

HDFN 221CS HUMAN NUTRITION (3 credits) Fall Semester 2007
Montana State University Department of Health & Human Development

Instructor: Melody Anacker, M.S., R.D., L.N.

Class Hrs: Tuesday & Thursday Section 01 (11:00-12:15pm) Reid Hall 105

Tuesday & Thursday Section 02 (3:35 – 4:50 pm) Reid Hall 105

Office Hrs: Tuesday & Thursday 1:00 PM – 2:30 PM or by appointment

Office: 201 Romney Gym Phone: 994-6337 Email: manacker@montana.edu

REQUIRED TEXTS: Nutritional Sciences: From Fundamentals to Food Mcguire & Beerman 2007

Supplement: Personal Dietary Project, by Anacker, 2007

OVERALL GOAL: To develop a foundation that will allow the student to apply the science of nutrition in making informed decisions regarding personal nutrition and in the investigation of such contemporary nutrition issues such as nutritional genomics and obesity.

By the end of the semester students will:

Begin to develop and to apply the skills of critical thinking, resource evaluation and show a “healthy skepticism” regarding the science of nutrition.

Learn to work effectively as a team member in discussing and developing answers to critical questions and problems given in class.

Select a nutrition article on the internet and prepare a written analysis of its soundness and validity based on appropriate scientific research using a variety of appropriate scientific resources.

Recognize how science contributes to the development of current nutrition standards such as the Dietary Guidelines, the MyPyramid food guide, and Dietary Reference Intakes.

Use current information technologies such as computer dietary analysis and internet resources to analyze various nutrition related contemporary issues such as “low carb” diets, nutritional genomics, and functional foods.

Discover through a series of personal dietary evaluation assignments whether nutrient needs are being met by current food choices and make informed choices regarding the results.

Examine food safety concerns such as common food borne illnesses, environmental contaminants such as mercury, and the scientific and societal issues regarding biotechnology.

Become familiar with the regulations regarding dietary supplements and understand the need for evidence-based research in the area of alternative nutrition and herbal remedies.

Examine the role of macro and micronutrients in promoting optimal health and prevention of chronic disease.

Learn to identify foods that provide rich sources of essential nutrients and phytonutrients and investigate ways to incorporate them into making healthy food choices.

Acquire a basic understanding of how physical activity and nutrition contribute to a healthy lifestyle emphasizing the role of fuel and fluids.

Discuss how a diversity of factors, including economic, psychological, cultural and social influence the behavioral selection of food.

Develop a working knowledge of how nutritional needs are affected by normal physiologic states of the life span including age, growth and normal development.

Explore the issues related to food security and become familiar with US programs that can provide food assistance and nutrition education to individuals and families.

Tentative Schedule on Next Page

Date	Topic	Reading	Assignments	Quiz/Exam
TU Aug 27	Introduction & Nutrition Basics	Chap 1	Calculator	
TH Aug 29	Healthy Diet Plan & Nutrition Assessment	Chap 2	Bring Dietary Project	
TU Sept 4	Labeling	Chap 2	Calculator	
TH Sept 6	Carbohydrates	Chap 5	Assign. 1 Due	
TU Sept 11	Diabetes	Chap 5:Nutrition Matters		
TH Sept 13	Fat soluble vitamins	Chap 11		Quiz 1
TU Sept 18	Lipids	Chap 7		
TH Sept 20	Cardiovascular Disease	Chap 7:Nutrition Matters		
TU Sept 25	Proteins	Chap 6		
TH Sept 27	Review		Assign. 2 Due	
TU Oct 2	Exam 1			Exam 1
TH Oct 4	Digestion & Absorption	Chap 4		
TU Oct 9	Energy Metabolism	Chap 8		
TH Oct 11	Energy Balance	Chap 9		
TU Oct 16	Weight Regulation	Chap 9		
TH Oct 18	Eating Disorders Movie	Chap 9:Nutrition Matters	Assign. 3 Due	
TU Oct 23	Water Soluble Vitamins	Chap 10		Quiz 2
TH Oct 25	Dietary Supplements	Chap		
TU Oct 30	Food Safety	Chap 6:Nutrition Matters		
TH Nov. 1	Review		Assign. 4 Due	
TU Nov. 6	Exam 2			Exam 2
TH Nov. 8	Trace Minerals	Chap 12		Quiz 3
TU Nov. 13	Sports Nutrition	Chap 8:Nutrition Matters		
TH Nov. 15	Major Minerals	Chap 13		Quiz 4
TU Nov. 20	Prenatal	Chap 14	Assign. 5 Due	
TH Nov. 22	Thanksgiving Holiday			
TU Nov. 27	Infant and Child Nutrition	Chap 14		
TH Nov. 29	Teen and Elderly Nutrition	Chap 14		
TU Dec. 4	The Global Banquet Movie & Review	Chap14:Nutrition Matters		
TH Dec. 6	Exam 3			Exam 3
Final Exam	Section One Final is on Dec. 14 @12-1:50	Section Two Final is on Dec. 10 th @12-1:50		

CLASS POLICIES

Instructor has the responsibility to start class on time. If you have questions before class please wait until the end of class to ask them.

Students are expected to attend all classes, read assignments prior to class and come prepared to actively engage in class discussion. Students will be participating in collaborative group activities on a regular basis. These activities are graded and will be turned in at the end of the class period. No credit will be given if a student is absent the day an activity is assigned or if the student leaves class early except for school sanctioned events or a medical excuse with doctor's note.

Disruptive behavior such as talking to other students during lecture, permitting your cellular phone to ring during class or arriving late or leaving early are all examples of behavior that is rude and may result in a student being asked to leave the class.

Webct: Notes and reminders will be posted weekly. Begin by logging onto the Webct homepage at <http://webct.montana.edu>. I would suggest you bookmark this login site for easy reference. Once you are logged in, click on the link to the HDFN 221 course.

Your Webct login ID is your Banner student ID without the dash, your password is the same if this will be the first time you have used Webct for a class. You will then be directed to create a new password. Remember this new password as it will remain your password for all future Webct classes that you might take. In case you may have logged into Webct with a previous class and forgotten your original password, please contact the ITC helpdesk at 406-994-1777 for assistance.

Assignments The Personal Dietary Project and Media Analysis assignments are intended to be completed on an **individual** basis (no groups) (Group - a unit of two or more...) All assignments are to be turned in by **class time** on the day listed on the syllabus. Any assignment turned in after this time will result in a loss of 20% per day late. Early assignments are to be turned in at the HHD Advising Center **ONLY**.

Assignment I	Thursday	Sep. 6
Assignment II	Thursday	Sep. 27
Assignment III	Thursday	Oct. 18
Assignment IV	Thursday	Nov. 1
Assignment V	Tuesday	Nov. 20

Exam Policy: Your lowest exam grade will be dropped. If you miss an exam, no makeup exam will be given and you will need to take the comprehensive final exam during finals week. **Required:** MSU Student ID #, number 2 pencil, no calculators or cell phones during the exam.

Student dishonesty A student suspected of breaching any of the Student Academic Integrity Conduct Guidelines described in the MSU Undergraduate Bulletin 2006-2008 or available on the web at: http://www2.montana.edu/policy/student_conduct/ will be treated according to the MSU regulations concerning misconduct.

Grading	Possible Points	Earned Points
Exam I	70	_____
Exam II	70	_____
Exam III	70	_____
Final Exam	70	_____
Assignments	130	_____
Group Activities	approximately 70	_____
TOTAL POINTS	410	%= _____

Grades are based on the following percentages of total points possible.

93-100 = A (4.0)	77-79.9 = C+ (2.3) Below 60 = F (0.0)
90-92.9 = A- (3.7)	73-76.9 = C (2.0)	
87-89.9 = B+ (3.3)	70-72.9 = C- (1.7)	
83-86.9 = B (3.0)	67-69.9 = D+ (1.3)	
80-82.9 = B- (2.7)	60-66.9 = D (1.0)	

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STUDENT CONTRACT (Due Date: Sep. 4th, 2007)

I, _____ (print name)

student ID number _____, section number _____

have read and understand the HDFN 221CS Human Nutrition syllabus and accept all of the classroom policies regarding student expectations, behavior, assignments and activities as outlined on the syllabus. If I miss a class activity no credit will be given without a medically excused note from a health care provider or a letter regarding a school sanctioned activity.

There will be a total of 4 exams during the semester. I know that my lowest exam grade will be dropped. If I miss an exam, no makeup exam will be given and I will need to take the comprehensive final exam during finals week.

Student Signature

Date