

SYLLABUS For Spring 2001

Course Name: Nutrition in Health
Course No./Sec.: HESC 1213 001 (3 cr)
Class time/day:
 Section 001: 3:30-4:50pmTR
 Section 002: 8:00am-9:20am, TR
Room: HOEC 102

Instructor: Dr. Marjorie E. Fitch-Hilgenberg
Office No: HOEC 16A
Office Hours: TR 1:00-3:00 pm; MW 2-4 pm;
 or by appointment
Telephone/voicemail: 575-6815
E-mail: mfitch@uark.edu

Course Description: The function of food, body processes, optimum diets in relation to health and physical fitness.

Course Objectives:

- _ To develop a basic foundation of factual knowledge in the psychology of eating and the science of nutrition.
- _ To develop basic concepts of nutrition, including requirements, functions, and toxicities of individual's nutrients and interactions among nutrients.
- _ To identify important food sources of nutrients and to devise diets based on ordinary foods that meet nutritional needs of healthy adults.
- _ To recognize sources of scientifically accurate nutrition information.
- _ To develop critical thinking skills in evaluating new information related to nutrition.

Required Text:Sizer, F & Whitney, E. (1999) *NUTRITION Concepts and Controversies*, 8th ed., Wadsworth

HIGHLY Suggested Resources: Kicklighter, J. (1999) Study Guide for Sizer & Whitney's *NUTRITION Concepts and Controversies*, 8th ed., Wadsworth.

This study guide is highly recommended to assist with your course studies. The instructor will not be providing chapter study guides since this is available to you.

Course Responsibilities:

Instructor:

- _ Be knowledgeable and up-to-date with scientific advances in nutrition.
- _ Organize and present information accurately and clearly.
- _ Stimulate learning and critical thinking.
- _ Provide assignments and examinations related to course objectives.
- _ Help students be at ease and feel free to ask questions; be available outside the classroom.
- _ Evaluate student progress toward performance goals objectively and fairly.
- _ Respect students as individuals.

Student:

- _ Attend class, be attentive, take notes; complete assignments on time and as instructed.
- _ Ask questions when you need information or clarification.
- _ Accept responsibility for your own learning; study outside of class is essential.
- _ Learn from your mistakes; do not risk missing the same question on another test.
- _ Show respect for others: do not distract in class or take credit for their work.
- _ Show respect for the teacher by honesty in all dealings.
- _ Evaluate fairly and objectively the course and the instructor.

SPECIAL ACCOMMODATIONS: Students needing special accommodation should confer with instructor. Student must bring a card from the Campus Access Office indicating the assistance required..

Evaluation and Grading:

Student grades are based on:

Four (4) exams @ 100 points each	= 400 points
One (1) individual Assignment	= 100 points
Comprehensive Final	= 150 points
Total Points	= 650 points

Grading Scale (%): 90 - 100 =A; 80 - 89 =B; 70 - 79 =C; 60 - 69 =D; Below 60 =F

Administrators, faculty peers, and students evaluate instructor and course annually.

SETTING UP e-mail:

All students should have e-mail accounts. This resource may be used to send students information or news items, and is a convenient, reliable way to contact instructor with questions you may have. See University WEB site for instructions for setting up an account if you have not done so already.

MISSED WORK:

You are expected to take all exams at the scheduled times. A student is allowed **only one (1) make-up** exam per semester. The make-up exam **must be taken** within one (1) week of the missed exam. If you must miss one, contact the instructor as soon as possible. Quizzes cannot be made up. Late assignments are subject a grade penalty. The grade penalty will be a deduction of **5 points for every day** late. Arrange in advance for university-sanctioned absences.

ETHICS AND CONDUCT:

All work submitted as part of assignments or examinations must be original. Proper credit must be given for words or ideas of others whenever your original writings refer to them. Plagiarism is defined as (1) the use of the words of another without showing quotation marks (or offset margins) and reference to the source, or (2) presenting the idea of another as if it originated with you. For example, a paragraph from your text states (correctly quoted):

In nutrition the word essential is used to denote those nutrients that the body must obtain ready made from food. As examples, it cannot make any of the minerals, most of the vitamins, or certain lipids or amino acids. (Sizer & Whitney, Nutrition Concepts and Controversies, 1999, p. 7)

OR

“In nutrition the word essential is used to denote those nutrients that the body must obtain ready made from food. As examples, it cannot make any of the minerals, most of the vitamins, or certain lipids or amino acids.” (Sizer & Whitney, Nutrition Concepts and Controversies, 1999, p. 7)

The instructor should be consulted if student is in doubt as to proper crediting of information sources. For further information, see *The Student Code of Conduct (DBCAFLS Student Handbook, 1999-2000, p. 8)* and *Code of Conduct (1999-2000 University of Arkansas Catalog of Studies, p. 320)*.

INCLEMENT WEATHER OR OTHER CANCELLATION:

Unless the University official closed, you should assume the class will meet. If this class is canceled for any reason when the rest of the University is open, a voice mail message will be posted at 575-6815 (listen carefully for information about this class) or call 575-4306. If weather is bad, you are advised to call before coming to class to get the current status of class.

COURSE SCHEDULE: Nutrition in Health, HESC 1213, Spring 2001
This is a tentative schedule. Dates are subject to change.

DATE	TOPIC	ASSIGNMENT
Jan 16,	Introduction	
18, R 23, T	Food Choices and Human health: Nutrition as a science, origin of nutrition information	Chapter 1
25, R 30, T	Nutrition Tools-Standards & Guidelines, Nutrients, Energy; Dietary Recommendations; Food Composition; Food labels	Chapter 2
Feb 1, R 6, T	The Remarkable Body: Body systems	Chapter 3
Feb 8, R	Exam 1, Chapters 1, 2, & 3 (bring a scantron and a number 2 pencil)	
13, T 15, R	The Nutrients: Carbohydrate: Sugars, Starch, Glycogen, Fiber, Problems with carbohydrate digestion and metabolism	Chapter 4
20, T 22, R	The Lipids: Fats, Oils, Phospholipids and Sterols: Lipids in the body, lipid metabolism and Heart disease, Other disease processes related to lipids	Chapter 5 Chapter 11
27, T March 1	The Proteins and Amino Acids: Role of Proteins in the body, Proteins in Foods, meeting protein needs	Chapter 6
6, T	Exam 2, Chapters 4, 5 & 6 (bring a scantron and a number 2 pencil)	
8, R	Individual Project: Computer analysis of diet	Pyramid Challenge
13, T	Vitamins: Fat soluble vitamins, water soluble vitamins, nutrient supplements Indiv. Proj. Due at start of class: Absolutely NO Papers accepted after this day	Chapter 7
15, R	Vitamins: Fat soluble vitamins, water soluble vitamins, nutrient supplements	Chapter 7
Mar. 19-23	Spring Break	
27, T	Vitamins: Fat soluble vitamins, water soluble vitamins, nutrient supplements	
29, R	Exam 3, Chapter 7, Vitamins (bring a scantron and a number 2 pencil)	
Apr 3, T 5, R 10, T	Water and Minerals: Major minerals, trace minerals, Osteoporosis, Hypertension	Chapter 8
12, R	Exam 4, Chpt. 8, Water & Minerals (bring scantron+ number 2 pencil)	
17, T	Energy Balance and a Healthy Body: Fatness, thinness, achieving & maintaining a healthy body weight, evaluating “diets”	Chapter 9
19, R	Energy Balance and a Healthy Body, con’t	Chapter 9
24, T	Evaluating “diets” – The good & the Bad - Bring in at least one example of a popular weight loss or gain diet and be prepared to discuss	Bring a copy of a popular “diet”
26, R May 1	Nutrients, Physical Activity and the Body’s Response: Essentials of fitness and training, The active body’s use of fuel, nutrients and water	Chapter 10
May 3	Diet and Health and Special Topics	Chapter 11
May 9, Wed	Section 002 (8:00 - 9:20 am) Final Exam 12:30-2:30 pm (Bring scantron + Number 2 pencil)	Comprehensive Final Exam
May 11,	Section 001 (3:30-4:20p) Final exam at 12:30-2:30pm	Comprehensive

Friday	(Bring Scantron + Number 2 pencil)	Final Exam
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All students **must** take the final exam. Students **must** take the final at the scheduled time. ***Absolutely NO*** early exams.