

FCS 167.01 BASIC NUTRITION
3 hours credit
Spring 2008

LOCATION: Room 301, AB2

CLASS MEETING TIMES: Tuesday 6:00 – 8:50 p.m.

INSTRUCTOR: Brook E. Speer, M.A.

OFFICE LOCATION: Room 111, AB2

CONTACT INFORMATION: Office Telephone: (936) 294 –4959
Email: bes005@shsu.edu
FAX number: (936) 294 – 4204
Home Telephone: (936) 439 – 9485
(Please do not call me at home to tell me that you are going to miss class. Also, do not call me past 8:30 p.m.)

OFFICE HOURS: Monday 2:00 – 4:00 p.m.
(You may also call me at home if you need to meet with me and can't come during these hours).

COURSE DESCRIPTION:

Basic principles of nutrition in health and disease are covered. The modern concept of an adequate diet based upon the nutritional needs of the individual is stressed. Two interesting factors, the influence of nutrition on disease and the influence of disease on nutrition are studied. Emphasis is placed on food selection and quality of nutrients in normal diets. This course will include a combination of lectures by the instructor and student discussion. There will be weekly quizzes and two tests (mid-term and final). There will also be a nutritional analysis project that will reflect what the students have learned during the semester.

COURSE OBJECTIVES:

This course is intended to introduce to the students the skills needed to analyze and promote sound nutritional practices to various segments of the community. Upon completion of this course the student should have acquired the ability to:

- ◆ cite the major trends of nutrition in our society and their effects on various segments of our society.

- ◆ effectively use the food guide pyramid to plan for optimal dietary effectiveness on an individual basis.
- ◆ understand how to read a food label in order to make proper nutritional food choices.
- ◆ recognize techniques for combating nutrition-related diseases in the American population.
- ◆ recognize eating disorders in children and recommend effective resources for handling them.
- ◆ use nutrition information correctly in the public schools and other places in the community.

TEXT: Boyle, Marie A. *Personal Nutrition*, 6th Ed., Wadsworth Thomson Learning Inc., 2007.

ATTENDANCE POLICY:

Regular and punctual attendance is expected. Each student is allowed one absence during the semester (no phone call is necessary for this absence). Any absences beyond one may have an effect on the student's class participation grade.

CLASSROOM POLICIES AND PROCEDURES:

1. There will be one make-up exam at the end of the semester (at a time to be announced later in the semester). Students must produce proper documentation (ex. a doctor's signed note for illness) before a make-up exam may be given.
2. Assignments are due at the beginning of the class period for which they are assigned.
3. Assigned work that is turned in for credit must be typed.
4. All assignments must be completed and turned in before the final exam can be taken.

COURSE EVALUATION:

Nutritional analysis project	100 points
Quizzes	100 points
Class participation (group work, discussion, etc.)	100 points
Mid-term exam	100 points
Final exam	<u>100 points</u>
Total possible points	500 points

<u>Grading scale:</u>	90 – 100% (minimum of 450 points) = A
	80 – 89% (minimum of 400 points) = B
	70 – 79% (minimum of 350 points) = C
	60 – 69% (minimum of 300 points) = D
	0 – 59% (299 points or less) = F

STUDENT SYLLABUS GUIDELINES:

You may find a more detailed description of the following policies online. These guidelines will also provide you with a link to the specific university policy or procedure:

<http://www.shsu.edu/syllabus/>

ACADEMIC DISHONESTY:

Students are expected to maintain complete honesty and integrity in the academic experiences both in and out of the classroom. *See Student Syllabus Guidelines.*

CLASSROOM RULES OF CONDUCT:

Students are expected to assist in maintaining a classroom environment that is conducive to learning. Students are to treat faculty and students with respect. Students are to turn off all cell phones while in the classroom. Under no circumstances are cell phones or any other electronic devices to be used or seen during times of examination. Students may tape record lectures provided that they do not disturb other students in the process.

STUDENTS WITH DISABILITIES POLICY:

It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic or program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Students with disabilities that might affect their academic performance should visit with the Office of Services for Students with Disabilities located in the Counseling Center. *See Student Syllabus Guidelines.*

STUDENT ABSENCES ON RELIGIOUS HOLY DAYS POLICY:

Students are allowed to miss class and other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. Students remain responsible for all work, and the work must be completed in a reasonable amount of time. *See Student Syllabus Guidelines.*

Q-DROPS:

A Q-drop is a drop made after the last date for tuition refunds but before the date for which a drop would result in the grade of "F" as punished in the Academic Calendar.

Students will be allowed no more than five Q-drops during their academic career at Sam Houston State University. Classes that are dropped prior to the Q-drop date will not count toward the limit. Students who have used their limit of five Q-drops will need to petition their respective dean to drop a class. If the dean refuses to grant permission to drop a class, a student will be required to remain in the class.

This limit will take effect with the start of the Fall 2004 semester. Any drops accumulated prior to the Fall 2004 semester will not be included in the five Q-drop limit, nor will Q-drops from other universities.

VISITORS IN THE CLASSROOM

Only registered students may attend class. Exceptions can be made on a case-by-case basis by a professor. In all cases, visitors must not be present a disruption to the class by their attendance. Students wishing to audit a class must apply to do so through the Registrar's Office.

**READING/DISCUSSION SCHEDULE FCS 167.01
Spring 2008**

January 22	Introduction and Review Syllabus
January 29	Chapter 1: The Art of Understanding Nutrition
February 5	Chapter 2: The Pursuit of an Idea ***Bring a food label from a food you frequently eat***
February 12	Chapter 3: Carbohydrates
February 19	Chapter 4: Lipids - Fats and Oils
February 26	Chapter 5: Proteins and Amino Acids
March 4	Chapter 6: Vitamins ***Three Day Diet History due***
March 11	***SPRING BREAK***
March 18	Chapter 7: Water and Minerals (Review for mid-term)
March 25	***MID-TERM EXAM ***
April 1	Chapter 8: Alcohol and Nutrition
April 8	Chapter 9: Weight Management
April 15	Chapter 10: Nutrition and Fitness
April 22	Chapter 11: The Life Cycle ***Nutritional Analysis due***
April 29	Chapter 11 continued
May 6	Chapter 12: Food Safety and Global Food Supply (Review for final)
May 13	***FINAL EXAM***