

**WILLIAM PATERSON UNIVERSITY
COLLEGE OF SCIENCE AND HEALTH
DEPARTMENT OF PUBLIC HEALTH**

**NUTRITION SYLLABUS
(Winter 2015)**

1. PBHL2210:80 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, dietary patterns for specific age groups, nutritional fads and weight control.

2. Course Prerequisites: None

3. Semester: Winter 201

4. Instructor: Dr. Michele Grodner, Professor, Department of Public Health, Wing 140
Office Hrs: by appt; grodnerm@wpunj.edu; 973 720-2525. (Please contact by email; will not be checking office phone regularly.)

5. Required Text:

MindTap for Concepts and Controversies of Nutrition (Sizer and Whitney), Cengage, 2015. MindTap is web-based program that includes an ebook. MindTap includes numerous current assignments including videos and other engaging material. Directions for an access code for MindTap is posted in Announcements and Course Materials on Bb. Additional information is on page 4 of this Syllabus.

6. Course Objectives/Student Learning Outcomes (SLOOS):

Upon completion of this course, the student will be able to:

1. Describe the six nutrient classes including composition and role(s) in the body.
2. Identify and explain common nutritional disorders in the United States.
3. Critically assess population weight issues, relate to personal decisions about desirable weight, obesity, realistic weight loss plans and associated 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.

9. Course Expectations:

- a. Reading Assignments: students are responsible for those chapters in the text that correspondence to the assignment topics.
- b. All assignments are listed for each chapter on MindTap. Assignments are to be completed through MindTap.
- c. Assignments will be graded through MindTap. (At some point in the course, grades may also show up on Bb.)
- d. Due dates are listed for the Assignments of each chapter. These due dates are to assist students to pace completion of all assignments by the end of the course on January 11th. ALL ASSIGNMENTS MUST BE COMPLETED BY January 11TH.

10. Grading

Assignments must be neatly prepared, typed, and well organized. Points will be deducted for poor grammar and spelling errors.

Assignments for 10 Chapters (100 pts for each Chapter) Total: 1000 pts

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+ 67-71	F<60
A- 90-92	B 83-86	C 72-76	D 60-66	
	B- 80-82			

SYLLABUS

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DUE DATE	Topic (tentative)	Chapter #
12/28	Chapter 1: Food Choices and Human Health	Ch1
12/29	Chapter 2: Nutrition Tools – Standards and Guidelines	Ch2
12/30	Chapter 3: The Remarkable Body	Ch3
12/31	Chapter 4: The Carbohydrates: Sugars, Starches, Glycogen, and Fiber	Ch4
1/2	Chapter 5: The Lipids: Fats, Oils, Phospholipids, and Sterols	Ch5
1/4	Chapter 6: The Proteins and Amino Acids	Ch6
1/5	Chapter 7: The Vitamins	Ch7
1/6	Chapter 8: Water and Minerals	Ch8
1/7	Chapter 9: Energy Balance and Healthy Body Weight	Ch9
1/8	Chapter 10: Nutrients, Physical Activity, and the Body's Responses	Ch10
1/11	<i>Last day of course</i>	