

**University of Texas in El Paso
Health Promotion Department**

**HSCI 2302 Fundamentals of Nutrition
FALL 09**

(Subject to Change)

Instructor's Name	Adriana Rascon-Lopez, MS, RD, LD, CHES
Course	TR 3:00-4:20 pM
E-mail	Web-CT
Office Hours	After Class & Mondays 8:00-12:00, 1:00-4:30 PM

Goals of the Course-

This course introduces basic concepts of food and nutrition to highlight ways that students can integrate good nutrition into their lifestyles. Principles of digestion and absorption, the function of nutrients, disease prevention and weight management principles are covered.

Learning Objectives-

The student will become familiar with the Dietary Guidelines.

The student will be able to explain the functions of the major organs involved in the digestion and absorption of food.

The student will be able to describe the physiological functions and sources of proteins, carbohydrates, fats, vitamins, minerals, and fiber.

The student will be able to analyze the relationship between energy balance and weight management.

Text(s) and Materials-

Required Text

Perspectives in Nutrition , 8th Edition. Byrd-Bredbenner, Moe, Berning,

Required Materials: (responsibility of the student)

Number 2 pencil for taking exams

4 Pink Scantrons (Letter Size - 6 column- 150)

Web CT Instructor Assignments/Handouts

Calculator

Course Requirements-

Written Examinations

There will be four unit examinations, comprised of text chapters and lecture notes. If an exam is missed, the student is responsible for making arrangements with the instructor to take the make-up exam at a later date. Documentation for having missed an exam is required. Make-up exams may be in ESSAY format and 10 points will be deducted from the exam grade. There will be NO make up of the final test; if the student needs to take

the final exam at different time, because of conflict with other exams, then the student can take the final exam during the make up date for exams listed in syllabus. There is a chance that the final will be taken at in a different classroom, so check WebCT for announcements.

Written Assignments-

Work must be **neatly and professionally** written or typed, unacceptable written assignments will have points deducted. 10 points will be deducted for late work, for every class day that these are late. Homework assignments will be referred to by number on the course calendar. Additional instructions and necessary forms required for these assignments can be found in the Appendix of the Syllabus and/or WebCT.

COMPUTER DIET ANALYSIS- Homework #1

Students will record their food intake for three days (preferably, 2 weekdays and 1 weekend). This information will then be entered into the computer at the health science building for analysis.

1. Record your food and beverage intake for 3 days.

Be as accurate as possible in regard to the amount consumed. (Use common units of measure, i.e. oz, pounds, cups).

2. Enter your Personal Profile in the ESHA Dietary Analysis.
(Computer Lab Health Sciences/Nursing Bldg. on Campbell Street).

3. Open the food entry window and type in the food items consumed for that day
QTY.- means quantity. Use a whole number or a decimal for any fraction of a whole number.

Whole number – 1, 2, 3, etc.

Fraction of a whole number = $\frac{1}{4} = .25$; $\frac{1}{3} = .33$; $\frac{1}{2} = .5$

MEAS.- means measure, or the size of the food item consumed.

Cups, tsp, Tbsp, oz, lbs, each

4. Papers to be printed, submitted and grading criteria:

a. Professionalism and Accurateness.

b. Personal Profile with Daily Nutritional Needs.

c. AVERAGE of 3 DAYS (Print Average).

d. Personal Analysis of Food Intake form (found at end of syllabus) (use as COVER PAGE).

*Instructions on how to use the Dietary Computer Analysis program can be downloaded from the HANDOUTS section in WebCT

DIET THERAPY CASE STUDY- Homework #2

Each student will be assigned to a team and a diet therapy case study will be assigned to each team to be researched and presented to the class.

The diet therapy case study presentation (**health fair set up**) will be in a poster board presentation format and it must have, at a minimum, the following:

- Team and Case Study Assignments can be found in WebCT.

- Presentation to class in a poster board format-
 - illness/condition's brief description,
 - etiology, signs/symptoms;
 - visual aids, like models, pictures/graphics, etc.;
 - detailed answers to the diet therapy case study;
 - creative and professional educational handout, for the target population of the diet case study, (enough copies for all students);
 - be a professional, dress professionally for the exhibit,
 - conduct your presentation in a professional manner, ask for questions and be prepared to answer them and SMILE! (0-50%)

- Report(s) to instructor-
 - 1) hard copy of the educational handout;
 - 2) hard copy of the case study with answers (1-2 pages). (0-50%)

GRADUATE & HONOR STUDENTS REQUIREMENTS-

Graduate students will complete homework #2 on an individual basis (not as a team), see me for details.

ONLINE QUIZZES- Homework #3

The online quizzes can be found in Web CT and they are meant to reinforce the material covered in class, in addition to the class notes and the textbook. You have a time limit to take the online quiz, 1 hour, and you can only take it once. You may use your textbook to work on the online quizzes. It's advised that you work on an individual basis on the quizzes, and not as a team.

EXTRA CREDIT-

In a separate folder, labeled extra credit, submit for the chapter on Pregnancy & Nutrition:

- Take Action Worksheets
- Review Chapter Questions
- * (Up to 2% points added to your final grade).

COURSE GRADE-

50% of the Grade-

4 Unit Tests will be given.

50% of the Grade-

Homework Assignments:

1- Computer Diet Analysis	10%
2- Diet Therapy Case Study	15%
3-All Online Quizzes	25%

How to determine your Grade:

(Multiply your grade by the percent factor)

Average of 4 Test Grades	_____ X .50 =
Homework 1 Grade	_____ X .10 =
Homework 2 Grade	_____ X .15 =
Homework 3 Grade	_____ X .25 =
Add any Extra Credit Points	

Grading Scale:

90%-100%	=A
80%-89.4%	=B
70%-79.4%	=C
60%-69.4%	=D
59.4% and below	=F

* In order to obtain all points work must be clean, professional and creative.

Instructor's Policies

Attendance:

Tardiness is unacceptable behavior. The instructor reserves the right to refuse a tardy student admission to the classroom. Make prior arrangements with the instructor if you have special circumstances that may require you to be tardy to class.

If the student decides not to attend class, the student is still responsible for the examinations and assignments as listed in the course syllabus schedule, e-mail, and/or announced in class. The student is also responsible for finding out of any changes in the course syllabus, assignments and/or schedule.

Withdrawal from the course for any reason is the **RESPONSIBILITY OF THE STUDENT.**

Dishonest behavior in class, assignments and/or exams is not acceptable.

**CALENDAR HSCI 2302 FALL 2009
TENTATIVE SCHEDULE**

Date	Discussion Topics	Reading Assignments
August 25	- Review Syllabus, Assignments, Book, WebCT, Computer Lab Assignment... - Homework #1 Dietary Analysis Overview - Homework #2 Team & Diet Therapy Case Study Assignment and Overview	Syllabus
August 27	- Homework #1 Dietary Analysis Overview - Homework #2 Team & Diet Therapy Case Study Assignment and Overview - What Nourishes You?	Chapter 1
September 1	- The Science of Nutrition - Tools of a Healthy Diet	Chapter 1, 2
September 3	- Tools of a Healthy Diet - Human Digestion and Absorption	Chapter 2, 3, 4
September 7	-ONLINE QUIZ #1 DUE 11:59 PM WebCT- Epidemiology and Dietary Exchange (Ch 1, 2)	
September 8	- Human Digestion and Absorption - Energy Metabolism -CENSUS DAY	Chapter 4, 9
September 10	-Energy Metabolism	Chapter 9
September 14	- ONLINE QUIZ #2 DUE 11:59 PM- WebCT- Carbohydrates and Metabolism (Ch 4)	
September 15	- EXAM 1 (Ch 1, 2, 3, 4)	
September 17	- Diet Analysis- HSCI Computer Lab HW #1	Computer Lab
September 22	-Carbohydrates	
September 24	-Carbohydrates -Exchange System -Lipids -Review Dietary Analysis	Chapter 5 & 6 Appendix E & F
September 29	- Work in Teams-Diet Therapy Case Study -ONLINE QUIZ #3 DUE 11:59PM-WebCT- Exchange System (Appendix E & F, Ch 5)	Homework #3 Appendix E & F
October 1	- Lipids - Computer Diet Analysis- Homework #1 DUE	Chapter 6
October 6	- Lipids and Protein	Chapter 6 & 7
October 8	- Protein	Chapter 7
October 12	- ONLINE QUIZ #4 DUE 11:59 PM- WebCT- Proteins, Fiber, Carbohydrates and Lipids (Ch 5, 6, 7)	
October 13	- EXAM 2 (Chapter 5, 6, 7)	
October 15	- Field Work in Teams-Diet Therapy Case	Homework #3

	Study	
October 20	- Alcohol	Chapter 8
October 22	- Vitamins Fat Soluble	Chapter 12
October 27	- Vitamins Water Soluble	Chapter 13
October 29	- Field Work in Teams-Diet Therapy Case Study	
November 3	- Water & Major Minerals	Chapter 14
November 5	- Minerals Trace	Chapter 15
November 9	-ONLINE QUIZ #5 DUE 11:59 PM- WebCT- Vitamins and Minerals (Ch 8, 9, 10, 11, 12)	
November 10	- EXAM 3 (Chapter 8, 9, 10, 11, 12)	
November 12	- Energy Balance and Weight Control	Chapter 10
November 17	- Nutrition for Fitness & Sports Extra Credit DUE	Chapter 11
November 19	- REVIEW OF FINAL EXAM -ONLINE QUIZ #6 DUE 11:59 PM-WebCT- Weight Control (Ch 13, 14)	
November 24	- Make up Exam (10 points off for late exams). (Make up exam only if the student MISSED an exam or needs to take the final exam early).	
December 1	- DIET THERAPY CASE STUDY EXHIBITS - In class exhibition. –All exhibits and team members must be present to receive full grade.	
December 2	- ONLINE QUIZ #7 DUE 11:59 PM- WebCT- Weight Management and Eating Disorders (Ch 13, 15)	
December 3	- FINAL EXAM 9:00-10:20 AM - Check WebCT and Spring Schedule for time and location.	Chapters 10, 11 & questions from diet therapy case studies.

Homework #1 HSCI 2302
PERSONAL ANALYSIS OF FOOD INTAKE

Name _____

1. How did your food intake compare to the Dietary Guidelines? (Source of Calories)
Dietary Guidelines

(Goal in Personal Profile) _____ 3 Day Average (Bar Graph)

PRO _____g _____%

CARBS _____g _____%

FAT _____g _____%

2. Your Recommended **DIETARY Fiber (profile)** _____ grams
Average of 3 days Fiber Consumed (Bar Graph) _____ grams

3. List below all the nutrients that were consumed in amounts greater than 100%.
BAR GRAPH REPORT of 3 day average report

4. List below all nutrients that were consumed in amounts less than 75%.
BAR GRAPH REPORT of 3 day average report

5. Conclusions

