Fall 9-1-2001

HHP 236.01: Basic Nutrition

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Syllabus: HHP 236, Basic Nutrition  
Fall, 2001: 11:10 – 12:00 p.m. Main Hall 210  
1:10 – 2:00 p.m. McGill 215  
Instructor: Carla Cox  
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Clinic – 329-7258 (use only for emergent needs!)  
Office hours:  
10:00-10:45 a.m.  
Noon – 1:00 p.m. M/W  
and by appointment if needed  
Please feel free to call anytime (between 6:00 a.m. and 10:00 p.m.) I am happy to help you with any questions, concerns pertaining to the class!!!  

Objectives: To understand the relationship between nutrition and health and to apply nutrition principles to prevention of disease.  

→ Interpret, apply and understand the various nutrition tools such as the Dietary Allowances, USDA Food Pyramid, food composition tables and recognize their advantages and limitations.  
→ Understand basic nutrition research methods  
→ Recognize which foods contain major sources of macro and micro nutrients  
→ Describe the functions of micro and macro nutrients and relate them to the optimal nutrition, health and well-being of humans  
→ Develop an awareness of how nutritional needs are influenced by normal physiologic changes over the life span  
→ Determine through a personal food record whether nutrient needs are being met, and if not, how to correct the deficiencies  
→ Assess the potential problems resulting from nutrient imbalance, surplus or deficiencies in health and disease  
→ Understand the relationship between nutrition and prevention of the following chronic diseases: heart disease, diabetes, cancer, and hypertension  

Sept. 5  
Chapter 1: Introduction  
An overview of Nutrition  

Sept 7  
Chapter 1 continued. Reliable information, how did they come up with the Food Guide Pyramid and other dietary recommendations?  

Sept. 10-14  
Chapter 4: Carbohydrates  
Biochemistry, physiology, application.  
Myths about carbohydrates. Sugar substitutes.  

Sept. 17 & 19  
Chapter 6: Protein  
Biochemistry, physiology, application  
Vegetarian diets
Sept. 21  **Quiz 1**
Sept. 24 & 26  Chapter 5: Fats
  Biochemistry, physiology, application
  Fat substitutes

Sept. 28 & Oct. 1
  Chapter 3: Digestion, Absorption and Transportation
  Hint: It’s my favorite chapter!!!!

Oct. 3  Chapter 7: Metabolism

Oct. 5  Highlight Chapter 7: Alcohol and Nutrition as well as discussion on caffeine

Oct.8  **Quiz 2**

Oct. 10 - 15  Chapter 8: Energy Balance and Body Composition
  Chapter 9: Weight Management

Oct. 17  Highlight, Chapter 9: Eating Disorders

Oct. 19  **Quiz 3**

Oct. 22 - 26  Chapters 10 & 11: Vitamins
  Chapter 10 Highlight will be discussed the 26th. Bring your supplements!

Oct. 29  South to the Pole with Amundson and Scott
  Start on Chapter 12: Water and the Major minerals

Oct. 31 & Nov. 2
  Chapter 12 & 13: Water and Minerals

Nov. 5  Highlight, Chapter 12: Osteoporosis prevention.

Nov. 7  **Food project explained. Be there!!!!**

Nov. 9 & 12  **No class**

Nov. 14  **Quiz 4**

Nov. 16  Chapter 14: A brief look at Nutrition for Sports

Nov. 19  Chapter 15: Nutrition for Pregnancy and Lactation
  **Food project is due. 10% off each day it is late.**

Nov. 21-25  Have a safe holiday!!!

Nov. 26  Chapter 16: Nutrition for Infants and Children

Nov. 28  Chapter 17: Nutrition for the elderly

Nov. 30  Chapter 19: Food Safety (pages 644 – 653)

Dec. 3  **Quiz 5**

The final four topics will cover applying the information you have learned disease prevention. Reading Chapter 18 prior to class is a strong recommendation!

Dec. 5  Handout: Heart Disease Prevention

Dec. 7  Handout: Diabetes Prevention

Dec. 10  Handout: Cancer Prevention

Dec. 12  Handout. Menu planning: putting it all into practice.

Dec. 14  Review Session

Final Exam times:
11:00 am. Class – UH 210 – 8-10 a.m. Thursday Dec. 20
1:00 p.m. Class - McGill Hall 215 – 1:10 – 3:10 p.m. Dec. 18
You can access many of the overheads from Electronic Reserve on the internet (ERES off the Mansfield Library site). Click on ERES, enter the course number or Nutrition. The pass word is FOODS

Some words of wisdom:

Coming to class is not required, but strongly recommended. After all, I need to be there, you might as well join me! Students that come to class do better (novel idea!)

Please try to take every quiz on time. It is very difficult to give “special times” for tests. If there is a compelling need to take the exam other than exam time, it must be arranged BEFORE the quiz/test or it will result in a “0”.

Grades are based on:

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

Total Points Possible: 400
50 x 5 quizzes
75 x 1 project
75 x 1 final exam

For P/F grading: Pass grade requires a C

There are no “special extra credit assignments”. If extra credit is given, it will be offered to the entire class. Papers must be handed in on time for full credit.