**COURSE SYLLABUS**

**Food and Nutrition 103: Human Nutrition and Weight Control**

**Spring 2019**

Instructor: Amy Hogan, MS, RDN, LDN

Class Time: Monday 12:30-1:45pm

Office Location: CTH 149 E

Office Hours: Monday: 10:00-12:00, 2:00-3:00

Wednesday 10:00-3:00

Friday 1:00-3:00

NOTE: Due to my administrative responsibilities with the dietetic internship, it is possible that

I may be unavailable during some of my office hours. For this reason, students are encouraged

to make appointments, even during office hours. However, drop-in visits are welcome, both

during and beyond office hours; as long as I am not in a meeting, I will make time for you.

Phone Number: (318) 257-2370

Fax Number: (318) 257-4014

E-mail: [amyhogan@latech.edu](mailto:amyhogan@latech.edu)

I make every attempt to return your emails to me within 24 hours on weekdays. This time frame does not apply to holidays, breaks, or weekends.

Prerequisites: none

Required Textbook: none

1. **COURSE DESCRIPTION**

Human Nutrition/Weight Control: 0-1-1 (3) Pass/Fail. Personalized weight control program based on recommended nutrients, behavior modification, and energy balance.

1. **COURSE RATIONALE AND OBJECTIVES**

* Understand the role of environment, food, nutrition, and lifestyle choices in health promotion and disease prevention.
* Understand fundamentals of public policy and the role of the government in promoting nutritional health through the presentation of the Dietary Guidelines for Americans, food labeling legislation, and use of USDA tools for nutrition health (MyPlate materials).
* Discuss the impact of obesity on health.
* Select culinary techniques that promote weight management and use the skills of shopping, label reading, and dining out for appropriate food selection to promote nutrition, health and weight goals.
* Discuss the influence of socioeconomic, cultural, and psychological factors on food and nutrition behavior.
* Identify signs of eating disorders and resources available at the university to assist students with body image issues or eating disorders.
* Discuss the role of exercise physiology in weight reduction and long term weight loss.
* Discuss behavior modification techniques to employ for changing nutrition and dietary habits.
* Understand and apply anthropometric assessment techniques to determine individual weight and health risk.
* Estimate individual energy requirements.

1. **COURSE COMPETENCIES**

The following 2018 ACEND standards core knowledge requirements identified by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) are addressed in this class:

**KRDN 1.2**: Use current information technologies to locate and apply evidence-based guidelines and protocols. (*Assignment: MyPlate)*

**ACEND-required curriculum components:**

Role of environment, food, nutrition and lifestyle choices in health promotion and disease prevention. Fundamentals of public policy, including the legislative and regulatory basis of nutrition and dietetics practice.

1. **EXPECTED MEASURABLE OUTCOMES**
   1. Students will be able to access and utilize current information technologies to locate and apply evidence-based guidelines and protocols through use of the USDA’s website: Choosemyplate.gov.
   2. Assess body weight and individual anthropometric measurements.
   3. Estimate energy needs to meet personal goals for health and nutrition (weight loss, weight gain, or weight maintenance).
   4. Interpret a nutrition facts label.
   5. Identify cooking techniques that are health-promoting.
   6. Apply mindful eating techniques to increase awareness of body cues for satiety or hunger.
   7. Select menu items from local restaurants that are reduced in calories, fat, and sodium.
   8. Identify university resources available for student use to promote health and wellness.
   9. Identify university resources available for student use to assist with body image or eating disorders.
   10. Select foods to consume on a daily basis that will promote health, wellness, and weight management.
2. **OUTLINE OF COURSE CONTENT**

**Tentative Schedule:**

|  |  |
| --- | --- |
| 3/18 | Course Outline, Health Risks of Obesity |
| 3/25 | Dietary Guidelines for Americans, MyPlate |
| 4/1 | Assessing Nutritional Status and Caloric Needs |
| 4/8 | No Class Meeting- Exercise and Weight Control, Complete Assignment #4 at Lambright |
| 4/15 | Food Labels/ Fad Diets |
| 4/22 | Easter Holiday |
| 4/29 | Dining Out |
| 5/6 | Menu Planning & Grocery Shopping on a Budget |
| 5/13 | Grocery Store Tour- Meet at Wal-Mart Neighborhood Market (321 W California Ave, Ruston) |
| 5/20 | Body Image and Eating Disorder |

1. **READINGS/LIBRARY ASSIGNMENTS**

Refer to Moodle for required readings.

1. **LEARNING ACTIVITIES**

The student can get any missed activities from a classmate, from Moodle, or see the instructor for the material required to make up the class assignment. All homework assignments go in a 3 prong folder to be counted as part of the final class grade. Folders are to be turned in at the beginning of class on **5/20/19**. You may pick folders up in my office throughout the first 10 class days of the following quarter.

1. **SPECIAL COURSE REQUIREMENTS**

Class attendance is counted as part of the class grade and is therefore a requirement in order to pass the class.

1. **LEARNING ACCOMMODATIONS**

The Office of Disability Services (Wyly Tower 318- 257-4221; www.latech.edu/ods) coordinates campus-wide efforts to provide information and services to Louisiana Tech students with disabilities. Any student with a documented disability condition requesting classroom accommodations should contact the Office of Disability Services to obtain a letter to be submitted to the instructor at the beginning of each quarter by the 9th class day.

1. **HONOR CODE**

*Being a student of higher standard, I pledge to embody the principles of academic integrity.* Cheating or plagiarism will not be tolerated. Students found guilty of academic misconduct will be given an unsatisfactory grade on the project and will be required to redo the work for satisfactory completion of the course. Students found not abiding by honor code guidelines will be referred to the Honor Council for disciplinary action. Students are expected to do their own work and uphold the Academic Honor Code, published in the *University Bulletin.* All work submitted must be original work and not copied by or from another student.

1. **METHOD OF EVALUATION**

Grading Scale: Must receive a total of **80 points to pass the class**. Content missed due to absence is the responsibility of the student and should be obtained from another class member, Moodle, or the class instructor. **Folders with all completed assignments (listed below) are due in class on 5/20/19.** Assignment numbers and title should be labeled on the top of each page and placed in order in the folder.

|  |  |
| --- | --- |
| Attendance (5 points/class) | 40 points (8 class meetings total) |
| Assignment #1 Personal Goals | 5 |
| Assignment #2 MyPlate Plan | 10 |
| Assignment #3 Body Composition and Caloric Needs | 10 |
| Assignment #4 Lambright Exercise | 10 |
| Assignment #5 Food Label Comparison | 5 |
| Assignment #6 Restaurant Meal Modification | 5 |
| Assignment #7 Menu Planning Kahoot | 5 |
| Assignment #8 Grocery Store Scavenger Hunt | 10 |
| **TOTAL** | **100 POINTS** |

1. **RETENTION POLICY ON GRADED MATERIALS**

In the event of a question regarding a final grade, it will be the responsibility of the student to retain and present graded materials that have been returned for student possession during the quarter. Without these materials, there will not be a case for reconsideration of the grade.

1. **REFERENCES/BIBLOGRAPHY**

See Moodle for required readings.

**XIV: ADDITIONAL INFORMATION:**

1. Attendance will be taken at each class meeting. Louisiana Tech University uses the Class Attendance Policy 2206. Class attendance regulations follow university guidelines found on page 12 of the University Catalog. Class attendance is regarded as an obligation as well as a privilege, and all students are expected to attend regularly and punctually all classes in which they are enrolled.  The instructor shall keep a permanent attendance record for each class.  If you are late for class, you will not receive credit for attendance.
2. Cell phones – Cell phones should be turned off and stowed during class. Ear buds are not allowed.
3. Emergency Notification System- All Louisiana Tech students are strongly encouraged to enroll and update their contact information in the Emergency Notification System. It takes just a few seconds to ensure you’re able to receive important text and voice alerts in the event of a campus emergency. For more information on the Emergency Notification System, please visit: <https://www.latech.edu/ens>.