

George Mason University
Department of Global and Community Health
Nutrition for Healthcare Professionals GCH-295
Fall 2009

Professor: Carol Stiller, MS, RD
Office & mailbox: Robinson B420
Office Hours: By appointment only
Class time: **10:30 pm-11:45 T/TH**
CLASS Location: **Robinson B218**
Course credits: 3 credit hours
Message phone: 703-993-3126
Email: cstiller@gmu.edu

Preferred communication methods:
Before/after class

Quick questions are welcome before or after class. If more than a few minutes are needed, please email for a scheduled appointment on Thursdays after class.

Contacting instructor by EMAIL

EACH time you email the Instructor, please include course name (i.e. GCH-295 Fall09) in subject line of email so that it is directed properly. Thank you for your cooperation.

If class will be the same day as your intended email, please speak with the instructor first.

Syllabus and schedule subject to change
Due to unexpected events (*including but not limited to an electronic communication system failure, a power outage, or a need for the Instructor to cover material in more detail*), the syllabus content and schedule and subsequent grading are subject to change based on Instructor discretion and will be communicated to students. The current syllabus and schedule will be posted on blackboard.

Catalog Description

This course is a comprehensive introduction to human nutrition with practical applications and is designed to give students a working knowledge of nutrition science and how it influences health and disease.

Using acquired skills in recording nutrient assessments, students use computer-based diet analyses to apply critical thinking skills to evaluate dietary intakes. Students will complete practical applications and review of the text, lecture, and blackboard resources.

Prerequisites

Science courses (BIO, CHEM, MICRO) or approval of instructor

Required Text & Resources:

Whitney, Cataldo, and Rolfes, *Understanding Normal and Clinical Nutrition 8th edition*.

Register for the President's Physical Activity Challenge (PAC) at http://www.PresidentsChallenge.org/login/register_individual.aspx. See syllabus and detailed directions on BB for details.

EatRight Analysis (EAR) Online, ver. 15.0
ISBN#: 9780763746186
List Price: \$39.95- purchased on-line at <http://www.jbpub.com/catalog/9780763746186/>, or you can ask the bookstore to order the access codes to sell to the students on campus. The access codes come on a post card and would be available on the shelves next to your required text.

Additional readings provided in class or on blackboard.

Eat Right Analysis (EAR) Online, Version 15.0 details

The software is available online (preferred) or in CD-ROM. The online version allows students to use more than one computer with Internet connection. Not finding in the software a food that was used for an assignment or not finding a reasonable substitution does NOT constitute a valid reason for late submissions.

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Blackboard (BB) details

Blackboard can be accessed at courses.gmu.edu.

If you have technical difficulties, please contact the ITU Support Center at **703-993-8870** or email courses@gmu.edu (add your gmU email address in all correspondence and allow 24 hours for a response to emails).

Grades

Exams contribute ~ 50% toward total grades
Project contribute ~ 37% toward total grades
Activities contribute ~13% toward final grade

The following is a list of activities included in this course and the relative contribution of each item towards the student's final grade.

PreSurvey & PostSurvey (10 each)	20
Exam #1	100
Exam #2	100
Exam #3	100
Exam #4 (Final)	100
Pop Quizzes	30
Diet Assessment Part 1	30
Diet Assessment Part 2	100
Diet Assessment Part 3	200
4 Blackboard Assignments @ 20ea.	80
<u>Class participation /activities</u>	<u>20</u>
TOTAL POINTS	880

Extra credit (max points):

President's Physical Activity Challenge	(10)
Class sponsored Food Bank Donation	(10)

Final grades are based on points earned divided by the total points (880). Points and percentages are not rounded.

A	827+ points
A-	792 - 826
B+	766 - 791
B	739 - 765
B-	704 - 738
C	616 - 703
D	528 - 615
F	below 528 or GMU honor code violation

If you feel you received an incorrect grade on an assignment, first contact the Instructor within 1 week so it may be addressed. Do not wait until the final to adjust the grade.

Course Activities

Teaching Strategies

Lecture/discussion, classroom activities, guest lecturers, video presentations, audio/visual aids, team activities, student presentations, case study analyses, and local travel to community nutrition sites for tours or extra credit experiences may be used.

Course Topics

The topics covered in lecture, in-class activities, and Blackboard activities. All material on syllabus may be on exams and pop quizzes, regardless of class discussion.

Student preparation for class

Reading the chapters greatly increases the student's understanding and retention of the material.

If a problem affects your ability to meet a deadline, contact the instructor prior to the deadline.

GRADED ASSIGNMENTS/ACTIVITIES:

Exams and pop quizzes

Exams and quizzes will be based on text content, lecture, assignments, BB assignments, and BB resources. Exams will be retained by the instructor. Failure to return the exam will result in a zero grade. Pop quizzes are unannounced and only for that day. No makeup or late quizzes allowed.

Diet Assessment (Parts 1-3)

Using the EAR nutritional software, students analyze and evaluate their own dietary

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intake. *Part 1* consists of documenting on BB all food and drink consumed for three days. *Part 2* consists of entering the data into the EAR software and working with a team of students to check the data prior to submission. *Part 3* consists of answering questions (multiple choice and essay) on BB regarding their specific & unique diet analysis. Students must retain copies of each part. Repeat students may not use the same three day recall from previous semesters. **Detailed directions on BB.**

Assignments and surveys (A1, A2, ...A#)
Blackboard (BB) assignments emphasize key concepts and provide practical applications to the material covered in the course. Many provide automatic feedback after grading.

Assignments are submitted on BB unless otherwise stated. Students will be given **at least 7 calendar days** to complete a BB assignment. *All assignments are due by at the beginning of class on the due date and will not be accepted late.*

The instructor has the discretion to cancel, delay, or replace the assignment with other assignments, typically when an unexpected event occurs. Assignments will indicate the maximum points awarded and are detailed in the BB directions.

Class participation/activities

Class participation points will be awarded to students who regularly participate in classroom activities and contribute in a positive manner to the class discussion. Points are deducted for inappropriate behavior, including but not limited to sleeping during class or disruptive behavior.

Attendance

Please do not come to class the days you are sick or possibly contagious. Except for exams, you do not need to report absences.

President's Physical Activity Challenge (PAC) – Extra Credit Assignment

Students will record online their physical activities to earn PAC points on the PAC website. To maximize points, record your activity often. Unrecorded activities will NOT be counted. The instructor will group students into teams. Grades for this assignment will be awarded at the end of the semester, up to 10 points, based on the instructor's assessment of the team's total PAC points and the % participation of the team.

1) To register for PAC online, go to http://www.PresidentsChallenge.org/login/register_individual.aspx

2) Fill out the registration form and include the following info during registration:

Your Group ID Number & Group NAME (based on section):

- 85303 GMU 295-001 Fall 09 Theis (Tues)
- 85305 GMU 295-002 Fall 09 Theis (R)
- 85306 GMU 295-003 Fall 09 Chau (MWF)
- 85307 GMU 295-004 Fall 09 STILLER (TR)

USER ID: use your LAST NAME, followed by you're the first two letters of your first name (i.e. DoeJa for Jane Doe)

SELECT YOUR GOAL:

- **Select the Active Lifestyle program** if you're active less than 30 minutes a day/5 days a week (or 60 minutes a day for youths under 18).
- **Select the Presidential Champions program** if you're already active more than 30 minutes a day/5days a week (or 60 minutes a day for youths under 18). The more active you are, the more points you'll earn. This program has a 750-point daily cap to encourage staying active every day.

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- **Select the Advanced Performance Presidential Champions program** if you're active more than an hour a day, at least 5 days a week, you can choose the Advanced Performance Presidential Champions program

3) After registering, start logging your activities every week. As you log activities you'll be able to track your progress.

Students with Disabilities

If you are a student with a disability and need academic accommodations, please contact the **Disability Resource Center (DRC) at 703/993-2474**. All academic accommodations must be arranged through the DRC.

Make-up exams

The Instructor has the discretion to authorize or excuse an absence for an exam. It is RARE to be allowed a make-up exam. Exam make-ups will be given only for a **valid, verifiable, and written reason**, such as a death in the family OR an illness/injury documented with an original signed doctor's note regarding that covers the day of the absence. Written notes and documentation **MUST** be received within 5 days of the absence. **All written notes will be verified.** Airport pickups and busy test schedules are not excused.

- Make-up exams will only be offered within the week when staff is available to proctor. If a student cannot make the available makeup time(s), he/she may receive a zero for the exam.
- The format of any make-up exam is at the discretion of the instructor and **will not provide a grade advantage to the student.**

EXPECTATIONS FOR INSTRUCTOR

- Use teaching strategies to cover course content.
- Provide opportunities to students to demonstrate mastery of knowledge and critical thinking skills.
- Please do not expect immediate responses to emails during weekends, evenings and holidays. See page 1 for contact information.

EXPECTATIONS FOR STUDENTS

During Class

- **Be prepared, present, & participate.**
- **Keep paper copies of all projects.**
- Create own chapter outlines prior to class lecture b/c benefits learning.
- Put outside discussions on hold.
- Be respectful to others.
- Do not surf the web during class.
- Submit assignments by deadline.
- Please keep the classroom and equipment clean and litter-free.

Academic Integrity

The GMU Honor Code

(<http://www.gmu.edu/catalog/9798/honorcode.html>) is taken seriously. Any infraction of the honor code or any action that appears to be an infraction of the GMU honor code will be reported to the Honor Code Committee. **Students found in violation of the GMU Honor Code will receive a failing "F" overall grade** and be dismissed from the class. *Suspected or attempted* cheating, plagiarism, lying, or stealing of academic work or related materials will be reported.

Any student who has knowledge of, but does not report, an Honor Code violation may be accused of lying under the Honor Code. *This includes altering emails, or adjusting or modifying written or verbal communications about absences to the Instructor or classmates.*

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Course Objectives

At the completion of this course, the students will be able to apply critical thinking skills and acquired knowledge and abilities to:

- Describe cultural, psychological, religious, social, and political factors influencing the development of food behaviors.
- Identify nutrition quackery and reliable sources of nutrition information.
- Identify key nutrients and describe their role(s) in human nutrition. Identify *Dietary Guidelines for Americans* (2005 DGA), MyPyramid.gov recommendations, and dietary reference intakes.
- Identify and clearly describe food groups and their serving sizes, portion control, and MyPyramid.gov recommendations for healthy diet planning.
- Identify and explain common FDA regulated food terms.
- Identify food sources of nutrients.
- Describe basic digestion, absorption, and metabolic processes in the human body.
- Identify current nutrition practices and research. Describe methods used to assess the nutritional status of individuals.
- Identify ingredients and nutrients provided by foods based on Nutrition Facts panel and labels.
- Modify menus based on *MyPyramid.gov* recommendations.
- Describe nutrient interactions that may affect absorption and utilization.
- Discuss the importance of nutrition and food safety in health care.
- Analyze a diet recall. Identify nutrient deficiencies and excesses using the *FoodWise* software. Explain nutrient interactions, deficiencies, and excesses. Recommend specific changes to provide a nutritionally adequate diet based on age, gender, activity level. (See directions on Blackboard for details.)
- Clearly explain and analyze the appropriateness of a menu or diet recall towards meeting the nutritional needs of an individual or target population. Applies knowledge of human behavior, diversity, psychology, chemistry, physiology, and biology to the analysis when appropriate.
- Demonstrate professional writing skills in preparing professional communications.
- Demonstrate active participation, teamwork and contributions in group settings. Works effectively with a team of fellow learners.
- Develop and evaluate recipes, formulas and menus for acceptability and affordability that accommodate the cultural diversity and health needs of various populations, groups and individuals.

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Modified from Dr. Kathryn H. Jacobsen's syllabi:
Academic Honesty / Plagiarism

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 how to correctly cite the contributions of published articles, internet resources, people, and other sources to your work, please talk with the professor.

Some hints for avoiding plagiarism:

- Never take the exact words or phrases from a source verbatim (word-for-word) without putting them in quotation marks and citing the source.
- Never summarize or paraphrase a work without citing the source.
- If you are using someone else's images or figures, always clearly indicate that the image is borrowed and cite the source.

Some hints for writing scientific reports:

- Always cite the source of statistics (or clearly indicate that they are from your own work).
- If you are not sure that a "fact" is "common knowledge" to people in the field, cite the source of your information.
- Only cite articles published in peer-reviewed journals or, if those are not available, official publications from well-respected organizations like the CDC or WHO. Do not cite random websites or Wikipedia.
- Public health publications have a special style for listing references that is detailed in "Citing Medicine: The NLM Style Guide for Authors, Editors, and Publishers," which is available online at <http://www.ncbi.nlm.nih.gov/books/bv.fcgi?rid=citmed>. You can also see examples of this citation style by looking at the reference sections of published articles.

A sample journal article citation looks like this:

Smith JB, Gomez RA. A cholera outbreak in southern Uganda. *Int J Trop Med* 2005; 76: 81-84.

Note the following features:

- Only authors last names and first initials are listed. No periods after initials. List all authors if up to six authors. For seven or more authors, list the first 3 followed by "*et al.*" (Note that "*al.*" has a period after it – it is an abbreviation for "*alia.*")
- Only proper nouns (such as place names) in the title are capitalized.
- An official journal abbreviation is used (see the Journals tab in PubMed for a list). The full journal name is not listed.
- Other information includes year, volume, and pages. Issue is not usually included (unless it is a supplement). Year is followed by a semicolon and volume is followed by a colon.

In-text citations can list the author and year [Smith, 2005] or a number from the reference list in brackets[1] or superscript.¹ List references in alphabetical order or order of first use in the paper.

Plagiarism is a serious academic and professional offense. Plagiarism on any assignment for this course will be grounds for a "0" on that assignment and an "F" for the course.