

Fall 2015
Nutrition and Wellness - Course FST/FPE 201
Tuesday-Thursday, 10.00 am – 11.15 am
Main Campus, Hermann Hall 007

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Course Description: Introduction to the basic principles of nutrition and the relationship of the human diet to health. Overview of the nutrition profession, the biological uses of nutrients and tools for dietary planning and assessment in various settings. Examination of specific issues such as weight management, sports nutrition, food safety, the diet-disease relationship and global nutrition. Analysis of special nutritional requirements and needs during the life cycle.
Lecture/discussion. **3 credits**

Course Objectives:

1. Describe the characteristics, physiological functions and sources of nutrients for optimal health.
2. Identify the sociological and psychological influences on food habits and nutrition over the life cycle.
3. Identify nutritional requirements during various stages of life and apply this knowledge to one's own health.
4. Recognize the relationship between dietary habits and health including dietary risk factors for major chronic conditions/diseases.
5. Differentiate between valid nutrition sources and misinformation.
6. Analyze composition and adequacy of personal dietary intake using nutritional analysis software and dietary guidelines.
7. Promote a critical understanding of world hunger and global food needs as they relate to the social and natural environment.

Recommended Textbook and Materials:

- 1) *Nutrition: An Applied Approach 2nd or 3rd edition* by Janice Thompson and Melinda Manore
- 2) MyDietAnalysis 3.0 Online Access Code (bundled with text) or utilize USDA Myplate.gov program

Course Requirements and Policies:

This course will utilize IIT's online services for sharing syllabi, assignment instructions, lecture notes and materials, quizzes and examinations, grade posting, and all course updates and information.

1. QUIZZES AND EXAMS

Quizzes: There will be short quizzes to cover the chapters we discussed in class. Quizzes will be online (Blackboard) and open book.

Midterm and Final Examination: There will be a midterm and final examination. Exams and quizzes will include T/F, multiple choice, and matching questions. Exams and quizzes will be based on lectures, readings, online and in-class activities and take-home assignments.

2. ASSIGNMENTS

There will be a two-part take-home diet analysis project assigned during the semester. This project includes an analysis and critical evaluation of your 3-day food intake using a diet analysis software program

purchased with your text book or a pre-approved (by Instructors) software program available online (eg., USDA Myplate.gov program). You will complete an in-depth comparison of your diet to recommended intakes of major nutrients, and an evaluation of the composition of the foods you typically eat. Detailed instructions will be provided in class, including due dates. The project will be assigned in two parts and will require sign off of part 1 to move to part 2.

There will be a 2 part take home project related to “sorting out facts from fiction” on nutritional claims.

3. ASSIGNMENT, QUIZ AND EXAM DEADLINES

Assignments must be turned in on the due date. Late assignments will incur a penalty of 20% 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.

4. STUDENTS WITH DISABILITIES

If you have a disability and require accommodations, you need to provide disability documentation for specific accommodations.

5. HONOR CODE AND PLAGIARISM POLICY

Students are expected to uphold the IIT standard of conduct for students relating to student behavior and academic honesty. 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 the student’s own work.

6. GRADING

Assignment of Points:

Quizzes 10 points x 5 best	50
Exam - midterm	100
Diet Analysis (2 parts)	100
Claims and Web	25
Debate	25
Final Exam	150
TOTAL POSSIBLE	450

Grading scale (percentage of total points):

- A =90-100%
- B =80-89%
- C =70-79%
- D = 60-69%
- F =/< 59%

Opportunities for extra credit may be available please discuss with your instructors.

PROPOSED COURSE SCHEDULE

DATE	LECTURE TOPICS	PREPARE <u>BEFORE</u> CLASS <u>THIS WEEK</u>	QUIZ, EXAM & ASSIGNMENT INFO Quizzes open Friday- End Monday Midnight
Wk 1	Introduction to Nutrition, the role of Nutrition in our Health, food Labels, Dietary Guidelines, DRIs	Read Chapters 1 & 2	Start August 25 th
Wk 2	Dietary Claims, quackery - Evaluation techniques (assignment review) Human body overview	Read Chapters 3	Assign Claims and Web project Quiz 1- Available through September 4th -7th
Wk 3	Carbohydrates (sugar, starch, fiber) and health (and disease issues)	Read Chapter 4	
Wk 4	Fats (fat/oils, cholesterol) and health (and disease issues)	Read Chapter 5	Claims and Web project due – September 18th Quiz 2 - Available through September 18th - 21st
Wk 5	Proteins and health	Read Chapter 6	
Wk 6	Fluid and Electrolyte Balance, Sports drinks Antioxidant Nutrients and their role in the body	Read Chapter 7 Read Chapter 8	Quiz 3 - Available through October 2nd - 5th Assign/Review guidelines for <i>Diet Analysis Project</i>
Wk 7 MIDTERM	Review for Midterm Midterm	<i>Study for midterm</i>	October 8th
		➤	FALL BREAK – WEEK OF OCTOBER 12TH
Wk 9	Nutrients Involved in Bone Health	Chapter 9 ➤ <i>Finish Diet Analysis Project Part 1</i>	Part 1 - <i>Diet Analysis Project due October 30th</i> <i>Overview and Demo of Diet Analysis Project Part 2.</i>
Wk 10	Nutrients Involved in Energy Metabolism & Blood Health	Read Chapter 10	Quiz 4 – Available through November 6th-8th
Wk 11	Achieving & Maintaining A Healthful Body Weight	Read Chapter 11	

Wk 12	Nutrition & Physical Activity Physical activity and Stress relief	Read Chapter 12	Quiz 5 - Available through November 20th -23rd
Wk 13	Disordered Eating, other psychological aspects of eating Food Safety, Global Nutrition issues	Read Chapters 13, 14	Part 2 – Diet Analysis Project due November 27th
Wk 14	Nutrition Through the Lifecycle Study Guide and Review for FINAL	Read Chapters 15, 16 ➤ <i>Prepare for final exam review</i>	How to prepare for final
Wk 15	Final Exam Week		Starting Monday December 7 th
FINALS WEEK Cumulative final examination- in the week of December 07 th .			