

FDSN 300 NUTRITION THROUGH THE LIFE CYCLE

**Fall/Spring: TBD
DAY and TIME TBD**

SYLLABUS

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Study Materials & Resources

1. Text: Nutrition Through the Life Cycle, Judith E. Brown, 5th Edition
2. Selected articles and books (Provided in class or via Blackboard)
3. Access to a computer (course assignments)
4. Library (research)
5. Writing Center as needed

Course Description and Prerequisites

FDSN 300 Nutrition Through the Life Cycle (3-0-3)

Prerequisites: Biology 107 or BIOL 115 (preferred) and FST/FPE 201 Nutrition and Wellness or FST/FPE 401 Nutrition and Metabolism and Health (preferred).

Description: Examination of nutritional concerns, requirements, and metabolism from (pre) conception through the aging process. Analysis of cultural, environmental, psychosocial, physical, and economic factors affecting nutritional status through the life span. Examination of methods for assuring adequate nutrition through dietary selection and promotion of health throughout the life cycle. Methods of nutritional assessment for each stage of the life cycle will be examined. Lecture, discussion, and collaborative activities will be used to disseminate course content.

Course Objectives

This course analyzes the changing nutritional requirements and relative dietary and psycho-social issues which are specific to the different stages of the life cycle. Expected student outcomes include the following:

1. The student will be able to identify specific nutrient requirements for each stage of the life cycle.
2. The student will be able to relate nutrient needs to developmental levels, including biochemical and physiological structure /function of the body and have a general understanding of dietary planning that will adequately meet nutritional needs of given levels.
3. The student will be able to describe the importance of environment, feeding skills, psychosocial situations and other factors to total nutrition and eating habits through the lifecycle (development through aging).
4. The student will be able to identify risk factors associated with major health problems over the life span and acquire appropriate knowledge for addressing through dietary and lifestyle choices.
5. The student will be able to select, utilize and evaluate appropriate materials and methods for communication of nutrition information to a given audience.

6. The student will be able to evaluate dietary intakes and feeding programs for individuals throughout the life cycle.
7. The student will effectively communicate knowledge through exams, writing and or oral projects.

Course Expectations and Requirements

1. Reading from textbook as noted from course outline
2. Class Attendance and participation
3. Assignments: Various class assignments/small group interactions to extend the information presented in class.
4. Evaluations: Quiz, exams, assignments and class participation

Assignments must be turned in on the due date as indicated on the Syllabus (online submission through blackboard or in class). Late assignments will incur a penalty of 10% off for per day late. Only one make up exam and quiz will be allowed per semester with a compelling reason (serious medical reasons with valid documentation). The makeup exam, quiz or assignment must be completed upon return to campus.

Honor Code

Students are expected to uphold the IIT standard of conduct for students relating to academic dishonesty. Students assume full responsibility for the content and integrity of the academic work they submit. The guiding principle of academic integrity shall be that a student's submitted work, examinations, and assignments must be that student's own work.

Accommodations

Reasonable accommodations will be made for students with documented disabilities. In order to receive accommodations, students must obtain a letter of accommodation from the Center for Disability Resources. The Center for Disability Resources (CDR) is located in Life Sciences Room 252, telephone 312 567.5744 or disabilities@iit.edu.

Grading

Grading Scale and Points Assignment for TOTAL 510 points

A = 90 - 100% B = 80 – 89% C = 70 - 79% D = 60 - 69% F < 60%

EXAMs (3@ 100 pts each)...	300
Quizzes (5@ 10 pts each).....	50
Paper interpretations (2@20 pts each)	40
Case studies (2@25 pts each) ...	50
Group Case study project (Case 3)	50
Attendance and participation	20

Total Points Possible = 510

TENTATIVE SCHEDULE

WEEK	DATES	TOPICS	READING ¹	ASSIGNMENTS
1		Introduction/ Review Nutrition basic concepts, Overview of the Lifecycle, Nutrition Assessment	Chapter 1	Get to know you
2		Preconception Nutrition	Chapter 2 & 3	Quiz 1 Assign Interp- 1
3		Nutrition During Pregnancy	Chapter 4 Position Paper	Paper Interpretation 1: DUE
4		Nutrition During Pregnancy, including issues	Chapters 4 & 5	Quiz 2
5		Nutrition During Pregnancy	Chapter 5	Case Study 1
6		Nutrition During Lactation	Chapter 6 Position Paper	Exam 1
7		Nutrition During Lactation	Chapter 7	Quiz 3 Assign Interp-2
8		Infant Nutrition	Chapter 8	
9		Infant Nutrition Toddler/Preschool Nutrition	Chapter 9 Chapter 10 Position Paper	Paper Interpretation 2: DUE
10		Toddler/Preschool Nutrition	Chapter 11	Quiz 4 Case Study 2
11		Child Nutrition	Chapter 12	Exam 2
12		Child Nutrition, including current issues	Chapter 13	
13		Adolescent Nutrition and Exercise	Chapter 14, 15	Quiz 5
14		Eating Disorders/Adult Nutrition Nutrition and Aging	Chapters 16 & 17, 18 Position Paper	Case Study 3
15		Nutrition and Aging	Chapter 18, 19	
16		FINAL EXAM		FINAL EXAM

¹Position papers provided by instructor along with any other suggested reading material