

TEXAS A & M UNIVERSITY - COMMERCE
DEPARTMENT OF HEALTH & HUMAN PERFORMANCE
COURSE SYLLABUS

COURSE TITLE:	HHPH 331: Nutrition
COURSE VALUE:	Three (3) credit hours
COURSE LOCATION:	Field House 101
COURSE TIME:	M-R 1:00-2:50pm
INSTRUCTOR:	Dr. Spencer Willis, CHES
OFFICE:	Field House 100K
OFFICE HOURS:	M-W noon-1pm or by appointment
PHONE:	(903) 886-5573
FAX:	(903) 886-5365
E-MAIL:	spencer.willis@tamuc.edu
REQUIRED TEXT:	Anderson, J.B., Root, M., & Garner, S. (2015). Human Nutrition: Healthy Options for Life . Burlington, MA. Jones & Bartlett Learning

Course Description:

Basic facts and principles of human nutrition are presented. Study includes the physiological and psychological factors of food intake and utilization with emphasis on nutrition education for dietary improvements of groups and individuals. Emphasis is placed on the science of nutrition, the study of nutrients and of their ingestion, digestion, absorption, transport, metabolism, interaction, storage and excretion. Food group plans, the Dietary Guidelines, Food Exchange System, Recommended Dietary Allowances and other standards are reviewed to serve as a foundation for food selection.

Course Objectives:

At the end of this course the students will be able to:

1. To be able to discriminate in dealing with a vast amount of nutrient information.
2. Make decisions concerning nutrient claims, separating fact from fallacy.
3. Recognize the consequences of over nutrition, under-nutrition, and malnutrition.
4. Describe the principle of caloric balance.
5. Apply the concepts of nutrition in personal food selection.
6. Assist others in planning healthy adequate diets.
7. Identify the major nutrients, their functions, interactions, and needs of the body.
8. Select and use appropriate guidelines for food selection and provide for adequacy, balance, calorie control, moderation, variety, and density.
9. Describe the role of proper nutrition for athletes and others involved in physical activity.
10. Identify signs, physical consequences, and a referral system for common eating disorders.
11. Recognize and advocate the principles of nutrition that promote health and prevent disease throughout the life cycle.

Course Requirements:

A. Participation/Assignments (100 points):

Participation points can be earned by daily class attendance and successful completion of in-class assignments and quizzes. Excessive absences **will affect** your participation points. **No make-up assignments will be provided for missed participation points.**

B. Test (400 points)

Four (4) tests will be given to determine student progress and assist students in learning. Tests will consist of objective questions (T/F, multiple choice, and matching) and application questions. Late tests (all fill-in-the blank) will result in a deduction of points regardless of the reason. **No make-up**

exams will be given, unless arrangements are made prior to the exam or a verifiable medical excuse is provide within 3 days.

C. myfitnesspal Daily Tracking (250 points)

This assignment is designed to have students study their own diets (please do not alter your eating patterns for this assignment; we are looking for real results). This assignment is complex. Please see the steps below.

1. Students will need to record their food intake for **five days** and input this information into USDA's SuperTracker (<https://www.supertracker.usda.gov>). Be sure to make a note of the amount of food/drink consumed and don't forget those extras such as mayo, olives, candy, drinks, etc. Also, record the amount in household measurements like ½ cup, 1T, or 1t.
2. Based on your SuperTracker – MyPlan, develop 3-5 goals using the following format:

Example: *"I want to floss more daily."*

<i>"If I have the toothpaste in my hand</i>	<i>, then I will get out the floss to floss my teeth first."</i>
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↑
This is an example of an existing behavior or activity.

↑
This your new goal.

3. You will be required to present your SuperTracker findings and your newly developed goals using the above format in class. Presentations should include three slides (title slide, slide for SuperTracker findings, and Goals slide). Presentations should be uploaded via eCollege (please see course schedule on next page for more details). This will count as 25 points.
4. After your initial presentation, you will need to download MyFitnessPal for iOS devices or Android devices or use the MyFitnessPal desktop application (<https://www.myfitnesspal.com>) to input your meals. **This should be done daily.**
5. Your final presentation (see calendar for date) should include slides from the first presentation + two addition slides = 5 slides. One slide should describe your progress towards meeting your goals and the other should describe any benefits or barriers you encountered during your food-tracking journey. The final presentation will count as 25 points (50 points for both presentations).
6. Lastly, you will need to prepare a brief narrative (1 full page) describing your food-tracking journey. At minimal, this paper should include (1) initial SuperTracker results, (2) if/then goals, (3) description of goal achievement or lack of achievement, (4) final thoughts, lessons learned, future strategies, etc. This will count as 100 points. You will also need to submit evidence of food tracking. This involves submitting a printable report of your progress. This report should display dates where food was logged in. Please **do not** print the report. Submit as a PDF document to save paper. This will count as 100 points.

Final paper and PDF printable report should be submitted via eCollege. See calendar for date.

D. Food for Families/Stewpot (100 points)

Choose one of the following events. Meet at event location (directions will be given week of event).

Extra credit for students who carpool to this activity.

TBA: Food for Families

TBA: Stewpot

E. Journal Articles and Presentations (150 points)

To complete this assignment successfully, you will need to find an article that describes a nutritional intervention. Intervention articles describe a specific program or activities that were implemented to

address a nutritional issue. The article should describe a **single** intervention. **Please do not use review articles.** A review article typically summarizes a body of research (e.g. multiple interventions) in an effort to provide a “snapshot” to the reader. Your article should be current, within the last five years (e.g. 2010 to current).

FORMAT: Paper & Presentation

1. Describe the problem (ex: childhood obesity, lack of knowledge, poor athletic performance, etc.) Please include statistics to support your problem statement. This should be described in the article, specifically in the introduction/background.
2. Present the intervention: Please be as detailed as possible when describing the intervention.
3. Describe the outcomes: State whether the intervention was successful at address the nutritional issue. Also address any future directions/recommendations for the research. You should find this in the "discussion" section (usually at the end of the article).
4. Please make sure your paper follow the APA guidelines. I have included two brief youtube videos that describe APA format and citations.

**** For your convenience, I have attached an example of an ideal article**** The highlighted sections represent numbers 1-3 above (e.g. **green**=problem statement, **blue**=intervention description, **purple**= outcome description, and **yellow**= future research/directions/recommendations).

APA Style Writing:

https://www.youtube.com/watch?v=oyCexGBT_5o

APA Citations in MS Word:

<https://www.youtube.com/watch?v=yI5PppKloZw>

Rubric:

1. Statement of Problem 30pts
2. Intervention Description 30pts
3. Description of Outcomes 30pts
4. APA Style 5pts
5. Presentation Style (Peer) 5pts

Grading:

Participation/In-Class Activities	100 PTS (10%)
Food for Families/Stewpot	100 PTS (10%)
Four (4) exams @ 100pts each	400 PTS (40%)
Journal Article and Presentation	150 PTS (15%)
myfitnesspal Daily Tracking	250 PTS (25%)
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TOTAL	1000 PTS (100%)

Grade Scale:

900 - 1000 = A	600 - 699 = D
800 - 899 = B	0 - 599 = F
700 - 799 = C	

A grade of C or above must be maintained in all courses of your major field and for teacher certification.

ALL STUDENTS ENROLLED AT THE UNIVERSITY SHALL FOLLOW THE TENETS OF COMMON DECENCY AND ACCEPTABLE BEHAVIOR CONDUCTIVE TO A POSITIVE LEARNING ENVIRONMENT. (SEE STUDENT’S GUIDE BOOK.) STUDENTS REQUESTING ACCOMMODATIONS FOR DISABILITIES MUST GO THROUGH THE ACADEMIC SUPPORT COMMITTEE. FOR MORE INFORMATION, PLEASE CONTACT THE DIRECTOR OF DISABILITY RESOURCES AND SERVICES, (903) 886-5835.

HHP 331: Nutrition
TENTATIVE COURSE OUTLINE
 Summer II 2015

Date	Chapter(s)	Title	Assignments Due
7/13	1 2	An Intro to Food, Nutrients, and Human Health Food Labels, Food Groups, and Phytochemicals	
7/14	3	Digestion of Food and Absorption of Nutrients	
7/15	4	Energy and Metabolism Review for test #1	
7/16	Test #1 (Chapters 1-4)		
7/20	5	Carbohydrates	
7/21	6	Lipids	
7/22	7	Proteins Review for test #2	
7/23	Test #2 (Chapters 5-7)		SuperTracker Goals Presentation
7/27	8	Vitamins	
7/28	9	Water and Minerals	
7/29			Journal Article Paper and Presentation
7/30	Test #3 (Chapters 8-9)		
8/3	10 11	Nutrition During Pregnancy, Lactation, and Infancy Nutrition Across the Lifecycle	
8/4	12	Obesity and Weight Control	
8/5	13	Nutritional Needs for Physically Active Adults and Athletes	
8/6	14	Diet Related Cancers and Other Chronic Diseases Review for test #4	
8/10			myfitnesspal Final Presentation
8/11	☺ NO CLASS ☺		
8/12	Test #4 (Chapters 10-14)		

Please note that this schedule is tentative and is subject to change. Also, this is NOT all-inclusive (i.e., Homework/Participation). Other assignments will be given throughout the semester.