

**California State University, Chico**  
**Department of Nutrition and Food Sciences**  
**NFSC 100, Basic Nutrition Honors**

Professor: Julie Schneider, Ph.D.  
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Office hours: Monday and Wednesday 11 AM to 1 PM, and Wednesday 3 to 4 PM.  
Class meetings: Monday, Wednesday, and Friday, 10-11:50 AM in Tehama 134  
Final date: Wednesday, May 20, 2009 from 10 to 11:50 AM in Tehama 134

***Course Description and Goals***

Physiological, social, and psychological factors affecting food intake are examined, as well as relationships of nutrients to health throughout life. This is a general education course (Area E) and meets the goals and objectives as outlined in executive memorandum 92-18:

**Lifelong Learning (Area E) course –**

All learning should have relevance beyond the present moment. The human organism witnesses change in each of its moments through the life course, yet it is itself a continuous physiological, psychological, and social being. Part of General Education should provide instruction that fosters understanding of the self as a complex, integrated being that is at once physiological, psychological, and social. Each course, therefore, must

1. address issues that are likely to be important to most of our students throughout most of their lifetime;
2. significantly incorporate and integrate theory, data, and perspectives from each of three broad areas of human life: the physiological, the psychological, and the social;
3. have substantial written projects that ask the student to 1) integrate the ideas and materials of the course and 2) apply the ideas and materials of the course to themselves and their own projected life course.

***Specific Course Goals***

At the completion of the course, the student will be able to:

- Make food choices that will ensure an adequate and balanced diet throughout one's life.
- Evaluate the nutritional adequacy of a given dietary intake.

- Identify the functions of various nutrients in the body as being necessary for maintaining good health.
- Demonstrate the relationship of food, nutrition and health at various stages in the life cycle.
- Integrate psychological, sociological, cultural and physiological aspects that influence the formation of one's food habits.
- Criticize popular literature for valid nutritional information.
- Recognize the seriousness of world hunger as well as malnutrition locally, nationally and internationally.
- Work cooperatively with others.

### ***Student Rights and Responsibilities***

- Add and dropping a class. University policy states that Add/Drops must be completed within the first two to four weeks of the semester. Following this time period, students must have a “serious or compelling reason” to add or drop a course. It is the student’s responsibility to add/drop classes, not the instructor’s.
- Equal treatment and special needs. If you have special needs due to any type of handicap, please see me within the first two weeks of the semester, so that we can make appropriate arrangements. All requests for special needs must be made to the Disabled Student Office at 898-5959 and in writing to the instructor. California State University at Chico is a community of people with respect for diversity. This instructor fully supports federal, state, and university policies preserving dignity and equality common to all persons as well as requiring a nondiscrimination policy regarding the treatment of individual faculty, staff, and students.
- Academic integrity. Students are expected to be familiar with the University’s Academic Integrity Policy. Your own commitment to learning as evidenced by your enrollment at California State University at Chico, and the University’s Academic Integrity Policy requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the Office of Student Judicial Affairs. The policy on academic integrity and other resources related to student conduct can be found at <http://www.csuchico.edu/sjd/sja.shtml> .
- The Code of Students’ Rights and Responsibilities is available at the following web address. [http://www.csuchico.edu/prs/EMs/EM08/em08\\_40.shtml](http://www.csuchico.edu/prs/EMs/EM08/em08_40.shtml) .
- Chico State Emergency Notification System. This notification system will send alerts only in the event of very serious incidents and dangerous situations that would jeopardize the health and safety of the campus community. I will ask five volunteers to leave their cell phones on during class who have registered for the emergency notification system. <http://www.csuchico.edu/alerts> .

### ***Etiquette and Expected Behaviors***

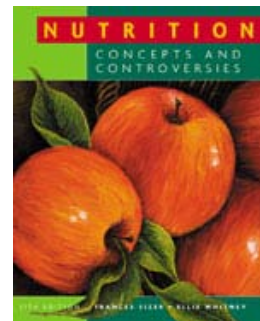
- During lecture you are expected to keep talking (personal comments to fellow students) to a minimum and you are to treat all members of the class with respect. Additionally, cell phones should be turned off during class time. Should a student anticipate an emergency call during class time, it is the student’s responsibility to notify the instructor in advance of the class and to make arrangements accordingly.

- You are responsible for staying abreast of the reading in the text and coming to class prepared to participate in class discussions of the day's topics and in small group assignments.
- Collaborative methods will be used in class. If you know you are going to be absent, contact your class partner(s) and me.
- You are expected to come to class on time. If you have to leave class early please inform me before class and sit in the back or on the side so you can make a quiet exit.
- Email correspondence should be professional, concise, and courteous. Please read the following web articles regarding email etiquette.  
[http://careerplanning.about.com/od/communication/a/email\\_etiquette.htm](http://careerplanning.about.com/od/communication/a/email_etiquette.htm)  
<http://science.kennesaw.edu/~hmattord/email.htm>

## **Required Materials**

### **Text and materials**

- Nutrition: Concepts and Controversies, 11th edition, by F. Sizer and E. Whitney, circa 2008.
- A #2 pencil with good eraser for all exams.
- A basic calculator. No cell phones, no programmable calculations and no sharing calculators during exams.



### **Computer support and software requirements**

You must have availability and use of a computer, printer, and internet access. Computer labs for student use are available and located on the 1st floor of the Merriam Library Rooms 116 and 450, Tehama Hall Room 131 and BMU Room 301. Additional labs may be available in your department or college. <http://www.csuchico.edu/stcp>

- Diet Analysis Plus Computer Software
- Access to Blackboard Vista

### **Course Policies**

1. Exams will be taken at the scheduled class time. No make-up exams will be given without prior communication with instructor and written medical verification (from a physician) with date and provided upon return to class. If you miss an exam without informing the instructor, you will receive a zero and will not be allowed to take a make-up. Exams are closed when the first student leaves the classroom. You must take the final exam.
2. Assignments are due in class on the day scheduled for full credit. Alternative to in-class submission, assignments may be submitted via email or office drop-off with prior approval of instructor.
3. Assignments are due before lecture or in the first five minutes of class. Assignments turned in late will have 5% of the points deducted for each calendar day late.

## **Assignments and grading**

The University's writing requirement for a General Education course is met by completing the diet project and the nutrition news presentation and report.

1. Exams. Approximately half the points will be multiple choice and half the points will be fill-in-the-blank or essay.
2. Diet Project. A four-part assignment that includes a written evaluation. All preceding sections must be turned in each time the assignment is due.
3. In-class activities. Many class sessions will have in-class graded activities such as pre/post-lecture quizzes, case studies, journaling, and group work. These assignments can not be made up if you miss a class.
4. Group report and oral presentation: This is a critically written paper to evaluate the nutrition literature on a topic of group's choice. Due dates will be assigned in class. Students will work in pairs on this assignment and report their finding to the entire class.

<b>Assignments</b>	<b>Points</b>	<b>Percent</b>
Three mid-term exams approximately 75 points each	225	38
Comprehensive final exam	125	21
Diet project in four parts	100	17
In-class graded activities, quizzes, and journals	~50	8
Group report and oral presentation	100	17
Total points	~600	100

The final grade earned will be based on participation during class, completion of all assignments, and demonstration of an understanding of nutrition concepts. Identical assignments, plagiarized assignments and/or identical responses on exams will not be graded and students will receive a zero.

<b>Grade</b>	<b>Percentage</b>	<b>Performance Characteristics</b>
A's	90-100	Demonstrates outstanding comprehension of the subject matter. Integrates ideas previously learned from this and other disciplines. Articulates well and writes logically and clearly. Accomplishes more than the minimum requirements.
B's	80-89	Demonstrates proficient comprehension of the subject matter. Speaks and writes well. Accomplishes more than the minimum requirements.
C's	70-79	Demonstrates satisfactory comprehension of the subject matter. Communicates orally and in writing at an acceptable level for a college student. Accomplishes the minimum requirements, and may display little or no initiative.
D's	60-69	Demonstrates inadequate comprehension of the subject matter. Quality and quantity of work is below average and barely acceptable.
F	59-0	Fails to demonstrate satisfactory comprehension of basic concepts. Quality and quantity of work is unacceptable.

## NFSC 100 Tentative Schedule

*The schedule is subject to change with fair notice.*

Week	Topics and Readings	Assignments and Exams
January 26	Food choices and human health (chapter 1, controversy 1).	
February 2	Nutrition standards and guidelines (chapter 2, controversy 2).	
February 9	Alcohol and nutrition (controversy 3). Food safety and technology (chapter 12, controversy 12).	
February 16	Anatomy and physiology of the human body (chapter 3).	Monday, Exam 1 on chapters 1, 2, 12, and controversies 1, 2, 3, and 12.
February 23	Carbohydrates (chapter 4, controversy 4).	Diet Project Part 1 due Friday.
March 2	Lipids (chapter 5).	
March 9	Lipids (controversy 5). Cardiovascular disease (pages 406-417). Proteins (chapter 6).	Diet Project Part 2 due Friday.
March 23	Proteins (chapter 6, controversy 6).	Friday, Exam 2 on chapters 3, 4, 5, and 6, and controversies 4, 5, and 6, and pages 406-417.
March 30	Vitamins (chapter 7, controversy 7).	Diet Project Part 3 due Friday.
April 6	Water and minerals (chapter 8, controversy 8).	
April 13	Water and minerals (chapter 8, controversy 8). Hypertension (pages 417-421). Energy balance (chapter 9, controversies 9 and 11).	
April 20	Energy balance (chapter 9, controversy 9). Vitamin and minerals Jeopardy on Wednesday.	Friday, Exam 3 on chapters 7, 8, and 9; controversies 7, 8, 9, and 11; pages 417-421.
April 27	Hunger and the global environment (chapter 15). Protein energy malnutrition (pages 206-208). Maternal and infant nutrition (chapter 13, controversy 13).	Diet project Part 4 due Friday.
May 4	Maternal and infant nutrition (chapter 13, controversy 13).	
May 11	Child, teen older adult (chapter 14).	
May 20		Final, Wednesday, May 20, 10-11:50AM.