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Course Description

Concepts of normal human nutrition with emphasis on nutrient needs throughout the lifespan.
Prerequisites: FCS 2100, CHM 1410/1415 and BIO 2001

Course Objectives

Upon completion of this course, students will

- a. describe processes by which nutrients are made available to the cells.
- b. explain the influence of age, growth, and development on nutrition requirements.
- c. screen individuals to determine level of nutritional risk and determine nutrient requirements for individuals across the lifespan.
- d. translate nutrient needs into food choices and/or menus for people of diverse cultures and religions.
- e. discuss genetics in relationship to nutrition.
- f. describe functions of nutrients in relationship to the physiological process.
- g. evaluate nutrition research using a scientific framework.

Course Policies and Procedures

1. If you have a **documented disability**, please contact the Office of Disability Services (6583) ASAP.
2. **Exams** cannot be made up without written documentation of an excused absence. A slip from Health Services does not, necessarily, equate to an excused absence. If you must miss an exam, you must notify the instructor within 24 hours **BEFORE** exam time and follow up with appropriate written documentation. If excused from an exam, the point value of the exam will be added to the next scheduled exam. If unexcused (reason for absence is not excused or the procedures were not followed), no credit will be allowed.
3. Assignments are due at the beginning of class time on the date listed on the schedule. **Late assignments** include any assignment, REGARDLESS OF THE REASON, turned in after class or after the due date and time on WebCT. Ten percent will be deducted per day late, and 5% will be deducted if received on the due date but after class is over or after the time listed on WebCT. No assignments will be accepted in person or virtually after one week late.
4. Per University Policy, **attendance** is expected at all class sessions. When an absence does occur, the student is responsible for the material covered during the absence. When possible, the student should notify the instructor in advance of an anticipated absence. Dr. Burns will grant make-up privileges (when possible) to students for properly verified absences due to illness, emergency, or participation in an official University activity; and such absences will not militate against students in classes in which attendance is used directly in determining final grades. Attendance at weddings, funerals, and birth/adoption of a baby/child are all wonderful life experiences; however, they do not constitute an excused absence. It is the student's responsibility to initiate plans for make-up work and to complete it promptly.
5. **Tardiness** is not an acceptable behavior and the instructor reserves the right to enforce a tardy policy, if deemed necessary. If your absence or tardiness causes you to miss any class announcements, it is your responsibility to find out what announcements were made and how they might affect you.
6. Students are expected to do his/her own work on assignments, unless group work or collaboration with others to complete assignments has specifically been indicated. I assume that students will honor the tradition of **academic honesty**. Per Eastern's Student Conduct

Code IA, plagiarism will not be tolerated in this class. Should incidents of suspected classroom cheating or plagiarism occur, the University's policy on student academic misconduct will be followed.

7. **Cell phone usage** (e.g. talking, texting, Internet usage) is not allowed in this course. The cell phone is to be turned off (not on vibrate) and not visible (e.g. keep it in your bookbag). If the professor witnesses cell phone usage, then, you will be marked as absent and will be asked to leave class. If there is a special circumstance in which you need to have the phone on, you need to discuss this with the professor prior to the start of class.
8. At the completion of your BS program, you will be required to submit a portfolio reflective of the knowledge and skills gained during your program. The portfolio is based on the BS in FCS Student Learning Objectives (<http://www.eiu.edu/famsci/PortfolioGuidelines.pdf>) that were shared with you in FCS 1000. I recommend that you add artifacts (nutrition screens, various learning activities, etc) as you complete them. Remember that you can use artifacts from ANY of your undergraduate courses (FCS and non-FCS) and experiences (attendance of professional conferences, presentations given, and awards earned).

Course Text

Rolfes, S.R., Pinna, K. & Whitney, E. (2009). *Understanding Normal and Clinical Nutrition*, 8th ed. CA: Wadsworth/Thomson Learning.

Course Evaluation

| Assignment | Total Points | Your Points |
|-------------------------------------|--------------|-------------|
| Exams (4 @ 60 pts each) | 240 | |
| Quizzes (10 @ 10 pts each) | 100 | |
| Learning activities | 100 | |
| Nutrition Screens (3 @ 20 pts each) | 60 | |
| Total Points | 500 | |

Course Expectations

I expect you to attend class regularly, bring your text daily, read the chapter before class, not have your cell phone out, and be actively involved during class time. I want you to learn about nutrition, and see relevance of eating healthy in your own life as well as future clients' lives.

Grading Scale

500-450 points A 449-400 points B 399-350 points C 349-300 points D <299 F

Tentative Schedule

| Week | Topic/Assignments | Readings |
|-------------|---|-----------------|
| 1 | Welcome! | |
| | An Overview of Nutrition | Ch 1 |
| | An Overview of Nutrition | |
| | | |
| 2 | Planning a Healthy Diet *Pre-assessment (PA) 1 - WebCT | Ch 2 |
| | Planning a Healthy Diet | |
| | Planning a Healthy Diet | |
| | | |
| 3 | No Class! | |
| | Digestion, Absorption, and Transport *PA 2 - WebCT | Ch 3 |
| | Digestion, Absorption, and Transport | |
| | | |
| 4 | Carbohydrates *PA 3 - WebCT | Ch 4 |
| | Carbohydrates | |
| | Carbohydrates | |
| | | |
| 5 | Examination 1 (in class) | Ch 1-4 |
| | Lipids *PA 4 - WebCT | Ch 5 |
| | Lipids | |
| | | |
| 6 | Lipids | |
| | Protein *PA 5 - WebCT | Ch 6 |
| | Protein | |
| | | |
| 7 | Protein | |
| | Metabolism | Ch 7 |
| | Fall Break! | |
| | | |
| 8 | Metabolism (out-of-class activity) | |
| | Metabolism | |
| | Examination 2 | Ch 5-7 |
| | | |
| 9 | Energy Balance * PA 6 - WebCT | Ch 8 |
| | Weight Management | Ch 9 |
| | Weight Management | |
| | | |
| 10 | Water-soluble Vitamins *PA 7 - WebCT | Ch 10 |
| | Water-soluble Vitamins | |

| | | |
|--------|---|----------|
| | Fat-soluble Vitamins *PA 8 - WebCT | Ch 11 |
| | | |
| 11 | Fat-soluble Vitamins | |
| | Water and Electrolytes | Ch 12 |
| | Class relocated to the SLU DI Forum! | |
| | | |
| 12 | Minerals *PA 9 - WebCT | Ch 13 |
| | Minerals | |
| | Minerals | |
| | | |
| 13 | Examination 3 | Ch 8-13 |
| | Pregnancy and Lactation *PA 10 - WebCT | Ch 14 |
| | Pregnancy and Lactation *Nutrition Screen 1 due - in class | |
| | | |
| | Thanksgiving Break - No Classes | |
| | | |
| 14 | Infancy, Childhood, and Adolescence | Ch 15 |
| | Infancy, Childhood, and Adolescence | |
| | Infancy, Childhood, and Adolescence *Nutrition Screen 2 due - in class | |
| | | |
| 15 | Adulthood and Later Years | Ch 16 |
| | Adulthood and Later Years | |
| | Adulthood and Later Years * Nutrition Screen 3 due - in class | |
| | | |
| Dec 13 | Final examination (8-10 am) | Ch 14-16 |