR/OUTLINE

***Date (Week of) Topic***

August 27 Course Introduction, Chpt 1

September 3 Chpt 2; *Nutrient Analysis start*

September 10 Chpt 3; **1st quiz (Thursday)**

September 17 Chpt 4;

September 24 Spotlight on Alcohol; **2nd quiz (Thursday)**

October 1 Chpt 5; **Midterm exam Thursday Oct 3**

October 8 NO CLASS: Tuesday 10/8 (midterm break); Chpt 6

October 15 Chpt 7

October 22 Spotlight on Dietary Supplements *Nutrient Analysis Due*

October 29 Chpt 8; **3rd quiz(Thursday)**

November 5 Spotlight on Metabolism; *student presentations begin*

November 12 Chpt 9; **4th quiz** **(Thursday)**

November 19 Spotlight on Eating Disorders;

November 26 Chpt 10; **5th quiz(Thursday)**

December 3 Spotlight on Obesity & Weight Management

**The final exam will be held on Thursday December 12 at 1:10-3:40**

L. ADDITIONAL COURSE INFORMATION:

Attendance policy*:* Attendance is highly recommended; if a student misses a quiz he/she will have to make arrangements to make up it up.

Electronic equipment/devices: a calculator may be required for this course. All phones must have the ringer turned off to avoid distractions during lecture and examination times. Computer use is acceptable for taking notes & for research (for this class), but please do not use it for nonacademic purposes. If a student uses any of these devices in class for other reasons, he/she may be asked to leave the classroom.

ADA statement*:* students with disabilities who believe that they may need accommodations in this class are encouraged to contact the Disability Support Services Office, Student Success Center-Plassmann Hall, at 375-2065 as soon as possible to better ensure that such accommodations are implemented in a timely fashion.

Diversity*:* through this course you will be exposed to individuals who may have different physical, cognitive, and emotional capabilities than you. Through this experience you will learn how to work with these differences and possibly implement modified instruction as needed.

Academic Honesty: academic dishonesty is inconsistent with the moral character expected of students in a University committed to the spiritual and intellectual growth of the whole person and with the ethics of the profession. It also subverts the academic process by distorting all measurements. It is a serious matter and will be dealt accordingly. A list of unacceptable practices, penalties to be assigned, and procedures to be followed in prosecuting cases of alleged academic dishonesty may be found in the   
Student Handbook. Cheating , plagiarism (passing off others’ work as your own), or submitting a paper from another course or a previous course is not acceptable and will result in a zero on the assignment, exam, or quiz in question, with no opportunity for make-up, and could result in failing the course. If a student consults the internet for background information about the author or the work, it must be cited properly by listing (APA style) the author, title, website and provide a link. Electronic devices are NOT allowed during quizzes or exams.

<http://web.sbu.edu/friedsam/governing/academic_policies/academic_honesty_policy.pdf>

Syllabus change*:* This syllabus is subject to change, it is meant to be a guide to facilitate learning. It is not a contract and may be changed at the discretion of the instructor.