

San Jose State University
Department of Nutrition, Food Science & Packaging
NuFS 8, Section 1 & 2
Nutrition for the Health Professions
Spring 2010

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

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Office Hours: MW 8:10 – 8:45am (CCB 103)
MW 8:45 – 9:00am (IRC 306)

Class Days/Time: MW 9:00 – 10:15am

Classroom: IRC 306

Prerequisites: None

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. *Flash Test* – recommended as a study aid –“Flash Cards” for the PC, available in textbook section of Spartan Bookstore. *You have to ask for it!*
4. *Taking Lecture Notes*
[www.ctl.ua.edu/CTLStudyAids/StudySkillsFlyers/Miscellaneous/lecturenotes.htm](http://wwwctluaeduCTLStudyAidsStudySkillsFlyersMiscellaneouslecturenoteshtm)

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 Form **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 **February 5th** 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 to make 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 requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

Student Technology Resources

Computer labs for student use are available in the Academic Success Center located on the 1st floor of Clark Hall and on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

NuFS 8 Tentative Course Outline

For Assignments: CH = Chapter, DSS = Diet Self Study

Week of:	Topic	Assignment/Reading
JAN 25	Introduction and Overview	
FEB 1	Basic Chemistry; Food/Nutritional Guides, Food Choices; Scientific Method	CH 1, 2, 3
FEB 8	Digestion, Absorption and Transport, Carbohydrates	CH 4 CH 5 & Nutrition Matters
FEB 15	Campus Furlough on Feb 15 (No Class) Carbs and Diabetes	CH 5 & Nutrition Matters
	***** Cutoff for Information on Exam I *****	*****
FEB 22	Protein	CH 6
MAR 1	Review on Monday MIDTERM I – MARCH 3	
MAR 8	Lipids, Heart Disease and Cancer Putting it All Together – Metabolism	CH 7 & Nutrition Matters CH 8
	***** Cutoff for Information on Exam II *****	*****
MAR 15	Energy Balance, Weight Control Eating Disorders; Nutritional Assessment DSS instruction – <i>due on APR 26</i>	CH 9
MAR 22	Review on Monday MIDTERM II – MARCH 24	CH 2
MAR 29	<i>SPRING RECESS!! Campus Closed</i>	
APR 5	Vitamins (Fat and Water soluble)	CH 10 & 11
	***** Cutoff for Information on Exam III *****	*****
APR 12	<i>Water, Minerals</i>	<i>CH 12, 13 & Nutrition Matters</i>
APR 19	Review on Monday MIDTERM III – APRIL 21	
APR 26	<i>Life Cycle (Pregnancy and Infancy)</i> <i>(DSS Due April 26)</i>	<i>CH 14</i>
MAY 3	Life Cycle (Aging) Diet and Exercise	CH 8 - Nutrition Matters: Sports Nutrition;
MAY 10	Nutritional Labeling, Food Processing and Sanitation	pp 50 -53; CH 2; CH 6 Nutrition Matters: Food Safety and Foodborne Illness
MAY 17	<i>Review for Final Exam</i>	
MAY 24	FINAL EXAM – 7:15 – 9:30 AM	<i>Comprehensive</i>

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 (Jan 27) 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: *spring*. 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 (email is the best way to reach me).
8. All midterms (dates are listed on the greensheet) are on Wednesday during the scheduled lecture time in IRC 306 and overflow 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**