



The mission of Concord University is to provide quality, liberal arts based education, to foster scholarly and creative activities and to serve the regional community (<http://www.concord.edu/academics/>).

Course Prefix, Number and Title:

Course CRN 20437/01

Semester Taught (including year): Spring 2019

Professor: Michael Cox

Credit Hours: 2

Office Location: 407 J

Prerequisites: N/A

Office Hours: M-TR 1-3PM

Course Time (if applicable): 10-10-50

Email: cox@concord.edu

Building and Room Number: Carter 405

Phone: 304-384-6238

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Course Description/Rationale: This basic nutrition science course introduces students to the relationship of food, its nutrients, and other components to health promotion and disease prevention. Topics covered include the biological functions and food sources of each nutrient; nutrition guidelines and standards; digestion and absorption of nutrients; nutrition throughout the lifecycle; food safety and technology; energy balance and weight management; eating disorders and disturbances; and physical activity.

Text requirements: Smith/Collene. (2016). Wardlaw's Contemporary Nutrition 10th edition, McGraw Hill Education

Concord University Educational Goal(s)

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| An ability to analyze, synthesize, and integrate elements, information and ideas. |
| An ability to evaluate elements, information, and ideas on the basis of appropriate criteria. |
| A recognition of the complex interactions between organisms, including human beings, and their environments. |
| Habitual reflection on ethical/moral implications of actions when weighing decisions and evaluating outcomes. |

National Standards (if applicable) For example, NCTM, IRA, CAEP, etc.

Key Element A: Candidates describe the theoretical foundations of health behavior and principles of learning.

Key Element C: Candidates describe practices that promote health or safety

Key Element D: Candidates describe behaviors that might compromise health or safety

Key Element E: Candidates describe disease etiology and prevention practices.

Key Element F: Candidates demonstrate the health literacy skills of an informed consumer of health products and services.

Specific Learning Outcomes

The course uniquely bridges the gaps between nutrition science and consumer education in a way that students can easily apply the information to fit their lifestyles and achieve personal health goals. It also aims to make students savvy consumers of both food and nutrition information.

At the end of the course, students will be able to do the following:

1. Outline the role of food and nutrition in health promotion and disease prevention.
2. Interpret nutrition food guides and dietary guidelines and standards.
3. List the nutrients that are essential for normal functioning of the body and outline the functions of each of these nutrients as they interrelate for achieving good health and preventing diseases.
4. Outline how food and food components are digested, absorbed, transported, and metabolized.
5. Outline the nutritional needs for each phase of the lifecycle and evaluate diets for nutrition adequacy and deficiency.
6. Articulate consumer concerns and trends related to nutrition and food (e.g., food safety and technology, food labeling, health claims, dietary supplements, and weight loss myths).

Course Requirements

Topics Outline

What you eat and why

Tools for Designing a Healthy Diet

The Human Body: A Nutrition Perspective

Carbohydrates

Lipids

Proteins

Alcohol

Vitamins

Water and Minerals

Energy Balance and Weight Management

Nutrition: Fitness and Sport

Eating Disorders: Anorexia and Bulimia and Other Conditions

Pregnancy and Breastfeeding

Nutrition from Infancy through Adolescence

Nutrition during Adulthood

Food Safety

Undernutrition throughout the World

Grading Policy and Scale, Make-up Policy, Late Work

Chapter Activities

Before each chapter or topic area, students may be given a Chapter Activity that contains questions from the reading in the texts or handouts that will deal with the upcoming class discussion. You may also be given an activity related to the upcoming nutrition topic area. Students will complete the worksheets as thoroughly as possible. Points will come from several factors including completeness, spelling, and grammar, and clarity. (If I can't read it, I don't know what you are saying.) Chapter Activity pages will be due at the beginning of the lecture period on the date assigned. **Late Assignments: you will lose 2 points per day your assignment is late!**

Quizzes

Quizzes may be given at the beginning or end of certain class periods. Points will vary.

Tests

Midterms and the final will cover the previous topics treated in class. They will not be comprehensive. The test will be given in class.

Diet Record Analysis

Students will keep a diet log for a number of days to be specified and enter the content into the computer program. We will do several things with diet analysis in the course.

Nutrition Project

A nutrition project will be given for each student to complete. More information will be given out on this later.

Class Participation and Activities

During the semester students will have the opportunity to participate in a variety of activities and experiences. These will usually come with points attached.

Summary of Points:

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| Class Participation/Quizzes/Activities | 150pts |
| Tests | 300pts |
| Diet Record analysis | 100pts |
| Project | 50pts |
| Final | 100pts |
| Total | 700pts |

Additional assignments for extra credit will not be given.

Attendance is expected-(see attendance policy below).

The instructor must be contacted before any due date to negotiate any alternate arrangements.

The instructor must be notified within 24hrs of a missed exam.

Text and notebook will be expected at each class.

Any disagreement to grades earned must be made in writing and turned in within one week after receiving the grade

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

Accessibility/Accommodations:

Concord University is committed to responding to the needs of students with disabilities as defined by the Americans with Disabilities Act. Please inform your instructor at the beginning of the class semester if you have a disability and are requesting accommodations. It is your responsibility to self-disclose that you are requesting accommodations. The University and instructor will provide you with a reasonable accommodation. You should register with CU's Disability Services Office, located in the Athens campus Jerry and Jean Beasley Student Center, Bottom Floor, across from the Campus Post Office. The Disability Services Office phone is 304-384-6086 or you can email the Director, Nancy Ellison, at nellison@concord.edu for assistance.

Academic Dishonesty

Academic dishonesty is morally unacceptable as well as destructive to the learning and teaching atmosphere. Academic dishonesty includes the giving or receiving of improper help on examinations or assignments, falsifying documents, and plagiarism (the act of stealing and using, as one's own, the ideas or the expression of the ideas of another). Such dishonesty can lead to a variety of penalties — including but not limited to failure of assignment, failure of course, loss of institutional privileges, or dismissal from the University. (See University Catalog Academic Policies and Procedures.)

Concord University Honor Code

A Concord University Honor Code was approved by students, staff, faculty, administration, and the CU Board of Governors. The Code states:

"As a member of the Concord University Community I will act with honesty and integrity in accordance with our fundamental principles and I will respect myself and others while challenging them to do the same."

The Honor Code is intended to unite the Concord community behind a culture of honesty, integrity, and civility.

Class/Online Attendance Policy

Regular class attendance is part of a student's academic obligation at Concord. Irregular attendance may affect academic performance adversely and is detrimental to the atmosphere of a class. (See University Catalog Academic Policies and Procedures.)

Emergency Alert System

In an effort to increase safety and security on our campus, Concord University encourages everyone to register for instant text message alerts. Alerts will only be used for security and safety notices. All students, faculty, and staff are eligible to receive text message alerts on their cell phones or email alerts. Please contact the IT Help Desk for further assistance (304-384-5291).

Emergency Information

Emergency/courtesy telephones are located at the main entrance of each residence hall and at various other locations on campus. Emergency telephones can be identified by the flashing blue light and will provide the user with a direct link to Public Safety at the press of a button. To report an on-campus emergency, call 304-384-5357 or 911. The Office of Public Safety is located on the bottom floor of the Rahall Technology Center. For further emergency information go to:

<http://www.concord.edu/administration/office-public-safety>.

Inclement Weather Policy

As a general policy, the University will remain in normal operations during adverse weather conditions. In the event of severe weather conditions, the following may occur:

University Closure

No students or employees are to report.

Classes Cancelled

Students do NOT report BUT employees are expected to report to work at their normal time.

Operating on an Inclement Weather Delay

Under this schedule, all 8 a.m. classes will start at 10 a.m. Students and faculty will follow the Inclement Weather Schedule. (See <http://www.concord.edu/emergency-alerts> for Athens/Beckley Inclement Weather Schedules.)

**Announcements invoking the late schedule or other options referenced above are aired on area radio and television stations and are sent as text and email messages to those enrolled for this service.*

Student Conduct

In classrooms, online, laboratories, and during any activities that are part of course requirements, students are expected to observe reasonable rules of conduct.

Sexual Harassment & Assault

Federal law, Title IX, and Concord University policy prohibits discrimination, harassment, and violence based on sex and gender (Including sexual harassment, sexual assault, domestic/dating violence, stalking, sexual exploitation, and retaliation). If you or someone you know has been harassed or assaulted, you can receive confidential counseling support through the Concord University Counseling Center (304-384-5290). Alleged Violations can be reported non-confidentially to the Concord University Title IX Coordinator at 304-384-6327 or titleix@concord.edu. Reports to Campus Security can be made at (304-384-5357). As an employee at Concord University, I am a mandatory reporter which means I must report any sexual misconduct I am made aware of. This includes verbal or written (such as in an assignment) disclosures of sexual harassment or sexual assault.

Technology Services

Contact the CU Help Desk at extension 5291 from campus or 304-384-5291 off campus. You may also e-mail cuhelpdesk@concord.edu.

Syllabus Disclaimer

"This syllabus is subject to change based on the needs of the class. Please check it regularly."

Miscellaneous (for example):

Sources of Help

Glossary of Terms

Related Research/Professional Organizations