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Fall 9-1-2001

### HHP 236.01: Basic Nutrition

Carla E. Cox

*The University of Montana*

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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

**Office:** 211 McGill Hall

**E-mail:** sleddog@selway.umn.edu

**Phone numbers:** Office – 6524

Home – 626-5314 (Don't worry about calling me at home)

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 26<sup>th</sup>. 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	<b>Total Points Possible: 400</b>
80-89 % - B	50 x 5 quizzes
70-79 % - C	75 x 1 project
60-69% - D	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.