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.umt.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 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:

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<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
<th>Total Points Possible: 400</th>
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<tbody>
<tr>
<td>90-100%</td>
<td>A</td>
<td>50 x 5 quizzes</td>
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<tr>
<td>80-89%</td>
<td>B</td>
<td>75 x 1 project</td>
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<td>70-79%</td>
<td>C</td>
<td>75 x 1 final exam</td>
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<td>60-69%</td>
<td>D</td>
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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.