



## Syllabus



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# SCI 502: Nutrition Concepts and Controversies

credits: 4 CRN# 40190

Summer Term 2008, July 12th - September 5th

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Last Updated: May 14, 2008

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## Course Description

### Overview

Understanding nutritional basics is critical to making good food choices and nutritional decisions. The World Health Organization (WHO) states, "obesity has reached epidemic proportions globally with more than 1 billion adults overweight – at least 300 million of them clinically obese – and is a major contributor to the global burden of chronic disease and disability. Additionally, the US Surgeon General estimates the number of overweight children has doubled and the number of overweight adolescent has tripled since 1981".

This is an introductory level course that provides the learner with a basic understanding of the science of nutrition and the knowledge to separate nutrition facts from fallacy. The course provides general, but factual, information for adults who have little or no science or medical background and is designed to teach students how to evaluate the validity of nutrition available to the general public. Current controversial issues will be examined and discussed. We will use different tools to provide you with opportunities to apply the knowledge gained from your readings and research. You will complete individual and group assignments which will address current issues in the field of nutrition. At the end of the term you will submit a research paper on a topic of your choice in the field of nutrition.

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## Prerequisites

There are no prerequisites required for this class.

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## Blackboard Orientations

**There are no face-to-face sessions for this course.** If you have never taken an Online Interactive Course (OIC) at the college, we highly recommend that you attend one of the [2-hour Blackboard Orientation sessions](#) available throughout the state. If you choose not to attend a face-to-face session, you are encouraged to view our new [Online Orientation with audio](#) at your own convenience.

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## Required Resources

### Textbook:

- F. Sizer and E. Whitney (2007). **Nutrition: Concepts and Controversies**, 11th edition. Thomson Learning, Inc. ISBN: 978-0-495-39065-7

The textbook is available online at MBS Direct at: <http://bookstore.mbsdirect.net/gsc.htm> (The course-CRN number for ordering this textbook is: 40190). Textbooks can also be purchased from MBS via phone, mail or fax. For additional information, visit the [Online Bookstore](#) section of the college web site.

**PLEASE NOTE:** It is the learner's responsibility to have purchased all required course materials before the start of the course. Learners are expected to meet all course expectations even if the shipment of a required textbook or other learning resource is delayed. Be sure to choose the shipping option that will get your text/resource delivered in a timely manner.

## Learning Outcomes

During this learning experience, the learner will:

1. Acquire a general body of nutrition knowledge based on scientific principles.
2. Understand the relationship between nutrition and health.
3. Be able to make better food choices.
4. Explore a variety of controversial issues relating to food and nutrition.
5. Evaluate nutrition information in the popular press.
6. Become familiar with sources of sound nutrition information.

At the conclusion of this course, students will be able to:

1. Name the nutrients, their sources and major physiological functions.
2. Explain normal nutritional requirements as well as the consequences of deficiencies and excesses.
3. Determine the energy and nutrient needs of individuals at different ages and activity levels.
4. Assess a person's nutritional status and make recommendations for dietary improvement.
5. Recognize spurious nutritional claims.
6. Identify reliable sources of sound nutrition information.

## Performance Evaluation

The distribution of assignments and their portion of your final grade is provided below. Each assignment has a point value, related to the distribution above. By adding up the point values you'll be able to determine how the final grade is assigned.

Activity	% of Final Grade
Participation in class discussions and study group	20%
Food Diary Analysis	15%
Quizzes	15%
Group Projects	15%
Individual Research Paper	35%
<b>Total</b>	<b>100%</b>

Students will demonstrate their learning through the following:

### Participation

In an online course it is important for students to actively attempt to discuss the topics being covered

in the weekly "lectures" and participate in weekly assignment discussions.

Participation is worth 20% of your grade. To participate, you may:

- Answer a starter question
- Raise a related issue
- Take part in an assigned "class exercise"
- Tell us about journal articles or books you've read on the topic, or about useful URLs
- Discuss a fellow student's topical report
- Respond to a classmate's question

Participation means logging in to the course every other day or so, being active in the Discussion Sessions and displaying knowledge of the assigned material on a weekly basis. At the start of each module, I will post one or more discussion questions. You are required to respond to each question and are to respond to the postings of at least two other students. The issue here is not quantity rather than quality. To be clear, the key to making this interaction meaningful is not how many times you post; it's the quality of your thinking and reflection that counts the most. Discussion Board participation is worth 20% of your grade.

### Quizzes

Quizzes are meant to ensure your mastery of basic concepts, vocabulary and applications from each module. These quizzes will be available for specified times toward the end of each module. See your course pages for more information. Quizzes are worth 15% of your final grade.

### Group Project/Article Review

At the beginning of the course you will be assigned into six groups. Each group will post one article review based on Module readings on a rotating basis. Each group will post only once. Every group will have its own Forum on the discussion board to discuss and post. This Group Project is worth 15% of your grade.

### Food Diary Analysis

Each student will be asked to keep track of their food intake for three consecutive days. Then you will analyze your intake and find out if you are meeting your daily requirements for different nutrients and make suggestions. The Food Diary Analysis is worth 15% of your final grade.

### Individual Research Paper

The individual research paper is an opportunity for you to explore, in some depth, a topic or area of research that is of interest to you in the field of nutrition. Your individual research paper will consist of your research results written in the form of a paper (written in APA Style using Word). You will find more information on the Research Paper page within the Course Contents. The individual research paper is worth 35% of your final grade.

### Course Grading Scale:

The following is the grading system used by Granite State College:

A: 100-95	B: 86-84	C: 76-74	D: 66-64
A-: 94-90	B-: 83-80	C-: 73-70	D-: 63-60
B+: 89-87	C+: 79-77	D+: 69-67	F: 59-0

**NOTE:** Students must receive a grade of "C" or better for all courses in their major.

## Academic Honesty

An academic community is based on honesty and integrity. All work that you submit should be your own. When summarizing or explaining ideas that are based on another's work, make sure to cite references appropriately. (For more information on proper citation, see the Library's website: <http://www.granite.edu/current-students/virtual-library/writers-resources/>). Plagiarism will not be tolerated. Plagiarism is using another's words or even paraphrasing another's work without giving proper credit through the use of citations. For questions regarding Granite State College's academic honesty policy, see page 65 of the college catalog.

## Outline of Course Structure & Content

Modules	Topics	Activities
<b>Module 1: Introduction and Overview of Basics</b>  July 12 - 18	<ul style="list-style-type: none"> <li>Food choices and Human Health</li> <li>Nutrition Tools- Standards and Guidelines</li> <li>The Remarkable Body</li> </ul>	<b>Reading:</b> <ul style="list-style-type: none"> <li>Chapters 1, 2, and 3</li> <li>Quiz 1</li> <li>Additional group and/or individual assignments</li> </ul>
<b>Module 2: Carbohydrates</b>  July 19 - 25	<ul style="list-style-type: none"> <li>The Carbohydrates: Sugar, Starch, Glycogen and Fiber</li> </ul>	<b>Reading:</b> <ul style="list-style-type: none"> <li>Chapter 4</li> <li>Quiz 2</li> <li>Additional group and/or individual assignments</li> </ul>
<b>Module 3: Lipids and Proteins</b>  July 26 - August 1	<ul style="list-style-type: none"> <li>The Lipids: Fats, Oils, Phospholipids, and Sterols</li> <li>The Proteins and Amino Acids</li> </ul>	<b>Reading:</b> <ul style="list-style-type: none"> <li>Chapters 5, and 6</li> <li>Quiz 3</li> <li>Group #1 posts article review</li> </ul>
<b>Module 4: Vitamins, Water, and Minerals</b>  August 2 - 8	<ul style="list-style-type: none"> <li>The Vitamins</li> <li>Water and Minerals</li> </ul>	<b>Reading:</b> <ul style="list-style-type: none"> <li>Chapters 7, and 8</li> <li>Quiz 4</li> <li>Group #2 posts article review</li> </ul> <p><b>Topic for your Research Paper due Start your Food Diary Analysis Project</b></p>
<b>Module 5: Life Cycle Nutrition</b>  August 9 - 15	<ul style="list-style-type: none"> <li>Life Cycle Nutrition: Mother and Infant</li> <li>Child, Teen, and Older Adult</li> </ul>	<b>Reading:</b> <ul style="list-style-type: none"> <li>Chapters 13, and 14</li> <li>Quiz 5</li> <li>Group #3 posts article review</li> </ul>
<b>Module 6: Energy Balance and Physical Activity</b>	<ul style="list-style-type: none"> <li>Energy Balance and Healthy Body Weight</li> <li>Nutrients, Physical</li> </ul>	<b>Reading:</b> <ul style="list-style-type: none"> <li>Chapters 9, and 10</li> </ul>

August 16 - 22	Activity, and The Body Response	<ul style="list-style-type: none"> <li>• Quiz 6</li> <li>• Group #4 posts journal</li> </ul> <p><b>Food Diary Analysis due</b></p>
<p><b>Module 7: Food Safety and Technology</b></p> <p>August 23 - 29</p>	<ul style="list-style-type: none"> <li>• Food Safety and Food Technology</li> <li>• Hunger and the Global Environment</li> </ul>	<p><b>Reading:</b></p> <ul style="list-style-type: none"> <li>• Chapters 12, and 15</li> <li>• Quiz 7</li> <li>• Group #5 posts journal</li> </ul>
<p><b>Module 8: Diet and Health</b></p> <p>August 30 - September 5</p>	<ul style="list-style-type: none"> <li>• Diet and Health</li> </ul>	<p><b>Reading:</b></p> <ul style="list-style-type: none"> <li>• Chapter 11</li> <li>• Quiz 8</li> <li>• Group #6 posts journal</li> </ul> <p><b>Research Paper due</b></p>

**Note:** The content of this syllabus is subject to change as needed.

## ADA

Granite State College will provide qualified individuals with disabilities the same educational opportunities available to persons without disabilities. When an individual's documented disability creates a barrier to educational opportunities, the College will attempt reasonable accommodation to remove the barrier. If you need assistance, it is important that you make contact early to ensure that your requests can be reviewed prior to the start of each term. If you wish to apply for accommodations, contact your academic advisor or the dean of learner services in the Administration Offices in Concord. See ADA in the college catalog for details.

## Institutional Assessment

Assessment is an ongoing process that enables the College to improve its programs, courses, and teaching methods. Institutional evaluation may be embedded in tests, exams, and other measurements of student learning. As members of a learning community, students, faculty, and staff will be expected to participate in the important process of assessment on occasion. Confidentiality of any data that identify participants is maintained.

## Technical Assistance

For assistance with accessing your course or with other technical issues regarding your online course, contact the **GSC Technical Assistance Center** (<http://bbresources.granite.edu/techassist/help.htm>) or call **1-888-372-4270** (Hours: M-F, 8:30-5:00, on weekends messages are checked daily).