NSC 170C1: Nutrition, Food and You
Syllabus – Fall 2013
330-445 T/Th / Saguaro Hall Room 225

Instructor: Jennifer Ravia, MS
Contact: jravia@email.arizona.edu; 621-1980
Office hours: Tuesday 2-3 pm and Wednesday 9:30-11:30 am or by appointment in Shantz 324

Class: Please read through this entire document carefully and contact your instructor if you have any questions. You are responsible for knowing this information.

1. Course Identification: Course Name: NSC 170C1 - Nutrition, Food and You: Fall 2013; 7 week hybrid
2. Prerequisites: None.
3. Course Description: ‘Nutrition, Food and You’ covers the principles of human nutrition. Topics include nutrition basics, digestion, absorption of nutrients, macronutrient basics, sources and functions of vitamins and minerals, energy balance and weight control, eating disorders, nutrition and the life cycle, nutrition and disease, food safety, and the world food situation. The emphasis of the course is the scientific approach to understanding human nutritional needs for proper growth, development and life. The course is designed to help you learn and understand the basic concepts that are the foundations of our understanding of:
   • Current nutritional standards and guidelines, and how these are used.
   • Influence of nutrient availability on diversity and evolution.
   • Cells as the basic units of structure and function in humans.
   • Human physiology; the circulatory system, the neurological system and the digestive system as models for functionality at the multi-cellular level.
   • Special nutritional needs (athletics, weight management, pathologies).
   • Development and nutrition throughout the life cycle, from embryo to elderly.
   • Scientific versus anecdotal evidence in health and wellness.
   • Nutrition and disease, for both deficiency and degenerative diseases.
   • Nutrition and lifestyle choices in health and wellness.
   • Food as a vector in disease.
4. Purpose: Recurring themes throughout the course are biochemistry, physiology, development, health and wellness, genetic and environmental factors in disease, microorganisms in disease, and food in the ecosystem. The course will provide you with the basic concepts you need to understand:
   • The language and practice of science in various fields.
   • The methods used to propose and test hypotheses.
   • The logic used in developing theories, and the knowledge to recognize flaws.
   • The scientific method of investigation as a means to understanding nutrition.
   • Ways to promote your personal health and wellness through nutrition principles.

The course intends to provide you with a basic understanding of the science of human nutrition. After successfully completing this course, you will have a better understanding of how the body utilizes nutrients, and you will have enough knowledge to make the best lifestyle choices for nutrition and health. As well, you will be able to effectively analyze the myriad of health and wellness claims in the popular media, and make informed decisions regarding the validity of those claims. What will be learned here can be incorporated into your daily life, and will help you to live in a healthy way.

5. Objectives: After you complete this course you be able to:
   • Name the classes of nutrients in foods, and describe how your body uses these nutrients.
   • Discuss the current nutritional standards and guidelines, and how you can use these to create adequate diets.
• Summarize how your body digests and utilizes dietary protein, fat, lipid, vitamins, and minerals, and discuss the importance of nonnutritive food components.
• Evaluate special nutritional requirements for special needs people, including nutritional requirements for pregnancy, infants, teenagers and the elderly; people with diseases and people who are being treated with drugs; alcoholism and nutrition; nutrition for optimum athletic performance; and nutrition during weight loss.
• Describe the relationship between good nutrition and good health.
• Communicate with nutrition professionals in an informed manner, using the lexicon of nutritional professionals.

6. Instructional Materials: (Available at the UA Bookstore): Nutrition & You: Core Concepts for Good Health by Joan Salge Blake; Benjamin Cummings Publishing Company. An option for the e-text is available and directions will be posted in the news section of the course homepage. The textbook is the basis of the course. Course outlines, assignments, and additional materials will be available on D2L.

7. Attendance Policy: Your daily participation is required. Classroom activities will be completed for points during class time. Make-ups will not be allowed except when appropriate documentation is shown.

8. Scholastic Ethics: All students at the University of Arizona are considered responsible adults and, as such, are accountable for their own personal behavior. All students are expected to conform to local, state and federal laws. The Code of Academic Integrity of the University of Arizona places the responsibility on each student for the conduct and integrity of all academic work submitted as homework or examinations. The guiding principle of academic integrity is that a student's submitted work, examinations or projects are that student's own work. Students must in no way misrepresent or be party to another student's failure to maintain academic integrity. Copies of the Code are available from the Office of the Dean of Students, 203 Old Main Hall. Failure of any student to maintain the integrity of any assignment will result in an automatic grade of 0 points on that assignment, and a written notification of this grade, and the reason for it, to the student, the Department Head and Office of Resident Instruction, College of Agriculture. Please note that students failing to maintain the academic integrity of their work diminish their own education and discredit the academic community.

9. Instructor's Expectations: You are expected to diligently apply yourself to learning the basic nutrition concepts presented in this course. I will serve you as a facilitator and mentor, but you must do the learning. Study outside of class time, faithfully work on the assignments, and try to understand the principles presented.

10. Special Accommodations: Students who need special accommodation or services should contact the Disability Resources Center, 1224 East Lowell Street, Tucson, AZ 85721, (520) 621-3268, FAX (520) 621-9423, email: uadrc@email.arizona.edu, http://drc.arizona.edu/. You must register and request that the Center or DRC send me official notification of your accommodations needs as soon as possible. You can then discuss with me your needs. The need for accommodations must be documented by the appropriate office. You must complete the above at least a week prior to the first exam.

11. Incompletes: Incompletes will be considered on a case by case basis ONLY if the first ¾ of the course is successfully completed.

12. Extra Credit: There are several instances where the lowest grade will be dropped. These are offered as insurance against unforeseen events. As such, extra credit will not be offered in this course.

13. Hybrid Course: This course will be delivered 50% online and 50% in the classroom. Showing up for class and ignoring online content, or skipping class and only doing online content will severely affect your grade. It is up to you to read the chapters diligently, as there is limited time in class to cover content. Communication with the instructor is also important. Be sure to ask questions as they arise 😊

Grade Determination
Assignments: 150 (2 Online Discussions and 6 Dropbox Assignments)
Pre-Class Content Quizzes: 100 (10pts each; lowest of the 11 will be dropped)
Attendance/Group Activities: 100 (10pts each; lowest of the 11 will be dropped)
Exams: 150 (50pts each)
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Total = 500 points

A = >90% = 450 points and above
B = 80 - 89% = 400 to 449 points
C = 70 - 79% = 350 to 399 points
D = 60 - 69% = 300 to 349 points
E = <59% = 299 points and below

Course Timeline

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<thead>
<tr>
<th>Class Meeting Days</th>
<th>Topics</th>
<th>Reading</th>
<th>Classroom Activity</th>
<th>Assignments &amp; Due Dates</th>
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<tr>
<td>Tues, Aug 27</td>
<td>Intro and Nutrition Facts</td>
<td>Syllabus, Ch 1-3</td>
<td>Intro to Course &amp; Food Choices Activity</td>
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<tr>
<td>Thurs, Aug 29</td>
<td>Food Guides and Labels</td>
<td>Ch 4-5</td>
<td>Calculation Activity</td>
<td>Eating Out Online Discussion (9/1)</td>
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<tr>
<td>Tues, Sept 3</td>
<td>Digestion</td>
<td>Ch 6</td>
<td>Digestion Activity</td>
<td>Food Legislation (9/6)</td>
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<td>Thurs, Sept 5</td>
<td>Carbohydrates and Diabetes</td>
<td>Ch 7-9</td>
<td>Fiber Menu and Review</td>
<td>Diabetes Risk (9/9)</td>
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<td>Tues, Sept 10</td>
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<td>Thurs, Sept 12</td>
<td>Fats and Heart Disease</td>
<td>Ch 10-12</td>
<td>CVD Activity</td>
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<td>Tues, Sept 17</td>
<td>Proteins &amp; Vegetarianism</td>
<td>Ch 13-15</td>
<td>Protein Functions</td>
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<td>Thurs, Sept 19</td>
<td>Micronutrients</td>
<td>Ch 16,17</td>
<td>Sodium Menu and Micro Quiz</td>
<td>Fad Diets (9/18)</td>
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<td>Tues, Sept 24</td>
<td>Fluids and Alcohol</td>
<td>Ch 18,19</td>
<td>Alcohol Activity and Review</td>
<td>Diet Analysis Part 1 (9/30)</td>
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<td>Thurs, Sept 26</td>
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<td>Tues, Oct 1</td>
<td>Energy Balance and Healthy Weight</td>
<td>Ch 20-22</td>
<td>Energy Balance Activities</td>
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<td>Thurs, Oct 3</td>
<td>Fitness, Cancer and Supplements</td>
<td>Ch 23-26</td>
<td>Sports Nutrition</td>
<td>Cancer Online Discussion (10/4)</td>
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<td>Tues, Oct 8</td>
<td>Food Safety and Issues</td>
<td>Ch 27-28</td>
<td>Food Safety Activity</td>
<td>Supplements and Disease (10/9)</td>
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<td>Thurs, Oct 10</td>
<td>Lifecycle</td>
<td>Ch 29-30</td>
<td>Lifecycle Activity and Review</td>
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<td>Tues, Oct 15</td>
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<td>Diet Analysis Part 2 (10/13)</td>
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