

**SCHOOL FOR NEW LEARNING
DEPAUL UNIVERSITY
COURSE SYLLABUS: SW 282 NUTRITION: BASICS AND BEYOND
Winter 2010**

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LOCATION: Loop Campus

DAY/TIME: Wednesday evenings
6:00 p.m. – 9:00 p.m.
January 6 – March 17

COURSE DESCRIPTION:

Learning Experience:

Americans have become increasingly interested and knowledgeable regarding nutrition. This introductory nutrition course will include such topics as the fundamentals of nutrition, nutrition and disease prevention, nutrition throughout the life cycle, weight management, malnutrition and hunger, and more. Each class will build upon the basics by exploring current issues and research related to the specific topic. Throughout the course, students will begin to separate nutrition information from misinformation as well as gain practical knowledge to incorporate into one's day to day life. Students will gain competence and knowledge through class lectures, group activities, research, and student presentation.

Faculty Biographical Sketch:

Elizabeth is a registered dietitian, licensed in the state of Illinois, and on staff at The University of Chicago Hospitals. After earning a Bachelor of Science degree in Dietetics at the University of Illinois in Urbana she completed an internship at the Massachusetts General Hospital. From Boston Elizabeth relocated to Chicago where she joined the staff of The University of Chicago Hospitals and completed a Master of Science degree in Human Nutrition and Nutritional Biology. Elizabeth has been teaching Nutrition: Basics and Beyond at De Paul University since 1994.

COMPETENCIES OFFERED:

- S2A** Can describe, differentiate, and explain form, function and variation within physical systems.
- Students will gain competence in this area by exploring the basics of human nutrition, the impact of diet on metabolic diseases, and social aspects of hunger and malnutrition.
 - Can describe at least one biological system, e.g., circulatory, skeletal, ecological, in terms of its structure and organization.
- S2C** Can describe, categorize, and explain development or change within physical or biological systems.
- Students will gain competence in the S2C subcategory by studying the basics of human nutrition as well as specific dietary requirements for each age group in the life cycle.
 - Can articulate the process by which change occurs in at least one physical or biological system.
 - Can describe the sequence of development or evolution in that system.
 - Analyzes the variations in the development or change of physical or biological systems.
- S-4** Can describe and explain connections among diverse aspects of nature.
- Students will study independent physical or natural systems related to health and nutrition and develop a clear argument that demonstrated a connection between the systems. The systems discussed in this course include, but are not limited to physical systems, environmental systems, and social systems as they relate to nutrition.
 - Explains how parts of the system are interconnected.
 - Demonstrates how such connections are found elsewhere in nature.

LEARNING EXPERIENCE:

Learning Sources:

1. Textbook: *Nutrition Now*, 5th edition (Brown)
2. Class notes (on Blackboard)
3. A calculator.

Learning Experiences:

1. Lectures,
 2. Class discussions,
 3. In-class activities,
 4. Class assignments including diet analysis and research.
- Class attendance is expected. Students who miss more than two class sessions will risk unsuccessful completion of this course.

EXPECTED OUTCOMES:

Upon successful course completion, students will:

1. Understand functions of nutrients and specific sources of nutrients in the human body
2. Identify different nutritional needs throughout the life cycle (S2C)
3. Understand the connections between diet and health and disease
5. Articulate current nutrition recommendations for the American public
6. Critically analyze current nutrition information presented in the media
7. Identify the connection between economics and malnutrition
8. Analyze his/her own dietary intake

EVIDENCE THE STUDENTS WILL SUBMIT:

(All Competencies)

1. Diet Analysis Project

Due on or before February 3

Students will have the opportunity to apply the course content to their own diet by analyzing their diet for macronutrient content and comparing it to national standards. Specific details will follow in class.

2. Term Paper or Media Journal

Due on or before March 3

Specific details to follow based on the competence for which the student is registered.

3. Oral presentation to be scheduled between January 27 and March 3

4. FINAL EXAM in class on March 17

Final exam will cover topics and principles discussed throughout the term.

Questions will be true and false, multiple choice, matching, short answer and essay.

NOTE: If you are taking this class for **TWO competencies** you take **ONE** final exam, complete **ONE** diet analysis project, give **ONE** oral presentation for one competency, and write **ONE** term paper/media journal for the other competency. Students who take the class for **ONE competency** can choose to give an oral presentation, write a term paper, or compile a media journal. Also, the University's guidelines on academic integrity will be upheld in this course (see the Student Handbook).

Research Assignments:

Media journal-

Eight current **NUTRITION** articles are to be collected during the term. For S2A the articles will be summarized and evaluated for sound and accurate nutrition information; for S2C the articles can target any stage in the life cycle or an issue affecting one specific population such as, women, children, elderly or newborns; and for S4 the articles should discuss or explain a connection between diet and health, social/cultural factors and nutritional status, or the environment and health/nutritional status (the key here is to find articles that discuss connections between two systems that relate to health/nutrition of a person or people). A brief 1-2 page synopsis and critique of the article should be submitted with a copy of the article. All eight articles should be compiled and submitted together.

OR

Term paper-

A five to seven page research paper will be submitted on a topic determined to be appropriate based upon the competence for which the paper will be graded. For S2A the student will target one nutrition related topic relating to any of the themes covered during the quarter or a wellness issue; for S2C the student will target one stage in the life cycle and discuss the major nutritional issues and concerns of this age group; and for S4 the student will target two systems (examples: the food supply or access to the food supply, the eco-system/environment and it's influences on health and nutrition, or an organ system) and discuss the connections between the systems as related to health and nutrition.

OR

Presentation- The student will give an oral presentation (10 minutes) on a topic that relates to a general nutrition issue. The presentations will be scheduled throughout the quarter. See the list of topics on the last page.

Note: From the SNL administration: *The DePaul Student Handbook defines plagiarism as follows: "Plagiarism includes but is not limited to the following: (a) The direct copying of any source, such as written and verbal material, computer files, audio disks, video programs or musical scores, whether published or unpublished, in whole or in part, without proper acknowledgement that it is someone else's. (b) Copying of any source in whole or in part with only minor changes in wording or syntax even with acknowledgement. (c) Submitting as one's own work a report, examination paper, computer file, lab report or other assignment which has been prepared by someone else. This includes research papers purchased from any other person or agency. (d) The paraphrasing of another's work or ideas without proper acknowledgement." Plagiarism will result in a failure of the assignment or possibly of the course. If you are unsure of how to cite a source, ask!*

EVALUATION

1. Final Exam

follows:

35% of course grade

2. Term paper or Media journal or Presentation

35% of course grade

3. Diet Analysis Project

20% of course grade

4. Class Participation

10% of course grade

Final grades will be assigned as

A = 90% - 100%

B = 80% - 89%

C = 70% = 79%

D = \leq 69%

GRADING CRITERIA

A = High quality work that reflects an understanding of the material and ability to apply and clearly discuss the main issues under discussion. Work includes identifiable thesis and argument that demonstrated creative development and support of ideas. Oral presentations are well rehearsed and demonstrate an identifiable thesis that is supported with the student's original ideas. Written work is submitted on time without flaws.

B = Good quality work that reflects an understanding of the material and ability to apply and clearly discuss the main issues under discussion. Work includes identifiable thesis and development of support ideas. Oral presentations flow reasonably well and demonstrate an identifiable thesis. Written work is submitted on time with only minor errors at most.

C = Work meets the minimum requirements set forth by the assignment guidelines. Work is organized and has a clear flow of information and ideas. Oral presentations are delivered in superficial or simplistic manner; may address only part of the assignment or be otherwise incomplete.

D = Poor quality work which does not meet the minimum requirements set forth in the assignment; demonstrates poor organization of ideas and/or inattention to development of ideas, grammar, and spelling; treatment of material is superficial and/or simplistic. Oral presentation is delivered on the wrong evening, shows signs of poor preparation, and demonstrated poor understanding of the material; the student mispronounces words and/or reads straight from a source.

*Decision to take the class Pass/Fail must be communicated by an email by the second week of class.

*Ten percent of the grade will be deducted each week an assignment is late. The definition of a late assignment is that submitted after the end of class on the day the assignment is due.

*Attendance at the final exam is mandatory – no make-up exams will be given.

*Incomplete work or assignments requiring revision must be submitted by the beginning of the final exam or an incomplete grade will be assigned when the course is graded. However, to receive an incomplete grade the student must have had regular class attendance and submit a written contract for completion of all outstanding work.

Topics and Time Framework:

(Reading assignments will correspond to class topic and can be used to supplement lectures)

- January 6 Introduction, The Basics Part One: Reading scientific information, Proteins and Carbohydrates
Keep food records for two days this week
READ---Unit 1 (1-1 to 1-6), Unit 3 (3-1 to 3-11), Unit 12 (12-1 to 12-13), Unit 15 (15-1 to 15-7, 15-9)
- January 13 The Basics Part Two: Fats and cholesterol; Overview of vitamins and minerals; and fluids
READ---Unit 18, Unit 20, Unit 24, and Unit 25
- January 20 The Basics Part Three: Dietary Guidelines
Diet analysis project calculations
READ---Unit 6 and Unit 7
- January 27 Diet and Health I
Bring containers or labels of your favorite foods
READ---Unit 4 Unit 18, Unit 19, Unit 23 (23-18 to 23-25).
- February 3 Diet and Health II
Unit 13, Unit 22, Unit 23 (23-4 to 23-14)
DIET ANALYSIS PROJECT DUE
- February 10 Weight Control
READ— Unit 8, Unit 9, Unit 10
- February 17 Exercise, Vegetarianism, and Alternative Food Choices
Unit 27, Unit 28, and Unit 16
- February 24 Nutrition through the Life Cycle
READ---Unit 29, Unit 30, Unit 31
- March 3 Malnutrition and Hunger and special topics
MEDIA JOURNAL/TERM PAPER DUE
READ---Unit 1 (1-7 to 1-8), Unit 33
- March 10 Final review
- March 17 **FINAL EXAM** 6:00 – 7:30 p.m. **Attendance Required**

**Attendance will be taken each class session and credit will be given for each class attended. It is the responsibility of the student to obtain information presented in a class that is missed. Students

missing more than two classes of the course will find it difficult to successfully meet the requirements for a passing grade.

ADDENDA

DePaul University Academic Integrity Policy: DePaul University is a learning community that fosters the pursuit of knowledge and the transmission of ideas within a context that emphasizes a sense of responsibility for oneself, for others and for society at large. Violations of academic integrity, in any of their forms, are, therefore, detrimental to the values of DePaul, to the students' own development as responsible members of society, and to the pursuit of knowledge and the transmission of ideas. Violations include but are not limited to the following categories: cheating; plagiarism; fabrication; falsification or sabotage of research data; destruction or misuse of the university's academic resources; alteration or falsification of academic records; and academic misconduct. Conduct that is punishable under the Academic Integrity Policy could result in additional disciplinary actions by other university officials and possible civil or criminal prosecution. Please refer to your Student Handbook or visit: <http://studentaffairs.depaul.edu/homehanbook.html> for further details.

DePaul University Incomplete Policy

Undergraduate and graduate students have two quarters to complete an incomplete. At the end of the second quarter (excluding summer) following the term in which the incomplete grade was assigned, remaining incompletes will automatically convert to "F" grades. In the case of the Law School incompletes must be completed by the end of the semester following the one in which the incomplete was assigned. Ordinarily no incomplete grade may be completed after the grace period has expired. Instructors may not change incomplete grades after the end of the grace period without the permission of a college-based Exceptions Committee. This policy applies to undergraduate, graduate, and professional programs. NOTE: In the case of a student who has applied for graduation and who has been approved for an Incomplete in his or her final term, the incomplete must be resolved within the four week grace period before final degree certification.

n.b. The SNL student who wishes to receive the grade of IN must formally request in writing that the instructor issue this grade. This request must be made before the end of the quarter in which the student is enrolled in a course.

Students who feel they may need an accommodation based on the impact of a disability should contact the instructor privately to discuss their specific needs. All discussions will remain confidential.

To ensure that you receive the most appropriate accommodation based on your needs, contact the instructor as early as possible in the quarter, preferably within the first week of class, and make sure you have contacted:

- PLS Program (for LD, AD/HD) at 773-325-4239 in the Schmidt Academic Center, room 220 or;
- The Office for Students with Disabilities (for all other disabilities) at 773-325-7290, DePaul University Student Center, room 307.