

THE UNIVERSITY OF TEXAS AT TYLER

Department of Health and Kinesiology

**Course Information
Fall 2008**

Course Title: Nutrition, Health and Disease

Course Number: ALHS 3315 Credit Hours: 3

Prerequisites: None

Location of the Class room: HPC 2255

Days and Hours the Class Meets: TTH 8:00-9:15 a.m.

Instructor Information

Name & Title: Joyce E. Ballard, PhD, Professor

Office Location & Phone Number: HPC 3090 (903) 566-7058

e-mail address: jballard@mail.uttyl.edu

FAX: (903) 566-7065

Emergency Phone (Office): (903) 566-7031

Gail Goetz, secretary

Office Hours: M 12:00-1:00

TTh 11:30-1:00

Texts, Readings, Materials

Required Text:

**Sizer, F. & E. Whitney, Nutrition: Concepts and Controversies (11th ed.)
CA: Belmont, Wadsworth Publishing Co., 2006.**

Course Description/Objectives

Course Description: An analysis and assessment of nutrition. Clinical experience will be conducted measuring body composition and in designing diets to influence weight control and performance. Course fee required.

Course Goals: The goal of this course is to acquaint the student with basic concepts in nutrition that will increase awareness of personal dietary habits. Emphasis will be placed on understanding the role of the essential nutrients, their food sources, and disease state incurred from their deficiencies. Additionally, the nutritional requirements will be examined across the life cycle. As time allows, we will consider various nutritional controversies from your textbook and any you may wish to suggest. This course is not intended as a therapeutic nutritional course and, thus, will not address issues that relate to your role in supervising the nutritional habits of others.

Course Outcome Objectives

- Students should be able to accomplish the following outcome objectives:
1. Develop an understanding of the essential nutrients, (~40) their food sources, and what disease state(s) occur from deficiencies.
 - *2. Evaluate own dietary CHO intake in terms of percentage of total CHO calories consumed and ratio of simple to complex CHO and be able to formulate personal strategies to improve CHO consumption, if needed.
 - *3. Evaluate their own dietary fat intake in terms of the percentage of total fat calories consumed, ratio of saturated to polyunsaturated fat and cholesterol content and be able to formulate personal strategies to improve fat consumption, if needed.
 - *4. Evaluate own dietary protein intake in terms of percent of total protein calories consumed and ratio of high biological value to low biological value proteins and to formulate personal strategies to improve protein consumption, if needed.
 - *5. Evaluate own dietary pattern for vitamin and mineral contents and compare their intake with the latest RDA standards according to one's sex/age group and formulate personal strategies to implement changes, if needed.
 - *6. Compare vitamin & mineral adequacy with the RDAs according to one's sex/age group. Formulate personal strategies to implement changes, if needed.
 7. Evaluate nutritional information in the news media for accuracy, validity and be able to determine good information from quackery.
 8. Analyze the dietary needs of special age groups across the lifecycle (pregnant and lactating women, young children, teenagers and older adults).
 9. Analyze factors involved in weight management, obesity & eating disorders.
 10. Evaluate media information related to nutrition to determine its accuracy and truthfulness. Reports given by students in class used as a bases for comparison
- * Evaluated by means of an individualized 3-day computerized dietary analysis followed by a written strategy to improve his/her diet.

Course Policies:

1. Regular and punctual class attendance is expected.

2. Assignments are due as indicated in attached class schedule.
3. Academic dishonesty will not be tolerated.

Course Requirements:

1. Complete daily assignments
 - a. Assignment from USDA web site
 - b. Dietary records for 3 days
 - c. Computer analysis original diet
 - d. Strategy Paper of ways to improve diet
 - e. Analysis of food labels (assignment from visit to local grocery store)
 - f. Snack for a per-school child with nutrients noted
- 2., Take all pop quizzes (Lowest quiz will be dropped)
3. Collect information from public literature regarding nutrition and give one report in class (counts as 1 quiz)
4. Read all textbook assignments

5. Policy regarding scheduled exams: Barring an act of God (the University being officially closed), exams will be given at the time and date indicated in this syllabus. Only for extremely extenuating circumstances and even then only with prior approval of the instructor will a student be allowed to make up an examination that is missed. Make-up exams will only be given on one day of the semester with no exceptions. Make-up Day is Thursday, December 11th at 7:00 or 8:00 a.m. and the make-up exam may be a different format from the exam given during the regular class period. Any examination missed must be made up on the designated day and only one exam may be made up in this course for any reason. If a student finds that he/she must miss two examinations, he/she should drop the class.

Grading Plan:

2 hourly exams (25% each)	50%
Daily assignments and Field Trip	10%
Pop quizzes (lowest one thrown out) And News Item	15%
Final Exam	<u>25%</u>
	100%

A = 90- 100%	D=60-69%
B = 80-89%	F=5(% and below
C = 70-79%	(Grades may be appealed through Department
D = 60-69%	Chair, Dr. Scott Marzilli)

Course Calendar/Schedule

Tuesday

Thursday

August 28th

Introduction to Course
Assign Food Pyramid www.usda.gov
Assign 3-day dietary recall,
Standard for nutrients, labeling
laws, types of quackery, etc.
Chapters 1 & 2

September 2nd
CHOs
Chapter 4

September 4th
CHOs (Cont'd)
Chapter 4 (Cont'd)
Food Pyramid Due

September 9th
Lipids
Chapter 5

September 11th
Lipids (cont'd)
Chapter 5 (Cont'd)

September 16th
Proteins
Chapter 6
Dietary Records Due

September 18th
Proteins (Cont'd)
Chapter 6 (Cont'd)

September 23rd
EXAM #1
Chapters 1,2,4,5,6

September 25th
**Dietary Analysis with
Computer
BRB 1040**

September 30th
Fat Soluble vitamins
Chapter 7

October 2nd
Water Soluble Vitamins
Chapter 7 (Cont'd)

October 7th
Water & Minerals
Chapter 8

October 9th
Water & Minerals (Cont'd)
Chapter 8 (Cont'd)

October 14th
Energy Balance & Wt Control
Chapter 9
Diet Strategy Paper Du

October 16th
Energy Balance & Wt Control
Chapter 9 (cont'd)

October 21st
Exam #2

October 23rd
**Eating Disorders
ACSM Materials**

Tuesday

Thursday

October 28th

October 30th

Food Safety & Technology Chapter 12 (March ____, Last day to drop class with an automatic grade of W)	Digestion & Absorption Chapter 3
November 4th Digestion & Absorption Chapter 3	November 6th Digestion and absorption (cont't) Chapter 3
November 11th Trip to Grocery Market to Read Labels (get hand-out) Albertson on E Loop	November 13th Nutrition Lifestyle: Mother & Infant Chapter 13
November 18th Nutrition Lifestyle: Mother & Infant Chapter 13 Plan Snack for Pre-School Child Snack must be typed and the major nutrients indicated	November 20th Nutrition Lifestyle: Pre-school child Chapter 14 Snack Due
November 25th Nutrition for School age child--Federal and Texas requirements for school lunch program Chapter 14 (Cont'd)	November 27th T H A N K K S G I V I N G H O L I D A Y
December 2nd Nutrition for Young older child and teenager Chapter 14 con't	December 4th Nutrition for the older adult Chapter 14(cont'd)
December 9th Nutrition for the older adult Chapter 14 (Cont'd)	December 11th Make-up exam day, if needed Review for final exam

December 16th (Tuesday)
FINAL EXAM 8:00-10:00 A.M.

UNIVERSITY POLICIES

Handbook of Operating Procedures -- The University of Texas at Tyler

ACADEMIC DISHONESTY POLICY

At The University of Texas at Tyler students and faculty are responsible for maintaining an environment that encourages academic integrity. Students and faculty members are required to report an observed or a suspected case of academic dishonesty immediately to the faculty member in charge of an examination, classroom or laboratory research project, or other academic exercise.

Since the value of an academic degree depends on the absolute integrity of the work done by the student for the degree, it is imperative that a student maintain a high standard of individual honor in scholastic work. Scholastic dishonesty includes, but is not limited to, cheating, plagiarism, and collusion:

"Cheating" includes:

1. Copying from the paper of another student, engaging in written, oral or any other means of communication with another student, or giving aid to or seeking aid from another student when not permitted by the instructor;
2. Using material during an examination or when completing an assignment that is not authorized by the person giving the examination or making the work assignment;
3. Taking or attempting to take an examination for another student, or allowing another student to take an examination for oneself;
4. Using, obtaining, or attempting to obtain by any means, the whole or any part of an unadministered examination or work assignment.

"Plagiarism" includes the unacknowledged incorporation of the work of another person in work that a student offers for credit.

"Collusion" includes the unauthorized collaboration with another person in preparing written work that a student offers for credit.

GRADE APPEAL PROCEDURE

A student who wishes to contest a grade given by an instructor must initiate the procedure by contacting the instructor who assigned the grade. The instructor and the student should informally review the criteria for assignment of grades and the student's performance. The instructor may affirm the grade or revise the grade.

If the student is not satisfied after the informal discussion with the instructor, then the student may initiate a formal grade appeal by completing a Grade Appeal Form which may be obtained from the Office of Student Records. Normal grade appeals should be filed at the earliest date possible, but no later than six months from the final date of assignment. The instructor and the student should complete the appropriate parts of the form clearly indicating the instructor's rationale for the grade given and the student's basis for the grade appeal.

At each administrative level of the appeal process, an attempt will be made to resolve the issue. If the instructor holds one of the administrative positions used in the appeal process, then that level is omitted. If no resolution is reached at a

particular level, then the appeal is forwarded with the recommendation of the administrator at that level with all documentation.

If the appeal is to be considered by the vice president for academic affairs, then a copy of the Grade Appeal Form shall be forwarded by the academic dean of the students. The Office of the President is the final step in the appeal process at The University of Texas at Tyler.

FOOD AND DRINK IN CLASSROOMS

**Consumption of food and drink in university classrooms is prohibited.
INDOOR SMOKE-FREE CAMPUS**

The University of Texas at Tyler is an indoor smoke-free campus. No smoking will be permitted in any building, office, hallway, classroom, laboratory, restroom, lounge, or any other indoor location.

CLASS ATTENDANCE

Responsibility for class attendance rests with the student. When a student has a legitimate reason for being absent, the instructor has the option of permitting make-up work.

The university reserves the right to consider individual cases of nonattendance. In general, students are graded on the basis of intellectual effort and performance. In many cases, class participation is a significant measure of performance, and nonattendance can adversely affect a student's grade. When, in the judgment of the instructor, a student has been absent to such a degree as to jeopardize success in the course, the instructor informs the Office of Student Records that the student is to be dropped from the course.

APPROVED STUDENT ABSENCES

On those occasions when it may be necessary for students to miss a regularly scheduled class in order to participate in an official university event or activity, faculty sponsors and program directors are requested to observe the following procedures:

1. Faculty sponsors or program directors should draft a memorandum to the vice president for academic affairs. This memorandum should include information concerning the nature of the event, the date(s) on which students would be absent from class, and the names of the students involved.
2. Copies of the memorandum addressed to the vice president should be given to each of the students listed on the memorandum.
3. Students should be directed to communicate with their instructor(s) prior to the date of the planned absence.

It is expected that students will not abuse the privilege of being absent from class for authorized university activities, and that make-up assignments will be made at the discretion and convenience of the instructor.

GRADE REPLACEMENT

If you are repeating this course for a grade replacement, you must file an intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to file an intent to use grade forgiveness will result in both the original and repeated grade being used to calculate your overall grade point average. A student will receive grade forgiveness (grade replacement) for only three (undergraduate student) or two (graduate student) course repeats during his/her career at UT Tyler (2006-2008 Catalog, P. 35).

DISABILITY STATEMENT

If you have a disability, including a learning disability, for which you request disability support services/accommodations(s), please contact Ida MacDonald in the Disability Support Services office so that the appropriate arrangements may be made. In accordance with federal law, a student requesting disability support services/accommodations(s) must provide appropriate documentation of his/her disability to the Disability Support Services counselor. Visit University Center, Room 282 or call 903-566-7079 for more information.