

NuFS 008

Sec.1: MW 9:00- 10:15 AM

Classroom: IRC 306

Sec. 2: Video/ Web Cast

www.sjsu.edu/atn

Instructor: Rachel Freiberg, M.S., R.D.

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Office Hrs: MW 8:10-8:45 AM (CCB 103)

MW 8:45-9:00 AM (IRC 306)

NUTRITION 008 FOR THE HEALTH PROFESSIONS

Course Description: Nutrients and their functions; recommended nutrient intakes and evaluation of dietary adequacy, relationship of nutrition to optimum health, and dietary changes in disease. For majors in Nutrition, Nursing, and Health Professions.

Prerequisites: None

Textbook & Resources

1. McGuire and Beerman, Nutritional Sciences: From Fundamentals to Food 1e, 2006
2. *Course Reader (lecture powerpoints) & Diet Self Study* (under NuFS 9) both available at the A.S. Print Shop
3. *Taking Lecture Notes*
wwwctl.ua.edu/CTLStudyAids/StudySkillsFlyers/Miscellaneous/lecturenotes.htm

Student Objectives: At the end of the semester, the student will be able to:

1. discuss in general terms, the structures and functions of carbohydrates, lipids, and proteins;
2. trace the digestion of carbohydrates, proteins, and lipids through the digestive tract in terms of location of breakdown and the enzymes involved;
3. explain the routes and methods of absorption of various nutrients from the intestine into the bloodstream;
4. diagram the key steps in the catabolism of glucose, triglycerides, and amino acids, and explain that energy derived from chemical bonds can be captured by the formation of ATP and released for body needs by the breakdown of ATP;
5. list three factors which make up the total amount of energy expended by an individual;
6. discuss major roles of vitamins and minerals and be able to list good food sources of the major vitamins and minerals;
7. explain some of the uses for and limitations of food selection guides, DRI, food groups, and nutrient density'
8. outline and prepare a program for evaluating and modifying the nutritional content of a diet for healthy persons;
9. judge the nutritional adequacy of the diet of a healthy person; and
10. discuss the health implications of malnutrition and obesity

Exam Policy:

1. Exams are multiple-choice and will be computer scores. You must purchase the answer sheet: **T & E 200** from the Spartan Bookstore and bring a **#2 pencil**.
2. **NO MAKE- UP EXAMS WILL BE GIVEN.**

Evaluation:

		<u>Percent of Grade</u>
Exam I	100 pts.	19%
Exam II	100 pts.	19%
Exam III	100 pts.	19%
Final Exam	200 pts.	36%
Diet Self Study*	40 pts.	7%

**The full 40 pts. will be subtracted if the DSS report is not completed. For late reports, 5 points will be subtracted for each class period they are late. Assignments more than two weeks late can only receive a maximum score of 20 points.*

Grading:

A	94 – 100%	B	84 - 87	C	70 - 77	F	<60
A-	90 – 93	B-	80 - 83	C-	68 - 69		
B+	88 – 89	C+	78-79	D	60 - 67		

University Drop Policy:

Dropping a course (or courses) after **September 3rd** is permissible only for ***serious and compelling reasons***. Unsatisfactory performance in course work is not a serious and compelling reason in itself for requesting permission to drop.

Academic Integrity Statement

“Your own commitment to learning, as evidenced by your enrollment at SJSU, and the University’s Academic Integrity Policy requires you to be honest in all your academic course work. Faculty are required to report all infractions to the Office of Judicial Affairs.” The policy on academic integrity can be found at http://sa.sjsu.edu/judicial_affairs/index.html

Campus policy in compliance with the Americans with Disabilities Act:

“If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities register with DRC to establish a record of their disability.”

NuFS 8 Tentative Course Outline**For Assignments: CH = Chapter, DSS = Diet Self Study**

<i>Week of:</i>	<i>Topic</i>	<i>Assignment/Reading</i>
AUG 24	Introduction and Overview Food Choices; Basic Chemistry	CH 1, 2
AUG 31	Scientific Method; Food/Nutritional Guides Digestion, Absorption and Transport	CH 3 CH 4
SEPT 7	SJSU closed on Monday, Sept 7th Digestion, Absorption and Transport Cont'd	CH 4
SEPT 14	Carbohydrate, Diabetes	CH 5 & Nutrition Matters
	***** Cutoff for Information on Exam I *****	*****
SEPT 21	Protein	CH 6
SEPT 28	Review on Monday MIDTERM I – SEPT 30	
OCT 5	Lipids, Heart Disease and Cancer Putting it All Together – Metabolism	CH 7 & Nutrition Matters CH 8
	***** Cutoff for Information on Exam II *****	*****
OCT 12	Energy Balance, Weight Control Eating Disorders; Nutritional Assessment DSS instruction – due on NOV 9	CH 9
OCT 19	No class on Mon OCT 19th Fat and Water Soluble Vitamins	CH 10 & 11
OCT 26	Review on Monday MIDTERM II – OCT 28	
	***** Cutoff for Information on Exam III *****	*****
NOV 2	Water, Minerals	CH 12, 13 & Nutrition Matters
NOV 9	DSS Due on NOV 9 Life Cycle (Pregnancy) SJSU Campus closed on Wed NOV 11	CH 14
NOV 16	Review on Monday MIDTERM III – NOV 18	
NOV 23	Life Cycle (Infancy and Aging)	CH 14 & CH 8
NOV 30	Diet and Exercise Nutritional Labeling, Food Processing and Sanitation	pp 50 -53; CH 2; CH 6 Nutri. Matters: Food Safety and Foodborne Illness & Sports Nutrition
DEC 7	Review for Final Exam	
DEC 14	FINAL EXAM –(Monday) 7:15 – 9:30AM	Comprehensive

SPECIAL INSTRUCTIONS FOR NuFS 8, SECTION 1 & 2

1. If you are enrolled in Section 2 of NuFS 8, **TBA** means *to be arranged*. You can arrange to view video streaming of the class lectures from any computer or view videotapes of the lectures.
2. Video streaming can be viewed via www.sjsu.edu/atn. Click on webcasting and follow their directions for downloading the (free) new real player software or use the Flash player. Click *live classes* only if viewing webstreaming while the class is being taught in real time. If you are viewing the streams at any other time click *archived classes* instead. There are laptops in the King Library you can check out that allow you to view and listen to the video streaming but you need to bring your own headphones.
3. The IRC (Instructional Resource Center) is Building 7 on your campus map. The videotapes are available on the ground floor of the IRC. You must request the tape by the instructor's name (Rachel Freiberg), and the lecture date. The IRC hours are Monday - Thursday 7:00 a.m. to 9:45 p.m., and Fridays from 7:00 a.m. to 4:45 p.m.
4. View the first day of class (Aug 24) as soon as possible, since this explains the greensheet and how to take exams if you don't attend lectures.
5. No matter which section you are enrolled in, you can attend the lecture in IRC 306 during the scheduled lecture times (MW from 9:00-10:15AM) or watch online.
6. I will send emails and post grades on Blackboard. Please sign up for the course at eCampus/Blackboard at www.sjsu6.blackboard.com. The USER ID is your FULL 9 digit SJSU ID number and the password is: *fall*. If you have used blackboard in the past and re-set your password, use that instead.
7. The course greensheet is available online at www.nufs.sjsu.edu (top of screen) as well as on Blackboard. If you have questions at any time, please don't hesitate to contact me by email.
8. All midterms (dates are listed on the greensheet) are on Wednesday during the scheduled lecture time in IRC 306 and over-flow classrooms, which will be listed during the lecture. You will also be able to take the exam before Wednesday, on the Monday and Tuesday before the exam, in CCB 200. Specific times to take the exam in CCB 200 will be listed in class lectures leading up to the exam.
9. All course assignments should be turned in to my mailbox in CCB 200, including extra credit papers and the DSS assignment.

***If you have trouble logging into Blackboard contact the Help Desk at (408) 924-2377 or email: Helpdesk@sjsu.edu.