WILLIAM PATERSON UNIVERSITY
COLLEGE OF SCIENCE AND HEALTH
DEPARTMENT OF COMMUNITY HEALTH

NUTRITION SYLLABUS
(Winter 2013)

1. PBHL 221: NUTRITION: 3 credits   online

Description: A foundation study of human nutrition emphasizing its relationship to optimum physical and emotional health.   Includes basics of sound nutrition requirements of various food elements, diet planning, and diet patterns for specific age groups, nutritional fads and weight control.

2. Course Prerequisites: Required for Nursing, Exercise and Movement Sciences,
                         Nutrition Concentration/Minor, Major Elective, GE
                         Elective
                         Prerequisites - None
3. Semester: Winter 2013

4. Instructor: Dana Jacko, Professor, Department of Community Health,
      Communicate by email: jackod@wpunj.edu
5.   Required Text:
   Thompson,J. and Manore,M (2008) ***Nutrition: An Applied Aprroach***, 3rd New York, NY: Pearson

6.   COURSE OBJECTIVES/STUDENT LEARNING OUTCOMES (SLOOS):
   Upon completion of this course, the student will be able to:
   1.   Describe the six classes of nutrients including their composition and their role(s) in the body.
   2.   Identify and explain common nutritional disorders in the United States.
   3.   Critically assess population weight issues and relate to personal decisions about desirable weight, obesity, realistic weight loss plans and related risks of eating disorders.
    4.   Discuss the Dietary Reference Intakes, Daily Values, and their usefulness in daily food selections through preparation of a written dietary analysis project in which knowledge and ideas are applied to student's personal nutritional status.

7. Topical Outline of Course Content:
   1.   Overview of Nutrition
   2.   Standards and Guidelines
   3.   The Body
         a. Digestion
         b. Absorption
         c. Metabolism

4. Carbohydrates
5. Protein
6. Vitamins
7. Water/Minerals
8. Energy/Weight Control
9. Eating Disorders
10. Fitness/Sports Nutrition
11. Nutrition and Diet-related Diseases

8. Teaching Methods: Readings, Internet and textbook assignments and a computer dietary analysis.

9. Course Expectations:
   a. Reading Assignments: students are responsible for those chapters in the text that correspond to the assignment topics.
   b. Assignments are to be submitted to Black board by the specified due date. <u>Late assignments will not be accepted for full credit</u>.
   c. Instructions for the Dietary Analysis Project will be posted on black board in course materials. The Project is due on the specified date for full credit; <u>late Projects will not be accepted</u>. Instructions for submission of the Project will be posted.

10. Grading
   The Dietary Analysis Project must be neatly prepared, typed, and well organized. Points will be deducted for poor grammar and spelling errors.

24 Internet Assignments (2 assignments per topic)	240 points
36 Chapter Questions (3 questions per chapter)	360
Dietary Analysis Project	<u>100 points</u>
	800 points

   No extra credit assignments will be accepted or negotiated.

The grading scale is as follows:

A 93-100%	B+ 87-89	C+ 77-79	D+ 67-69	F<60
A- 90-92	B 83-86	C 70-76	D 60-66	
	B- 80-82			

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12/27	Topic & chapter questions1:	Ch 1
12/28	Topic & chapter questions 2:	Ch 2
12/29	Topic & chapter questions 3:	Ch 3
1/2	Topic & chapter questions 4:	Ch 4
1/3	Topic & chapter questions 5:	Ch 5
1/4	Topic & chapter questions 6:	Ch 6
1/6	Topic & chapter questions 7:	Ch 7
1/7	Topic & chapter questions 8:	Ch 8
1/8	Topic & chapter questions 9:	Ch 9
1/9	Topic & chapter questions 10:	Ch10
1/10	Topic & chapter questions 11:	Ch 11
1/11	Topic & chapter questions 12:	Ch 12
1/12	Topic & chapter questions 13:	ch 13
1/13	Topic & chapter questions 14:	Ch 14
1/14	Dietary Analysis Project Due	

Late assignments will be given half credit….