



**COURSE NUMBER AND TITLE: EXSC 221 – Human Nutrition
(45 contact hours, 3 credits)**

This syllabus is informational in nature and is not an express or implied contract. It is subject to change due to unforeseen circumstances, as a result of any circumstance outside the University's control, or as other needs arise. If, in the University's sole discretion, public health conditions or any other matter affecting the health, safety, upkeep, or well-being of our campus community or operations requires the University to move to remote teaching, alternative assignments may be provided so that the learning objectives for the course, as determined by the faculty and the University, can still be met. The University does not guarantee specific in-person, on-campus classes, activities, opportunities, or services or any other particular format, timing, or location of education, classes, activities, or services.

Mask Policy

Please be advised that the mask policy in this class will follow Sant'Anna Institute requirements. When/if the University enacts a mask policy, all students are expected to adhere to the policy.

COURSE DESCRIPTION

Students will examine evidenced-based relationships between nutrition and the promotion of long-term health and well-being. They will become familiar with food-related policy and recommendations, including Dietary Guidelines, Food Labels, and evidence-based nutrition programs, and gain practical skills to make healthful dietary choices. Moreover, students will learn health promotion strategies to help influence other people's food choices and apply these strategies to a specific modifiable chronic disease such as diabetes and heart disease.

COURSE OBJECTIVES / LEARNING OUTCOMES

Upon successful completion of this course, students will be able to:

- Identify the 3 macronutrients: protein, lipid & carbohydrate; their sources, functions and relationship to disease states including obesity. Identify the environmental connection to food production & consumption.

- Identify the micronutrients: vitamins & minerals; their sources, functions, deficiency & toxicity symptoms, including phytochemicals.
- Describe & identify the anatomy & physiology of the digestive system, accessory organs of digestion & hormones regulating digestion, hunger & appetite.
- Identify & obtain scientific research articles; apply information in a writing assignment.
- Complete & interpret a computer generated dietary analysis.
- Identify the stages of cellular respiration, the entry points of the macronutrients & identify the function of specific micronutrients in the process.
- Identify the various types & sources of food borne illness and methods of prevention.

FORMAT

Lectures will be integrated with student presentations and discussions on scientific literature, and, when possible, **on-site activities**. Students will be expected to actively participate in class.

REQUIRED TEXTS

Nutrition: Concepts & Controversies, by Frances Sienkiewicz Sizer, Ellie Whitney., Brooks/Cole Pub Co., 2013.

EXAMS and ASSIGNMENTS

Students are expected to read and follow the instructions for each required project. Students' grades will reflect how well they follow the instructions.

Tasks:

1) Family History Tree

Students will assess their risk for diseases impacting us such as, diabetes, heart disease, stroke & cancer by exploring their family tree. This project will have the student create a family tree, including the diseases, age of onset, and current status and evaluate their personal risk of any of the disease(s) observed in their family.

2) Three (3) Day Dietary Food Record

Students will keep and calculate two 3-day dietary food records that will be analyzed on a specific computer program.

3) Literature Critique & Oral Presentation

Students will find and write a summary of one current article on nutrition from a peer reviewed journal such as *Journal of the American Dietetic Association*; *American Journal of Clinical Nutrition*; *Journal of Nutrition: Nutrition Research*; *Journal of Nutrition Education* or others.

4) Nutrition Paper

Students will write a 4-8 page typewritten paper on a specific, approved nutrition topic. The paper must have a minimum of 6 references and at least eight must be from full-text, peer reviewed, scientific journal articles.

Grade Breakdown

- Attendance and participation: 20%
- Exams (mid-term and final): 25%
- Nutrition Paper: 25%
- Other projects: 30%

GRADING SCALE

A	95%-100%
A-	90%-94%
B+	87%-89%
B	83%-86%
B-	80%-82%
C+	77%-79%
C	73%-76%
C-	70%-72%
D+	67%-69%
D	63%-66%
D-	60%-62%
F	< 60%

SCHEDULE OF THE TOPICS

Unit 1

- An Overview of Nutrition
- Planning a Healthy Diet

- Digestion, Absorption and Transport
- The Carbohydrates: Sugars, Starches and Fibers
- The Lipids: Triglycerides, Phospholipids, and Sterols

Unit 2

- Amino Acids, Proteins and their functions
- Metabolism: Transformations and Interactions Water-Energy Balance and Body Composition
- Weight Management: Overweight, Obesity, and Underweight
- Water-Soluble Vitamins: B Vitamins and Vitamin C

Unit 3

- The Fat-Soluble Vitamins: A, D, E, and K
- Water and Major Minerals
- The Trace Minerals
- Fitness: Physical Activity, Nutrients, and Body Composition
- Life Cycle Nutrition: Pregnancy and Lactation
- On-site lesson - Simulating a nutritional visit

Unit 4

- Life Cycle Nutrition: Infancy, Childhood, and Adolescence
- Life Cycle Nutrition: Adulthood and the Later Years
- Diet and Health
- Consumer Concerns About Foods and Water

Unit 5

- Hunger
- Global Environment and its connection to nutrition
- Contaminants in Food
- How to preserve food biosafety

- SEMINAR - False myths about nutrition: legends and scientific evidence

Unit 6

- The Mediterranean Diet (Focus)
- The Mediterranean Diet VS the American Diet
- The Slow Food idea VS the Fast Food idea
- Typical Sorrento food and its connection to health
- FOCUS - Elaborating a Mediterranean Diet.

CLASS POLICY

Attendance

You are allowed **ONE** unexcused absence. Documentation for any other absence **MUST** be produced and **APPROVED** by your faculty. For absences due to illness, please provide the faculty with a doctor's note upon returning to class as well as inform them and/or the Office the first day of illness.

Participation grants the student one point for each lesson they attend. Unjustified absences result in 0 points. Participation in **field-trips**, if any, awards 2 points, while non-participation results in a loss of 2 points.

Late submissions:

Assignments not submitted by the due date will receive a penalty of 10% for the first 24 hours, 20% for a 48-hour delay. No submissions will be accepted more than 3 days after the deadline, unless arrangements have been made with the instructor (for extensions under exceptional circumstances, apply to the course instructor).

Personal Technology:

Please turn cell phones off during class. You can use laptops to take notes, however social networking, e-mailing, surfing the Internet, playing games, etc. are forbidden during class. Any student caught using their laptop/cell phones inappropriately during class will be asked to turn them off. Repeated violations of this rule after the first warning will result in the student being marked absent for the day and permanently losing their laptop privileges. Please be respectful and limit your use of personal electronic devices during class to academic purposes.

Contesting a grade:

If students wish to contest a grade, they must make an appointment to do so in person. The student should contact the instructor with any concerns within **ONE** week of receiving the grade. The student must also demonstrate that they have read the comments accompanying

the grade by presenting a brief written statement specifying why the grade does not reflect the quality of the work. It is at the discretion of the instructor to decide whether the work and the student's request warrant any increase or decrease in the grade. Students should retain a copy of all submitted assignments and feedback (in case of loss) and should also retain all of their marked assignments.

Recommended behavior:

- Class begins promptly at the beginning of the class period. It is advisable that you be in your seat and ready to start participating in class at that time.
- Always bring the required supplies and be ready to be actively engaged in the learning process. This communicates preparedness and interest.
- Turn your cell phone off or to vibrate mode before the start of class;
- It is fine to bring a drink or a snack to class, as long as it is not distracting. In conjunction with this, please pick up your trash when you leave the room.
- Your professor expects your full attention for the entire class period. If you know that you'll need to leave before the class is over, try to sit as close to the door as possible so as not to disrupt others. Similarly, if you arrive in class late, just slip in as quietly as possible and take the first available seat you come to.
- Do not sleep in class! Laying your head on the desk or sleeping in class is rude, and it is distracting to others. Turn in assignments on time.
- When you have a question or comment, please raise your hand first as a courtesy to your classmates and the professor. Remember, your questions are NOT an imposition – they are welcome. So, ask questions! You'll learn more, it makes the class more interesting, and you are helping others learn as well.
- If an emergency arises that requires an absence from a session, it is your responsibility to get the notes and all other information that was covered in class from a colleague you trust.

Secular and religious holidays:

Sant'Anna Institute recognizes that there are several secular and religious holidays - not included in the Italian calendar - that affect large numbers of its community members. In consideration of their significance for many students, no examinations may be given and no assigned work may be required on these days. Students who observe these holidays will be given an opportunity to make up missed work in both laboratories and lecture courses. If an examination is given on the first class day after one of these holidays, it must not cover material introduced in class on that holiday. Students who wish to observe such holidays must inform their instructors within the first two weeks of each semester of their intent to observe the

holiday even when the exact date of the holiday will not be known until later so that alternative arrangements convenient to both students and faculty can be made at the earliest opportunity.

Students who make such arrangements will not be required to attend classes or take examinations on the designated days, and faculty must provide reasonable opportunities for such students to make up missed work and examinations. For this reason it is desirable that faculty inform students of all examination dates at the start of each semester.

ACADEMIC HONESTY

“Members of the Jacksonville University community are expected to foster and uphold the highest standards of honesty and integrity, which are foundations for the intellectual endeavors we engage in.

To underscore the importance of truth, honesty, and accountability, students and instructors should adhere to the following standard:

“On my honor as a student of Jacksonville University, I promise to uphold the values of honesty, trust, fairness, respect, and responsibility in all my dealings with faculty, staff, and students.”

Academic misconduct occurs when a student engages in an action that is deceitful, fraudulent, or dishonest regarding any type of academic assignment that is intended to or results in an unfair academic advantage. In this context, the term “assignment” refers to any type of graded or ungraded work that is submitted for evaluation for any course. Academic misconduct includes but is not limited to cheating, collusion, falsification, misrepresentation, unauthorized collaboration on assignments, copying another student’s work, using or providing unauthorized notes or materials, turning in work not produced by the individual, attempting to get credit for a single instance of work submitted for more than one course, and plagiarism. Furthermore, providing deceitful, fraudulent, or dishonest information during discussions of an academic matter with faculty are also examples of academic misconduct.” (Jacksonville University Academic Integrity [Policy](#)).

Throughout this course we will be reading and reporting about the work of others. All information that is not original to the student must be appropriately attributed in both presentations and written work. All students are expected to do their own work and give appropriate credit for all sources used in the process of preparing papers, presentations, and homework assignments. Group assignments will be graded based on the product of the work, although some adjustment may be made for participation. [If you have a question about whether or not collaboration is allowed, or how to cite a reference, please ask. It is always better to check than to be accused of an unintended violation of the academic honesty policy]. Violations of the academic honesty policy will be dealt with in accordance with university policies [Refer to current Academic Catalog “Academic Integrity and Misconduct”].

Course Level Penalties: A first offense may result in a failing grade for the assignment. Second offenses may result in failure in the course. Significantly egregious violations may result in

expulsion from the university. When in doubt give credit for all information that did not come directly out of your head!

DISABILITY STATEMENT

Students with a documented disability requesting classroom accommodations or modifications, either permanent or temporary, resulting from the disability are encouraged to inform the faculty in the first week of the program.