

Linfield College
DEPARTMENT OF HEALTH, HUMAN PERFORMANCE AND ATHLETICS
Course Syllabus
Summer 2008

Course:	HHP 280: Nutrition	Office:	Cook 114
Credit Hours:	3	Phone:	503-883-2255
Location:	ONLINE	Email:	japeters@linfield.edu
Instructor:	Janet Peterson	Office Hours:	TBA
Linfield Curriculum:	NW		

Prerequisites: None

Course Description:

This course will introduce the six classes of nutrients and then link them with their physiological functions as related to human growth and health throughout life. Topics include dietary sources, intake levels, and biological determinants of nutrient requirements; assessment of nutrient status in individuals and populations; the role of nutrition in growth and health through the life cycle; current nutrition issues and the role of diet on the development of chronic diseases, such as cardiovascular disease, obesity, cancer, and diabetes. This course will use nutrition as a vehicle to explore the scientific inquiry process and therefore will meet the objectives for the Natural World Mode of Inquiry.

Course Objectives:

The primary course objectives include:

1. Identify and discuss the function of macronutrients, micronutrients and water in the human diet.
2. Develop a basic understanding of the Daily Reference Intakes, food labels, diet assessment and planning.
3. Compare and contrast nutritional requirements across the lifespan including, pregnancy, infancy, adolescence, adult and the aged.
4. Explain how diet and fitness impact health.
5. Understand the dietary needs in certain chronic diseases (such as obesity, cardiovascular disease and diabetes).
6. Understand the basics of food safety
7. Using the science of nutrition as our foundation this class will provide learning opportunities to meet the objectives for the Natural World Mode of Inquiry.
8. This course meets some of the athletic training competencies. Please visit the athletic training website for more information: http://www.linfield.edu/file_uploads/hhp-280.pdf

Natural World (NW) Mode of Inquiry

Courses in this area explore science as a way of knowing about the natural world, highlighting the process of scientific inquiry and the interplay between theoretical and experimental analysis. They focus on fundamental principles that illuminate the study of our surroundings, including matter, energy, and living things. Emphasis is placed on students making connections between science and their daily lives. Natural World courses are designated NW in this catalog and each semester's registration materials.

Nutrition and the Natural World (NW)

Students will critically think about the role of nutrition in health and disease, past and present, using evidence based inquiry. Students will develop hypothesis about various nutrition and health topics and use current and historical research outcomes to critically evaluate their ideas. Topics include: What is a healthful diet? Why do we want to eat? What happens to the food we eat? What nutrients are required by the body and why? What evidence supports/refutes the current dietary recommendations? How are specific nutrients involved in energy balance, fluid and electrolyte balance, antioxidant function, bone and blood health and immunity? Is there an ideal diet for weight control and energy balance?

Natural World (NW) Mode of Inquiry Learning Objectives:

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- a. **To use the scientific method to pursue answers to questions;**
Students will complete a research paper that requires them develop a nutrition focused research question and hypothesis, review the current literature and develop a evidence based that supports their proposed outcomes.
- b. **To think critically about current scientific developments;**
Students will constantly be asked to demonstrate critically thinking about current developments in nutrition through out the class. Students will complete several current event assignments such as the nutrition in the news, Supersize me, online discussion boards and a research paper.
- c. **To understand the historical development of scientific ideas;**
Students will discuss current and historical nutrition related developments in class and as part of the online discussion board. Students will be assessed for understanding through weekly quizzes, discussion boards and lecture exams.
- d. **To appreciate how knowledge gained by scientists affects us.**
Student will have the opportunity to evaluate how current and past nutrition developments and guidelines affect themselves and others through the health risk appraisal, nutrition in the new, nutrition assessment, in-class and online discussion boards.

Required Text and supplies: 

Required Text: Thompson, JL, Manore, MM & Vaughan, LA. (2008) The Science of Nutrition/MyDietanalysis Package. 1st edition. Pearson Benjamin Cummings. San Francisco, Ca. ISBN 0-321-46903-8. Available in the bookstore.

Special Accommodations: Students with documented disabilities who may need accommodations, who have any emergency medical information the instructor should know of, or who need special arrangements in the event of evacuation, should make an appointment with the instructor as early as possible, no later than the first week of the term.

Academic Honesty: Linfield College has a policy regarding academic honesty. All students enrolled in this course are expected to follow it. The policy can be found in the Student Handbook and Planner. If unsure about whether your work reflects an appropriate level of “*academic honesty*” do not hesitate to discuss the matter with the instructor before the work is started.

Assignments  (for full details please see Blackboard)

Discussion Board: Each week students will respond to the discussion topic posted by the instructor. In addition, students will be required to respond to at least one of their classmates responses. Discussion entries are due by Midnight on Sunday, each week.

Family Tree: Health Risk Appraisal (HRA): Identify inheritable personal and familial health risks. Complete a “Family Tree” as described in WebCT. Summarize the modifiable risk factors which pertain to you and identify any possible lifestyle interventions to reduce those risks. Three pages maximum, text is double spaced.

Nutrition in the News (NN): The purpose of this assignment is to encourage you to become aware of the current news related to nutrition. Complete two (2) review/critiques of recent, written news articles about nutrition. Please see WebCT for further details.

Assessments (Assess): Conduct a three day nutritional assessment using a diet analysis program on yourself and on one other person. Please see WebCT for further details.

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Total Daily Energy Expenditure (TDEE): Calculate your total daily energy expenditure using the provided worksheet. Please see WebCT for further details.

Supersize me (SSme): Watch the movie Supersize me and complete a reflective paper. Please see WebCT for further details.

Research paper (RP): Working in groups of four present the pro's and con's of a popular diet. This is to be done in research paper format. Groups will be assigned by the instructor.

Online quizzes: Each week there will be an online quiz covering the reading and lecture material for that week. All quizzes will be due by midnight on Sunday of the week. Late quizzes will not be accepted.

Final Exam: There will be an online, timed final exam that will be due by August 21rd at 5pm. This is a comprehensive, open note, open book exam.

Open door policy: I encourage you to talk with me if you are having trouble with the class, need some guidance with assignments/studying or just want to chat.

Make-up Exams

You **will not be allowed** to make up a missed quiz or assignments. Exams can be made up in the case of documented illness or emergency. It is your responsibility to contact me to make alternate arrangements **before** the exam if you have a scheduling conflict (ie: campus athletic team traveling or other activity). Make-up exams may be all essay and may have points deducted. The final exam must be taken by the scheduled time.

Assignment Weighting and Grade Scale:

Grade Scale				Assignment	Points
Grade	Percent	Grade	Percent		
A	> 930	C+	770 - 799	Discussion board	100
A-	900 – 930	C	730 – 769	Nutrition in the News (25 pts ea)	50
B+	870 - 899	C-	700 - 729	Health risk appraisal	50
B	830 - 869	D+	670 - 699	Nutrition assessment project	100
B-	800 - 829	D	600 - 669	Research paper	200
		F	< 600	Supersize me assignment	50
				Total Daily Energy Expenditure	50
				WebCT quizzes	250
				Final Exam	150

Assignment format:

1. All assignments will be posted electronically to the digital drop box and must include a title page with the following info: student name(s) and email, title and course number of the class, assignment title (family tree:HRA, Assessment, Research Paper, etc), your title, date and instructor name. The assignment should be saved using the following naming format: assignment title - Last name -. For example, my first nutrition in the news would be saved as NN1-Peterson.
2. Assignments must be typed, double-spaced (unless otherwise specified), with 1-inch margins, proof-read and professional in appearance and content.
3. Assignments are due by 11:59pm of the assigned date. Late assignments will result in a lower grade. Late assignment grades will be reduced by 10% per day late. **Assignments will not be accepted more than one week late. No exceptions.** Assignments will not be accepted after August 21rd at 5pm.
4. Plagiarized material will not be accepted and will result in a failing grade in the COURSE. Work which has been submitted for other courses is unacceptable.
5. All assignments will be graded for grammar and spelling. This accounts for 10% of the assignment grade.

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HHP 280 – Nutrition - ***Tentative Course Outline***

Date	Material Covered	Readings	Assignments*
Week 1 Jun 16 – Jun 22	Introduction Designing a healthy diet	Ch 1 & 2	Quiz 1- Discussion 1 & 2
Week 2 June 23 – July 29	Digestion Carbohydrates	Ch 3 & 4	Quiz 2 – Discussion 3 Nutrition in the News #1 (NN1) due
Week 3 June 30 – July 6	Carbohydrates Fats	Ch 4 & 5	Quiz 3 – Discussion 4
Week 4 July 7 – July 13	Fats Proteins	Ch 5 & 6	Quiz 4 – Discussion 5 Health Risk Appraisal (HRA) due
Week 5 July 14 – July 20	Proteins Metabolism/Alcohol	Ch 6 & 7	Quiz 5- Discussion 6 Nutrition in the News #2 (NN2) due
Week 6 July 21 – July 27	Energy Metabolism Fluids and electrolytes	Ch 8 & 9	Quiz 6 – Discussion 7 Nutrition assessment (Asses) due.
Week 7 July 28 – Aug 3	Antioxidant Bone Health Immune function	Ch 10 - 12	Quiz 7 – Discussion 8 Supersize me (SSme) due
Week 8 Aug 4 – Aug 10	Maintaining a healthy Weight	Ch 13	Quiz 8 – Discussion 9 TDEE due
Week 9 Aug 11 – Aug 17	Exercise Nutrition Disordered eating	Ch 14-15	Quiz 9 – Discussion 10 Research Papers (RP) due
Week 10 Aug 18 – Aug 21	Food Safety Final Exam	Ch 16	Final Exam

* All assignments are due by Sunday night at 11:59pm (PST)- unless otherwise noted.

Schedule may change.