

TEXAS A & M UNIVERSITY - COMMERCE
DEPARTMENT OF HEALTH & HUMAN PERFORMANCE
COURSE SYLLABUS

COURSE TITLE:	HHPH 331: Nutrition
COURSE VALUE:	Three (3) credit hours
COURSE LOCATION:	Field House 101
COURSE TIME:	M-R 1:00-2:50pm
INSTRUCTOR:	Spencer Willis, M.A., CHES
OFFICE:	Field House 100K
OFFICE HOURS:	M-W noon-1pm or by appointment
PHONE:	(903) 886-5573
FAX:	(903) 886-5365
E-MAIL:	quynh.dang@tamu.edu
REQUIRED TEXT:	Wardlaw, G. & Smith, A. (2009). <u>Contemporary Nutrition</u> . New York, NY. McGraw-Hill Publishers

Course Description:

Basic facts and principles of human nutrition are presented. Study includes the physiological and psychological factors of food intake and utilization with emphasis on nutrition education for dietary improvements of groups and individuals. Emphasis is placed on the science of nutrition: the study of nutrients and of their ingestion, digestion, absorption, transport, metabolism, interaction, storage and excretion. Food group plans, the Dietary Guidelines, Food Exchange System, Recommended Dietary Allowances and other standards are reviewed to serve as a foundation for food selection.

Course Objectives:

At the end of this course the students will be able to:

- 1. To be able to discriminate in dealing with a vast amount of nutrient information.
- 2. Make decisions concerning nutrient claims, separating fact from fallacy.
- 3. Recognize the consequences of over nutrition, under-nutrition, and malnutrition.
- 4. Describe the principle of caloric balance.
- 5. Apply the concepts of nutrition in personal food selection.
- 6. Assist others in planning healthy adequate diets.
- 7. Identify the major nutrients, their functions, interactions, and needs of the body.
- 8. Select and use appropriate guidelines for food selection and provide for adequacy, balance, calorie control, moderation, variety, and density.
- 9. Describe the role of proper nutrition for athletes and others involved in physical activity.
- 10. Identify signs, physical consequences, and a referral system for common eating disorders.
- 11. Recognize and advocate the principles of nutrition that promote health and prevent disease throughout the life cycle.

Course Requirements:

A. **Participation/Assignments (10%):**

Many activities will be completed in class and your participation and contribution is essential. I am empathetic to students who have various events prohibiting them from attending class. Believe me, I have heard them all! However, your lack of participation is just that. I believe in being fair to all students and I simply cannot justify a student who misses the opportunity to attend class and participate in activities earning the same grade as a student who participates in every class meeting. Small group projects may not be made up. Students who just seem to meet every obstacle and come to class will be justly rewarded.

B. **Tests (40%):**

Three (3) tests and final exam will be given to determine student progress and assist students in learning. Tests will consist of objective questions (T/F, multiple choice, and matching) and application questions. Late tests (all fill-in-the blank) will result in a deduction of points regardless of the reason.

****No make-up exams will be given, unless arrangements are made prior to the exam or a verifiable medical excuse is provide within 3 days.***

C. **Dietary Analysis (10%):**

This assignment is designed to have students study their own diets (i.e., do not alter your eating patterns for this assignment; we are looking for real results). Students will need to record their food intake for five days and input this information into a dietary analysis computer software program. Be sure to make a note of the amount of food/drink consumed and don't forget those extras such as mayo, olives, candy, drinks, etc. Also, record the amount in household measurements like ½ cup, 1T, or 1t.

Schedule some time to enter the food and drink items you have recorded into the Dietary Analysis program available in the Field House computer lab (2nd floor). You will need some change so you can print your results. The Dietary Analysis should help make the study of nutrition more meaningful and personal. Students may turn in their dietary analysis assignment early.

D. **Food for Families/Stewpot (5%):**

Choose one of the following events. Meet at event location (directions will be given week of event). Extra credit for students who carpool to this activity.

TBA: Food for Families

TBA: Stewpot

E. **Journal Articles and Presentations (15%):** Students will select two current articles from peer reviewed journals over a nutrition topic and present a 5 minute presentation in class on their articles (see schedule) and turn in a full 1-2 page (typed, single space, 12 font, 1 inch margin) summary of each article to the instructor.

Students will be required to reference their journal articles according to APA style, see example below.

Orazem, P. (2003). Market expectations. Job search, and gender differences in starting pay. *Journal of Labor Research*, 24(2), 307-321.

F. **Food Fair (5%):** Students will bring a healthy, four ingredient minimum, food dish with copies of the recipe to be handed-out to their classmates. We will sample the healthy food dishes in class. More information will be given in class.

- G. **Website Report and Presentations (15%):** Students will submit two reports over different websites on a topic related to nutrition and present a 5 minute presentation in class on their websites (see schedule) and turn in a 1 page (typed, single space, 12 font, 1 inch margin) summary of each website to the instructor.

Guidelines for website report are as follows:

Full page, minimum of 2 paragraphs (i.e. summarize, relate it to the chapter topic, and write a personal reaction to the website). **Take note: All of the website reports and journal articles have due dates, students will be unable to make-up a website report and journal article when the due date has passed.**

Grading:

Participation/In-Class Activities	100 PTS (10%)
Food for Families/Stewpot	50 PTS(5%)
Food Fair	50 PTS (5%)
Three (3) exams @ 100pts each	300 PTS (30%)
Two (2) Journal Articles and Presentation @ 75pts each	150 PTS (15%)
Two (2) Website Reports and Presentation @ 75pts each	150 PTS (15%)
Dietary Analysis	100 PTS (10%)
<u>Final</u>	<u>100 PTS (10%)</u>
<u>TOTAL</u>	<u>1000 PTS (100%)</u>

Grade Scale:

900 - 1000 = A	600 - 699 = D
800 - 899 = B	0 - 599 = F
700 - 799 = C	

A grade of C or above must be maintained in all courses of your major field and for teacher certification.

ALL STUDENTS ENROLLED AT THE UNIVERSITY SHALL FOLLOW THE TENETS OF COMMON DECENCY AND ACCEPTABLE BEHAVIOR CONDUCIVE TO A POSITIVE LEARNING ENVIRONMENT. (SEE STUDENT'S GUIDE BOOK.)

STUDENTS REQUESTING ACCOMMODATIONS FOR DISABILITIES MUST GO THROUGH THE ACADEMIC SUPPORT COMMITTEE. FOR MORE INFORMATION, PLEASE CONTACT THE DIRECTOR OF DISABILITY RESOURCES AND SERVICES, (903) 886-5835.

HHP 331: Nutrition
TENTATIVE COURSE OUTLINE
 Summer II 2014

DATE	CHAPTERS to review	Topics to Cover	Assignments Due
7/7	1	Course Introduction What You Eat and Why	
7/8	2	Tools for Designing a Healthy Diet	
7/9	3	The Human Body Review for test #1	
7/10			Test #1 (Ch. 1-3)
7/14	4	Carbohydrates	Journal Article #1
7/15	5	Lipids	
7/16	6	Proteins	Website Report #1
7/17	8	Vitamins	
7/21		Article Presentations review for test #2	Journal Article #2
7/22			Test #2 (Ch. 4, 5, 6, 8)
7/23	9	Water and Minerals	
7/24	7	Energy Balance & Weight Control	
7/28	10	Nutrition: Fitness & Sports	5 Day Dietary Analysis
7/29	11	Eating Disorders review for test #3	
7/30			Test #3 (9, 10, 11, 7)
7/31		Website Presentations	Website Report #2
8/4	16	Food Fair Alcohol	
8/5	13	Food Safety Review for final	
8/6		Final Exam (Ch. 13, 16 & frequently missed questions from exams #1-3)	Final @ 1pm!

Please note that this schedule is tentative and is subject to change. Also, this is NOT all-inclusive (i.e., Homework/Participation). Other assignments will be given throughout the semester.