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Fall 9-1-2005

HHP 236.01: Basic Nutrition

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HHP 236 – Basic Nutrition Fall Semester, 2005

Lecture – both sections meet MWF at these specific times and place

Section 01: 70178, HHP 236N – 10:10 am – 11 am, McGill Hall 210

Section 02: 70179, HHP 236N – 1:10 pm – 2 pm; McGill Hall 210

Instructors

Blakely Brown, PhD, RD
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Office Hours

Dr. Brown: M only 11 am – 12 pm, or by appointment

Dr. Cox: MW, 9 – 10 am, or by appointment

Graduate Teaching Assistants

Three HHP graduate teaching assistants are also available for course help and questions. Please contact them individually to set up an appointment or visit them during their office hours.

The teaching assistants for section 1 are:

- Kristin Rohfleisch, email: krohfleisch@yahoo.com
- Ruliang Liao, sworve@hotmail.com

The teaching assistants for section 2 are:

- Mishel Spiroski, email: anamishel@hotmail.com
- Ruliang Liao, sworve@hotmail.com
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TA Office: McGill Hall 236. TA office hours to be announced the first week of class.

Required Textbook, Class Notes and Dietary Assessment FACPACs.

Textbook

The required textbook, *Understanding Nutrition, 10th edition* by Whitney and Rolfe is available at the UC Bookstore on campus. The text (new or used) is sold with the CD-ROM “Dietary Analysis Plus 6.0.

Class Lecture Notes/PowerPoint Slides and Announcements

The PowerPoint slides used in lecture are available through the class ERES site. To access this site go to The University of Montana Electronic Reserve site located at: <http://eres.lib.umt.edu>. ERES can also be reached thru a link in The University of Montana Library catalog under "course reserves". Our course password is HHP 236.

Dietary Assessment Project

The dietary assessment project/packet is available at the University Bookstore. All students must complete a dietary assessment project in order to pass the course. This means a student will automatically FAIL (“F” or “NCR”) the course if they do not turn a project in for grading.

Course Objectives

As an outcome of this course in nutrition, and fulfillment of a general education requirement in the natural sciences, the student will be able to:

- identify the essential nutrients in the human diet.
- describe the major functions of nutrients in the body.
- determine physiological and biochemical changes that occur with deficiency or excess nutrient intake.
- identify common and concentrated food sources of nutrients.
- describe the physical and chemical changes that occur during digestion of food and absorption of nutrients.
- identify changes in nutrient requirements throughout the life cycle.
- define how diet effects health outcomes for major diseases in humans.
- design a sound program of eating.
- understand the continuum from uncertainty to certainty in nutrition science.
- distinguish between solid scientific certainties and scientific controversies.
- describe how environment and culture affect nutrient and food intake.

Course Format

- The format of the course is primarily lecture with occasional worksheets and interspersed discussion. Lecture content will include the scientific basis of nutrition as well as discussions of real-life applications and current controversies. Students are encouraged to read the appropriate chapters in the text before attending lectures. Some of the most straightforward material will not be covered in class and students will be responsible for material in the textbook, although exams will focus on material covered in lectures.
- **It is highly encouraged that students re-familiarize themselves with the Chemistry and Science concepts outlined in Appendix A, B, C, E and F as we move through the course material.**
- **Chapter 18 material is interwoven throughout the course material. It is recommended you read through chapter 18 before we get to section 2 and 3 of the lecture schedule.**

Diet Analysis Project

This project is required of all students registered in HHP 236. This means that if you do not turn in a project, you will automatically fail the course (“F” or “NCR”). For the class project, you will evaluate the adequacy of your dietary intake. This involves keeping track of your food intake and physical activity for three days, determining the nutrient and energy content of foods eaten and assessing dietary intake relative to current recommendations. The assignment is worth 150 points and is required of all students. Detailed instructions for completing the project are located in the dietary assessment packet. Due date for the project is November 14, 2005. Make sure to make a photocopy of your completed project before turning it in. Points will be subtracted for each day the project is turned in after the due date. Projects will not be accepted after November 21, 2005.

Exam Policy

Two exams and seven (7) in class quizzes will be given during the semester. **There are NO makeup for the in class quizzes, NO EXCEPTIONS.** Your two lowest quiz scores will be automatically dropped from the final grade; only the top 5 quiz scores count towards the 100 points possible for the quizzes. Thus, if you miss a quiz this will be 1 of the 2 lowest quiz score (e.g. 0 points) dropped from your final grade. Make-ups for the midterms are at the discretion of the instructor and are extremely difficult to schedule in a class this size. **Only under EXTREME circumstances will a makeup for the midterm be allowed. So...make your travel plans around the fact that you will be in class October 21 and during the day you are scheduled to take the final exam “I have to travel on the 21st” will not be reason enough to allow you to take a makeup exam.** If you are allowed a make-up exam you MUST provide proper documentation for the absence, e.g., physician’s slip, UM athletic or performing event, etc. An illness or family death DOES NOT automatically guarantee you will be allowed to take a make-up exam. Any make-up exam must be taken *before* the regularly scheduled time. If a student must miss the **final exam** because of illness, the instructor must be notified within 72 hours of the scheduled exam. To take the exam, the student must have a physician’s verification of illness.

Course Assignments and Evaluation Procedures

Students are responsible for material presented in lecture and the text. Points will be distributed as follows:

One midterm exam	100
Final Exam (2 nd midterm exam)	100
7 in-class quizzes, every other Wednesday; 5 of these quizzes count towards the final grade	100
Diet Analysis Project	<u>150 points</u>
Total Points	450 points

Assignment of Final Grades

Grades of A, B, C, D and F will be assigned on the basis of percentage of possible points earned (not a plus/minus grading system). The exact percentage of possible points required for each grade will be determined after all of the exams have been given, the dietary projects have been graded, and the marks for the entire class reviewed. If there is a shift in the curve, it might be a small lowering of the curve. In no case will the curve be raised. A “credit (CR)” will be equivalent to a C- or better and a no credit (NCR) grade will be equivalent to a D or worse. CR and NCR grades do not affect grade point average. If you are taking this course to meet a general education requirement this course, or you are an HHP major, you must be take this course for a traditional letter grade. Students who do not complete the course or coursework and who have not signed a written completion agreement with the instructor will be assigned a “CR” or and “NCR” depending on how they are enrolled in the course.

Credits and Workload Expectations

This is a semester-long, undergraduate course for the study of basic nutrition that allows fulfills the general education natural science requirement. It is expected that students will spend 2 hours of out of class study time for every 1 hour of lecture. There is no extra credit allowed in this class.

Lecture Schedule:

<i>Day of the week</i>	<i>Date</i>	<i>Topic</i>	<i>Text</i>
Mon.	August 29	Introduction-An overview of nutrition	Chapter 1
Wed.	August 31	Dietary reference intakes, dietary guidelines and planning a healthy diet	Ch. 1 pp 16-19 and Ch. 2 pp 39-55 and Ch. 2 highlight
Fri.	<i>Sept 2</i>	<i>Nutrition information and misinformation (includes the scientific method)</i>	<i>Highlight pp30-37 pp. 11-15</i>
Mon.	Sept 5	Labor day holiday	
Wed.	Sept 7	Quiz – chapters 1 and 2 Lecture: Food labels	Ch. 2 pp 55-61
Fri.	<i>Sept 9</i>	<i>Project – review and handed out (what is expected, how to proceed)</i>	BE THERE!
Mon. & Wed.	Sept 12 and 14	Digestion	Chapter 3
Fri.	<i>Sept 16</i>	<i>Carbohydrates</i>	<i>Chapter 4</i>
Mon.	Sept 19	Carbohydrates continued	
Wed.	Sept 21	Quiz – Chapter 3 and food labels Lecture: Fiber	
Fri.	<i>Sept 23</i>	<i>Diabetes, metabolic syndrome and insulin resistance</i>	<i>pp 632-635</i>
Mon. & Wed.	Sept 26 and 28	Lipids	Ch 5
Fri.	Sept 30	<i>Heart disease</i>	<i>pp 620-629</i>
Mon.	Oct 3	Protein	Ch 6
Wed.	Oct 5	Quiz - Ch 4 and 5; diabetes and heart disease Lecture: Protein continued	
Fri.	<i>Oct 7</i>	<i>Vegetarian diets</i>	<i>Highlight pp 208-213</i>
Mon. & Wed.	Oct 10 and 12	Metabolism	Ch 7
Fri.	<i>Oct 14</i>	<i>Alcohol</i>	<i>Highlight pp 240-249</i>
Mon.	Oct 17	Energy balance	Ch 8
Wed.	Oct 19	Quiz – Ch 6 and 7; alcohol and vegetarian diets Lecture: Energy balance continued	
Fri.	Oct 21	<u>Mid Term Exam</u>	<u>ALL Material through Oct. 14</u>
Mon.	Oct 24	Fad diets and surgical procedure for weight loss	Ch 9
Wed.	<i>Oct 26</i>	<i>Children and obesity – the epidemic</i>	<i>Handout</i>
Fri.	<i>Oct 28</i>	<i>Disordered eating</i>	<i>pp 310-318</i>
Mon.	Oct 31	<i>Optional project due for review and</i>	Ch. 10 and 11

		<i>suggestions.</i> Vitamins – Water and Fat soluble	
Wed.	Nov 2	Quiz -chapter 9, children and obesity and disordered eating Lecture: Vitamins continued	
Fri. & Mon.	Nov 4 and 7	Vitamins continued	
Wed.	Nov 9	Vitamin and Mineral supplements	Highlight pp 359-365 Bring yours!
Fri.	Nov 11	Veterans day holiday	
Mon.	Nov 14	<u>Project Due !!!!!-10% off for each day late</u> Water and Major minerals	Ch. 12
Wed.	Nov 16	Quiz – Ch. 10 and 11 Vitamins and supplements Lecture: Major minerals continued	
Fri.	Nov 18	<i>Osteoporosis</i>	<i>Highlight pp 428-434</i>
Mon.	Nov 21	<i>Nutrition for Sport</i>	<i>Ch. 14</i>
Wed. & Fri.	Nov 23 and 25	Thanksgiving break (enjoy and be SAFE!)	
Mon.	Nov. 28	Trace Minerals	Ch. 13
Wed.	Nov. 30	Quiz – Ch 12, Osteoporosis and Nutrition for sport Lecture: Trace minerals continued	
Fri.	Dec. 2	<i>Cancer prevention</i>	<i>pp 636-643</i>
Mon.	Dec 5	Nutrition through the lifecycle – pregnancy and lactation	Chapters 15
Wed.	Dec 7	Nutrition through the lifecycle - children	Chapter 16
Fri.	Dec 9	<i>Nutrition through the lifecycle – elderly</i>	<i>Chapter 17</i>
<u>Final</u>	<u>See below</u>	<u>Final (2nd Mid Term Exam)</u>	<u>ALL material since 1st midterm</u>

Final exam (2nd mid term) test dates:

10:10 a.m. class – 8-10 a.m. Friday, Dec. 16

1:10 p.m. class – 1-3 Tuesday, Dec. 13

Note: There are 7 in class quizzes, each worth 20 points each (10 questions/exam). These will be given the first 20 minutes of class, followed by lecture for the remaining class time. Your lowest two grades from the quizzes will be automatically dropped at the end of the semester, and your top 5 quiz grades will count towards your overall grade. There are absolutely NO makeup quizzes given and the instructor WILL NOT reschedule a time for you to take the quiz. If you miss a quiz (=0 points), this will count as 1 of the 2 lowest quiz grades.