

Nutrition for Health Professionals

GCH 295-003

Fall 2009

Time: MWF 1:30 – 2:20 PM

Location: Enterprise 276

Credit: 3 hours

CRN: 74070

Instructor: Clarice Chau, MS

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Office: Robinson B 420

Office Hours: By appointment only

Course 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

Learning Objectives:

- 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.

Textbook: Whitney, Cataldo, and Rolfes, *Understanding Normal and Clinical Nutrition* 8th edition. Brooks Cole; 2008.

Additional Course Materials: EatRight Analysis Online, ver. 15.0 Access codes available for purchase at the bookstore or on-line at <http://www.jbpub.com/catalog/9780763746186/>

Academic Honesty: George Mason University operates under an honor system, which is published in the University Catalog and deals specifically with cheating, attempted cheating, plagiarism, lying, and stealing. Please familiarize yourself with the honor code, especially the statement on plagiarism. If you have questions about when the contributions of others to your work must be acknowledged and appropriate ways to cite those contributions, please talk with the professor.

Students with Disabilities: All students with questions or concerns about this class are encouraged to set up a time to meet with the professor, preferably during the first 2 weeks of the semester. Students with disabilities should work with the Disabilities Resource Center (DRC) to identify appropriate accommodations and communicate those with the professor.

Grading: Grades will be based upon points accumulated during the semester. There is a possibility of earning a total of 1000 points distributed among five tasks.

Pop Quizzes	50 points (total)
HW assignments	200 points (total)
Exam 1	100 points
Exam 2	100 points
Exam 3	100 points
Exam 4	100 points
Diet Evaluation (partts 1-3)	300 points (total)
Participation	50 points
Total (Possible)	1000 points

Letter Grades:

A+ = 1000 - 980	B+ = 899 - 870	C+ = 799 - 770	D = 699 - 650	F = < 649
A = 979 - 940	B = 869 - 830	C = 769 - 730		
A- = 939 - 900	B- = 829 - 800	C- = 729 - 700		

Quizzes: Quizzes will be unannounced and given at the beginning of class. There will be a total 5 quizzes throughout the semester, 10 points each. **THERE WILL BE NO MAKE-UP QUIZZES.**

HW Assignments: There will be five homework assignments, 40 points each. Instructions for each assignment will be given in-class and by email on Monday. Each assignment must be turned in on Friday either in-class or received by email inbox or department mailbox no later than 5PM. For each day an assignment is late 5 points will be deducted from the total points earned. Assignments later than 4 days will not be accepted.

Exams: There will be 4 exams given throughout the semester; no culmulative final. Each exam is worth 100 points each. See schedule for more details.

Diet Evaluation: A semester-long Diet Evaluation will take place in 3 parts. Part 1 consists of a 3-day food recall, worth 50 points. Part 2 consists of a computer-generated assessment of the diet recall. Part 3 consists of answering questions (multiple choice and essay) regarding their specific diet analysis. More details will follow during the semester.

Participation: Participation will be based on attendance, which will be taken at random throughout the semester.

Schedule: Fall 2009

Date	Day	Topic	Chapter
08/31	M	Introducation, Go over Syllabus	--
09/02	W	Overview	1
09/04	F	Nutrition Research	1
09/07	M	<i>Labor Day – No Classes</i>	--
09/09	W	Nutrition Assessment	1
09/11	F	Diet Planning Guides	2
09/14	M	USDA Food Guide	2
09/16	W	Plan into Action	2
09/18	F	Digestion	3
09/21	M	Absoprtion	3
09/23	W	Digestive Problems	3
09/25	F	EXAM 1	--
09/28	M	Carbohydrates: Complex Carbs, Starches and Fibers	4
09/30	W	Carbohydrates: Metabolism	4
10/02	F	Carbohydrates: Sugars	4
10/05	M	Lipids: Fatty Acids	5
10/07	W	Lipids: Triglycerides, Phospholipids, Sterols	5
10/09	F	Lipids: Fat Digestion and Absorption	5
10/12	M	<i>Columbus Day – No Classes</i>	--
10/13	T	Proteins: Amino Acids	6
10/14	W	Proteins: Digestion and Function	6
10/16	F	Proteins: Malnutrition, Health Effects, and Diet	6
10/19	M	EXAM 2	--
10/21	W	Vitamins: Introduction and Water-Solubles	10
10/23	F	B Vitamins	10
10/26	M	Vitamin C	10
10/28	W	Fat-Soluble Vitamins, Vitamin A	11
10/30	F	Vitamins D and E	11
11/02	M	Vitamin K and Antioxidants	11
11/04	W	Water	12
11/06	F	Minerals: Sodium, Chloride, Potassium, Sulfur	12
11/09	M	Minerals: Phosphate, Magnesium, Calcium	12
11/11	W	Trace Minerals: Iron, Zinc, Flouride	13
11/13	F	Trace Minerals: Iodine, Selenium, Copper	13
11/16	M	Trace Minerals: Manganese, Chromium, Others	13
11/18	W	EXAM 3	--
11/20	F	Metabolism	7
11/23	M	Alcohol and Nutrition	7
11/30	M	Energy Balance	8
12/02	W	Body Composition	8
12/04	F	Weight Management and Obesity Trends	9
12/07	M	Obesity and Chronic Disease	9
12/09	W	Eating Disorders	--
12/11	F	Food Borne Illnesses	--
12/15	T	EXAM 4	--