

## **Syllabus**

### **GCH 295-001 Nutrition for Health Professionals**

<b>Course Instructor:</b>	Karyn Theis, MS, RD, CNSD Department of Global and Community Health
<b>Office Hours:</b>	By appointment only; <b>Mailbox:</b> Robinson B-423
<b>Telephone:</b>	<b>W: (703) 776-2787 (usually 7am to 3:30pm M-F)</b>
<b>Email:</b>	<a href="mailto:ktheis@gmu.edu">ktheis@gmu.edu</a>
<b>Class Schedule:</b>	Thursdays 7:20 pm – 10:00 pm Robinson Hall B228
<b>Placement:</b>	Sophomore
<b>Prerequisites:</b>	Science course or approval of instructor
<b>Credits:</b>	3 credits
<b>Required Text:</b>	Whitney, Cataldo, and Rolfes, <i>Understanding Normal and Clinical Nutrition 8<sup>th</sup> edition</i> . ISBN 978-0-495-55646-6 <u>Cost:</u> approximately \$180

#### **DESCRIPTION**

An introduction to sound nutritional practices in improving health care in clinical and community settings. This course is designed to give students a working knowledge of the science of nutrition and how it influences health and disease. Students use computer-based diet analyses to evaluate personal dietary intakes with a view to using acquired skills in recording nutrient assessments.

#### **OBJECTIVES:**

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

- Discuss the importance of nutrition in health care as it relates to the promotion and maintenance of health throughout the human life cycle.
- Describe the different nutrients, their food sources, digestion, absorption and metabolism utilizing current research and an understanding of the need for updating personal knowledge of the field.
- Apply critical thinking skills using problem based learning methodologies in describing nutritional deficits and excesses of vitamins and minerals.
- Describe nutritionally sound diets with an understanding of cultural, psychological, religious, social, and political factors influencing the development of food behaviors.
- Describe the methods used to assess the nutritional status of individuals including the used of computerized diet analyses and evaluations.

## **TOPICAL OUTLINE:**

- Overview of nutrition and how it relates to health
- Planning a healthy diet
- Digestion, Absorption, and Transit
- Macronutrients (including carbohydrates, fats, and proteins) and their importance in human nutrition.
- Metabolism
- Energy balance and Body Composition
- Micronutrients (including vitamins and minerals) and their importance in human nutrition.
- Nutritional assessment
- Food service and food safety

## **EVALUATION METHODS:**

- Internet Project
- Quizzes
- Diet evaluation project
- Examinations

## **COURSE POINT DISTRIBUTION:**

There are 600 total points in this class. (Please note that these points do not include the possible extra credit points.)

>594	A+	520-539	B+	460-477	C+	<357	F
556-593	A	496-519	B	418-459	C		
540-555	A-	478-495	B-	358-417	D		

**ASSIGNMENTS:** (detailed instructions for each will be provided prior to the due date)

### ***Readings:***

You are expected to keep up with the assigned text reading. The chapters required for each lecture are listed in the class schedule.

### ***Internet Project:***

For this assignment you will choose one of two projects: One in which you will conduct an internet search for information on diet and nutrition where you will be asked to evaluate the marketing strategies of websites that provide information that is considered quackery or potentially harmful. Or another where you will design a “web page” that markets a phony product, program, or device related to nutrition or diet. This assignment is worth 30 points.

### ***Diet evaluation project to be presented in a glossy GMU two pocket folder:***

The evaluation is broken down into 3 parts including:

- 1.) 3-day diet record (30 points)
- 2.) Computer generated assessment using the diet analysis CD-ROM (40 points)
- 3.) Written evaluation based on questions provided (90 points)

### ***Quizzes:***

Three multiple choice quizzes will be given throughout the course. Each quiz is worth 20 points. NO MAKE-UP QUIZZES will be offered. These quizzes are intended to prepare students for upcoming exams.

### ***Examinations:***

All exams will be given in class. There are 2 exams and a final exam. The final exam is cumulative. However, it will be broken down so that 1/3 of the exam comes from old material and 2/3 of the exam comes from new material. Final exam schedules are set-up by the registrar's office and are not subject to change. The first 2 exams are worth 100 points and the final exam is worth 150 points. All exams are multiple choice and a red scantron score sheet (form # **F-289-PAR-L**) is **required** for each exam (can be purchased from the campus bookstore). The instructor does NOT provide scantrons.

**POLICY NOTE:** Quizzes and exams will NOT be kept by students. Once they are graded all students will have the opportunity to view their results but must return the quiz / exam sheets to the instructor during the same class period, otherwise the score will be recorded as a zero.

### ***Make-up Exams:***

Exam make-ups will be given only for a **valid, written, reason**. The format of any make-up exam is at the discretion of the instructor (and they are usually short-answer, fill in the blank).

### ***Extra Credit:***

You will have the opportunity to earn 10 extra credit points on each exam.

### ***Cheating and Plagiarism:***

Cheating and plagiarism are not tolerated. Any act of cheating or plagiarism will result in the grade of zero (F) being assigned to the work. Plagiarism is not always willful. Sometimes the inexperienced writer forgets to attribute his paraphrasing efforts. Plagiarism is defined as using someone else's words or art without attribution and passing it off as original.

### **ATTENDANCE:**

Attendance (including lateness) will be taken to evaluate class participation and to assist students that may have difficulty with content areas they may have missed. Although you are not given a grade for attendance, it does factor into those grades that are borderline. For example, a grade 2 points away from an A may be raised to an A if class was regularly attended.

### **CELL PHONES AND PAGERS:**

Cell phones and pagers **MUST** be turned off during lecture. You may **NOT** use your cell phone as a calculator during an exam, nor may they be turned on, even in vibration mode during an exam. Failure to adhere to this policy will result in a failing grade for the exam.

### **LATE ASSIGNMENT POLICY:**

I will accept assignments late, however, they will be docked 5% for each class day late. I will NOT accept assignments any later than 2 weeks past the due date.

### **STUDENTS WITH DISABILITIES:**

If you are a student with a disability and you need academic accommodations, please see Debbie Wyne and contact the Disability Resource Center (DRC) at (703) 993-2427. All academic accommodations must be arranged through the DRC.