

GEORGE MASON UNIVERSITY

**College Health and Human Services
Department Global and Community Health**

GCH 295

Nutrition for Health Professionals

SYLLABUS – Summer 2008

Syllabus

Course Number:	GCH 295
Course Title:	Nutrition for Health Professionals
Class Schedule:	Tuesdays, Thursdays and three Saturdays T&TH: 3:45-6:50 pm SAT: 12:15-3:20
Location:	tba
Placement:	Sophomore
Credits:	3 credits
Faculty:	Carol Stiller, MS, RD
Office Hours:	By appointment, email or by phone (available most mornings M-F)
Office Location:	Robinson B 420
Telephone:	(703) 660-3722
Email:	cstiller@gmu.edu
Required Text:	Whitney, Cataldo, and Rolfes, <i>Understanding Normal and Clinical Nutrition 7th edition</i> . ISBN 0-534-62208-9 <u>Cost</u> : approximately \$128
Required Resource:	<i>FoodWise 1.2</i> Diet analysis CD-ROM software ISBN: 0-07-319531-6 <u>Cost</u> : approximately \$25

DESCRIPTION

An introduction to sound nutritional practices in improving health care in clinical and community settings. This course is designed to give students a working knowledge of the science of nutrition and how it influences health and disease. Students use computer-based diet analyses to evaluate personal dietary intakes with a view to using acquired skills in recording nutrient assessments.

OBJECTIVES:

At the completion of this course, the students will be able to:

- Discuss the importance of nutrition in health care as it relates to the promotion and maintenance of health throughout the human life cycle.
- Describe the different nutrients, their food sources, digestion, absorption and metabolism utilizing current research and an understanding of the need for updating personal knowledge of the field.

- Apply critical thinking skills using problem based learning methodologies in describing nutritional deficits and excesses of vitamins and minerals.
- Describe nutritionally sound diets with an understanding of cultural, psychological, religious, social, and political factors influencing the development of food behaviors.
- Describe the methods used to assess the nutritional status of individuals including the used of computerized diet analyses and evaluations.

TOPICAL OUTLINE:

- Overview of nutrition and how it relates to health
- Planning a healthy diet
- Digestion, Absorption, and Transit
- Macronutrients (including carbohydrates, fats, and proteins) and their importance in human nutrition.
- Metabolism
- Energy balance and Body Composition
- Micronutrients (including vitamins and minerals) and their importance in human nutrition.
- Nutritional assessment
- Food service and food safety

EVALUATION METHODS:

- Internet Projects
- Assessments: on Blackboard and in class
- Chapter Review Questions
- Examinations

GMU HONOR CODE

The GMU Honor Code (<http://www.gmu.edu/catalog/9798/honorcod.html>) is taken seriously. Any infraction of the honor code, or any action that appears to be an infraction of the GMU honor code will not be tolerated and will be reported to the Honor Code Committee. Students found in violation of the GMU Honor Code will receive a failing “F” overall grade and be dismissed from the class. Suspected or attempted cheating, plagiarism, lying, or stealing of academic work or related materials will be reported to the Honor Code Committee. Any student who has knowledge of, but does not report, an Honor Code violation may be accused of lying under the Honor Code. This includes altering emails, or adjusting or modifying written or verbal communications to the Instructor or classmates.

Cheating, attempted cheating, plagiarism, lying and/or stealing:

Plagiarism is not always willful. Sometimes the inexperienced writer forgets to attribute his paraphrasing efforts. Plagiarism is defined as using someone else’s words or art without attribution and passing it off as original.

Lying to the Instructor, including but not limited to absences or assignments that are not completed by the deadline, or other situations regarding class activities will be considered a GMU Honor Code violation and will be handled accordingly. All written requests received for excused absences will be verified.

ATTENDANCE:

Attendance (including lateness) will be taken to evaluate class participation and to assist students that may have difficulty with content areas they may have missed. Although you are not given a grade for attendance, it does factor into those grades that are borderline. For example, a grade 2 points away from an A **may** be raised to an A if class was regularly attended, but is not guaranteed.

CELL PHONES, PAGERS, AND ELECTRONIC DEVICES:

DURING TESTS: Turn-off all electronic devices and put them away (except for simple calculators) during exams. Electronic devices include: phones, pagers, complex calculators, programmable calculators, laptops, iPods, tape players, etc.

You may **NOT** use your cell phone as a calculator during an exam, nor may they be turned on, even in vibration mode during an exam. **Failure to adhere to this policy will result in a failing grade for the exam. You may turn off the ringer but do not answer the call if it happens and you forgot to turn off the phone.**

ELECTRONIC EMAIL:

Please be respectful of others when sending documents or emails to the class distribution list. Send appropriate documents that are relevant to the class. Do not spam your classmates or instructor with unsolicited advertising, personal information, or inappropriate language or graphics. Keep it professional!

CIVIL RESPONSIBILITY

- **Respect others:** Allow everyone to have a chance to speak. Agree to disagree respectfully, encourage questions and discussions with professionalism, and treat others as you would like to be treated.
- **Respect property:** If something isn't yours – don't take it. Please keep the classroom and equipment clean and litter-free.
- Disruptive or unprofessional behavior will result in a zero for participation and for the quiz for that day. Continued disruptive or unprofessional behavior will be taken very seriously and handled by the GCH office.

STUDENTS WITH DISABILITIES:

If you are a student with a disability and you need academic accommodations, please see Debbie Wyne and contact the Disability Resource Center (DRC) at (703) 993-2427. All academic accommodations must be arranged through the DRC.

COURSE POINT DISTRIBUTION:

There are 780 total points in this class. (Please note that these points do not include the possible extra credit points.) Since the lowest grade from Section B and Section C will be dropped, in addition to an extra credit opportunity up to 10 points for Section A on the Final exam, **please do not ask for additional points.** The grade you will receive is the grade you earned in class. If you have questions about the grade on an assignment, test, or review question, please submit your questions within 10 days of the assignment deadline or by the final exam, whichever comes first. **Grades are final once announced as final.**

1/3 total grades: Section A-Tests

1/3 total grades: Section B – Weekly Assignments

1/3 total grades: Section C – Chapter Review Questions

Letter Grade Assignments:

>756	A+	671-701	B+	593-623	C+	<468	F
734-755	A	656-670	B	546-592	C		
702-733	A-	624-655	B-	468-545	D		

A. Tests (260 points):

Test 1 = 80 points

Test 2 = 80 points

Test 3* (Final exam) = 100 points (½ cumulative, ½ new material)

***Extra credit:** up to 10 points added to final exam grade for the analysis of the 3-day average of your diet recalls (1-day recall X 3 days) – must be submitted via Blackboard by beginning of class on due date.

B. Assignments (260 points total, the 1 lowest score is dropped):

- May use text and BB resources to complete, unless otherwise noted
- Detailed instructions for each will be provided prior to the due date.

A1: Anthropometric (BB)

A2: Labels (BB)

A3: Exchange Lists (BB)

A4: MyPyramid.gov menu planner

- A5: Menu Match (BB)
- A6: Calculations (BB)
- A7: Nutrition Information Resources (BB)
- A8: Internet Quackery (BB)
- A9: Analyze Jane Dough's diet (BB)
- A10: Nutrient Interactions (BB)
- A11: Food Wise: Printout of your 3-day summary
- A12: Food Borne Illness (BB)
- A13: Film questions (BB)
- A14: Alcohol and Nutrition (BB)

(BB) = Blackboard submission and/or BB assessment www.gmu.blackboard.com/webct/

C. Chapter Review Questions (RQ) =260 points total:

- Due by beginning of class, **ALL** submitted using Blackboard (BB)
- May use text and BB resources to complete, unless otherwise noted in the directions
- The 1 lowest score of the 14 will be dropped
- 20 points each chapter/topic
- Detailed instructions for each will be provided prior to the due date.

Blackboard Grading Label

Topic

Ch1:	Chapter 1 Overview
Ch2:	Chapter 2 Healthy Diets & Menu Planning
Ch3:	Chapter 3 Digestion
Ch4:	Chapter 4 Carbohydrates (CHO)
Ch5:	Chapter 5 Lipids
Ch6:	Chapter 6 Proteins (Pro)
Ch7:	Chapter 7: Metabolism
Ch8:	Chapter 8: Energy Balance and Body Composition
Ch9:	Chapter 9: Weight Management
Ch10:	Chapter 10: Water-soluble vitamins
Ch11:	Chapter 11 Fat-soluble vitamins
Ch12:	Chapter 12: Water and the Major Minerals
Ch13:	Chapter 13: The trace minerals
FBI	Food Borne Illness (See FBI folder on BB)

(BB) = Blackboard submission and/or BB assessment www.gmu.blackboard.com/webct/

Please do not ask for additional extra credit. By dropping 2 assignments and offering up to 10 points on Test #3 (Final exam), you have up to 50 points going towards your benefit. Thanks!

ASSIGNMENTS: Detailed instructions for each will be provided prior to the due date.

Readings:

You are expected to keep up with the assigned text reading and any supporting material provided on Blackboard. The chapters required for each lecture are listed in the class schedule.

Examinations:

All exams will be given in class. There are 2 exams and a final exam. The final exam is cumulative. However, it will be broken down so that 1/2 of the exam comes from old material and 1/2 of the exam comes from new material covered after Exam 2. Final exam schedules are set-up by the registrar's office and are not subject to change. The first 2 exams are worth 80 points and the final exam is worth 100 points. **All exams are multiple choice and a red scantron score sheet to accommodate 200 questions is *required* for each exam (can be purchased from the campus bookstore). The instructor does NOT provide scantrons.**

POLICY NOTE: Exams will NOT be kept by students. Once they are graded all students will have the opportunity to view their results but must return the exam sheets to the instructor during the same class period, otherwise the score will be recorded as a zero.

During tests, all bookbags must be closed and placed at the side wall of the classroom. No beverages, food, notes, paper, complex calculators, cell phones, laptops, blackberries, PDAs are to be near your seat. All cell phones must be turned off before class begins. Erasers with writing on them are not allowed during the test. **Only a pencil, red scantron with 200 questions, and simple calculator may be used.**

When you are finished taking the test, you may leave the room until the time when class will resume. Talking is not allowed during the test, even when you are done and waiting for other classmates to finish the test. You may not pull out papers or laptops when others are taking the exam.

LATE ASSIGNMENT POLICY:

Late Assignments:

All assignments and chapter review questions are due by the due date and will not be accepted late, except under EXTRAORDINARY circumstances authorized by the Instructor. The lowest grade out of all of the assignments A1-A14 will be dropped. Only 13 assignments will be counted towards the final points. The lowest grade out of the Chapter Review Questions will be dropped and only 13 sets of review questions will be counted towards the final points.

Make-up Exams:

The Instructor has the discretion to authorize or excuse an absence for an exam. Exam make-ups will be given only for a ***valid, verifiable, and written reason***, such as a death in the family (newspaper obituary and/or service program with location information required) ; an original signed doctor's note regarding an illness/injury that covers the day(s) missed; or a verifiable family emergency involving injury, sudden illness, or crisis that is emailed to me prior to class. The format of any make-up exam is at the discretion of the instructor.

Extra Credit:

You will have the opportunity to earn 10 extra credit points that will be applied towards the final exam grade. In addition, the lowest score from both the Chapter Review questions and the Weekly assignments will be dropped from the total points.