

## FN-40- Nutrition (3 Units)

REEDLEY COLLEGE  
Reedley, California  
Fall 2013

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### **COURSE DESCRIPTION**

The relationship of diet to physical and emotional health: nutrients, diet patterns throughout the life cycle, optimal nutrition to reduce the risks of cancer, heart disease, allergies, and other diseases, social, psychological, and cultural dictates which affect food selection and health, and personal strategies to develop a nutrition plan for better health will be explored during the course of the class. This class is designed for students with an interest in improving health through diet and students who have an interest in becoming a Dietitian or working in the field of Nutrition.

During the course of this nutrition class, we will discuss topics such as the body's handling of carbohydrate, protein and fats, functions of vitamins and minerals, the use of supplements, the role of water in the human body, energy balance, obesity theories and treatments, as well as digestion, absorption and transport of nutrients. Students will be required to analyze their diets for a 3-day period which will lead to a final diet analysis at the end of the course. Students will also learn to distinguish between scientific information and nutrition hype by checking popular media including the internet. Students are expected to work independently and at their own pace while meeting course deadlines for assignments. Science databases will be discussed in order for students to access up-to-date research and sound consumer information regarding nutrients and supplements.

### **COURSE OUTCOMES**

Upon completion of this course, students will be able to:

- A. Assess and evaluate the use of carbohydrates, fats, protein, vitamins, minerals, and water in building members of tissue.
- B. Draw conclusions about and appraise the ongoing impact of the elements of nutrition on anatomy and physiology.
- C. Utilize and apply various food grouping plans.
- D. Evaluate the diet that can meet the U.S. Recommended Dietary Allowances.

### **STATEMENT OF COURSE OBJECTIVES**

This course is intended to help students increase their awareness and understanding of nutrition and how it impacts health and so upon completion of the course, participants will be able to:

- A. Describe the fundamentals of chemical structures and understand the composition of foods, tissues, and certain elementary nutrients.
- B. Outline the elements of anatomy and physiology, and understand the body processes of digestion, absorption, metabolism, and excretion.
- C. Summarize the use of carbohydrates, fats, proteins, vitamins, and minerals in building maintenance of tissues.
- D. Recognize the factors of influencing the requirements and recommended allowances for the various nutrients: size, age, physical activities, etc.
- E. Demonstrate how and why nutrient requirements change during the life cycle and how the recommended dietary allowances based on these needs can be met.
- F. Apply reasoning in nutrition to evaluate food fads and fallacies, advertisements, practices in enrichment, fortification, and practices in supplementation.
- G. Compare his/her nutrient intake to that of the U.S. Recommended Dietary Allowances.

## **BASIC SKILL PREREQUISITES**

Eligibility for ENGL 125, ENGL 126, and MATH 101

## **PARTICIPATION**

Students are expected to attend and participate in each class period during the semester. If a student is failing the course - I will first discuss the student's and my concerns and if I feel there is no chance for successful completion I may drop the student at one of the designated drop dates.

This course moves quickly and it may be difficult to be successful if reliable e-mail and internet access is not available. To ensure you have access to all course material and announcements posted on Blackboard make sure that you can access this course on a computer.

## **TEXT AND MATERIALS**

- A. Understanding Nutrition, Whitney and Rolfes, West Publishing 2008 12<sup>th</sup> ed
- B. Diet Analysis Plus
- C. Other Readings as assigned
- D. Internet Access (not required, but recommended)

## **GRADING**

- Weekly Homework Assignments (15 Total, 10 points each)
- In Class or Online Assignments (15 Total, 10 points each)
- Topic Paper (1 Total, 100 points)
- Diet Analysis (1 Total, 100 points)
- Cumulative Chapter Exams ( 3 Total, 100 points)
- Final Exam (1 Cumulative, 100 points)

Total Points = 900 points

A = 90-100, B = 80-89, C = 70-79, D = 60-69, F = less than 60

## **KEY DATES**

- All important dates can be found in the Class Calendar. Please make a note of all due dates.
- All assignments are due each week prior to class beginning.
- The exams may be taken in class or on Blackboard as assigned during the regular class meeting times (with a 3 hour time limit)
- The final exam will be on the last class meeting scheduled for the semester.

## **DROP POLICY**

If you find that you do not want to continue the course, please drop the course by the end of the 9<sup>th</sup> week, which is October 11th. If you do not officially drop the course, you will receive an F for the course. This will have an adverse effect on your grade point average.

## **DISCUSSION FORUM**

Successful learning requires active and timely participation in class discussions. Each week discussion questions, based on weekly lectures, simple field assignments or assigned websites will be assigned for grade points based on the quality of your response. While you are in class the instructor will ask your opinion or your “take” on a matter. These discussions will be started at the beginning of each lecture and will be completed in class

Communication during in the Discussion must be respectful. Inappropriate language is not tolerated and the instructor has the right to determine what is inappropriate. Disrespectful students are subject to discipline or dismissal from the online learning platform.

## **ASSIGNMENTS / QUIZZES / EXAMS**

All assignments, lecture notes and some exams will be available for you on Blackboard. To continue an effort in keeping “green” the instructor prefers to have all assignments placed in the digital drop box on Blackboard in an electronic format. This is not required, but a preferred method of turning in assignments. Hard copies will also be accepted before each class session.

This instructor places significant value on timely completion of work. Students are expected to deliver all assigned work within the deadline dates as specified. The purpose of this is to prepare students for the “real” world. Please pay close attention to the deadlines, and do not leave assignments to the last minute to complete. Leaving assignments to the last minute does not allow for illness or technical difficulties

Late assignments, quizzes and exams will not be accepted unless you contact the instructor prior to the due date.

## **PLAGIARISM AND CHEATING**

Plagiarism is a serious academic offense. If you do not know what this is, click on this site to learn more about it: <http://www.plagiarism.org/>

## **STUDENTS WITH DISABILITIES**

Students with disabilities or students who think they may have a learning disability and who may need accommodations in this class are encouraged to contact Disabled Student Programs and Services soon as possible to better insure that any accommodations are emplaced in a timely manner.

Click on the following link find out more information regarding this situation:

<http://www.reedleycollege.com/index.aspx?page=260>

## **COURSE OUTLINE**

- A. Chapter 1: An Overview of Nutrition
- B. Chapter 2: Planning a Healthy Diet
- C. Chapter 3: Digestion, Absorption, and Transportation
- D. Chapter 4: The Carbohydrates
- E. Chapter 5: The Lipids
- F. Chapter 6: The Proteins
- G. Chapter 7: Metabolism
- H. Chapter 8: Energy Balance and Body Composition
- I. Chapter 9: Weight Management
- J. Chapter 10: The Water Soluble Vitamins
- K. Chapter 11: The Fat Soluble Vitamins
- L. Chapter 12: Water and the Major Minerals
- M. Chapter 13: The Trace Minerals
- N. Chapter 14: Fitness
- O. Chapter 15: Life Cycle Nutrition: Pregnancy and Lactation
- P. Chapter 16: Life Cycle Nutrition: Infancy, Childhood, and Adolescence
- Q. Chapter 17: Life Cycle Nutrition: Adulthood and Later Years
- R. Chapter 18: Diet and Health
- S. Chapter 19: Consumer Concerns about Foods and Water
- T. Chapter 20: Hunger and the Global Environment Child, Teen, and Older Adult