

# Nutrition and Performance

## PED 163

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### COURSE DESCRIPTION

The course will look at general nutrition with special emphasis looking at how food intake choices relate to wellness and fitness performance. Subject areas such as macronutrients, micronutrients, diabetes, food allergies, vitamin, and mineral supplementation, antioxidants, food safety and weight control will be discussed.

### REQUIRED TEXTBOOK

Thompson, J.T. and Manore, M. Nutrition: An Applied Approach 5<sup>th</sup> ed. Pearson Publisher

### COURSE OBJECTIVES

1. The student will be able to assess diets for macronutrient and micronutrient intake.
2. The student will be able to describe symptoms of nutrition affects health status.
3. The student will use methods of nutrition analysis for a diet self-analysis.
4. The student will understand the functions of essential nutrients
5. The student will be able to design successful weight management strategies to achieve and maintain a healthy body weight.
6. The student will distinguish the relevant differences in the average American diet versus the needs of the physically active.
7. The student will analyze and understand the current food industry's environmental and individual impact on consumers.
8. The student will understand basic nutrition for pregnancy, early childhood, and elderly populations.

### GRADING SCALE (Total of 400 points)

A	376-400	B-	320-335	D+	268-279
A-	360-375	C+	308-319	D	256-267
B+	348-359	C	296-307	D-	240-255
B	336-347	C-	280-295	F	Below 240

Course grading will include points for topic papers, discussion board participation, video summaries, and learning activity assignments.

### Course Activities and Evaluation of Performance

All assignments are noted on the syllabus. [Access the assignments on the Moodle course page for more specific requirements and details for each section assignment.](#) Follow instructions noted on Moodle. Points per assignment are noted in syllabus next to the specific assignment.

### General Course Information for Online Learning Requirements

1. The student must be able to send and receive emails with attachments in doc. and docx. formats. **PDF file format will not be accepted.**
2. The student must have access to the internet and be capable of using internet sources for coursework.
3. The student must be able to upload assignments to the Moodle assignment page.
4. The student must be able to access Moodle and join in discussion board questions.
5. Cheating and plagiarism will count as a zero grade the assignment. The student will be directed to the Judiciary Chair. Descriptions of plagiarism and the process for reviewing problems of academic integrity can be found in the Randolph Student Handbook. Do not copy and paste text documents. Take notes, summarize, and paraphrase to enhance learning and prevent plagiarism.

## General Participation

As this course is a 14-week course compacted into a 5-week online class you will be required to put considerable effort into the course assignments in a short amount of time. Participation on a regular basis is required in order to pass the course. Students are expected to participate in video viewing and summaries, discussion board posts, quizzes, and assignments.

## Communication Tools

The student will be using the Moodle course page, discussions boards, email, and possibly text for communication. Email and texts will receive a response within 24 hours when sent between Monday-Friday. Emails received by the instructor from Friday evening to Monday morning may have a delayed response time.

Office hours will be held Tues. 1:00-2:00pm, Wed. 8:00-9:00pm, and Thurs. 10-11:00am via text, phone calls, or email.

## Technical Difficulties

Occasionally the technology used to deliver online courses fails or in some instances student technology will fail. For example, a computer crash or wireless connection drops. Knowing this happens, it is important to have a backup plan to continue with your access to the online course. Consider the following possibilities for a contingency plan. **Save your work often to a thumb drive!**

1. If your computer crashes or your access becomes limited, have a plan to access the Moodle page from another computer or area. Perhaps a local library or a friend's house.
2. Contact Randolph College's Computer Help Desk between 9:00-4:00 Monday through Friday. Call the Main Reception Desk at 434-947-8000 and ask for the Computer Help Desk. The Help Desk is there to assist with connectivity and assignment submissions and not to fix your personal computer problems.
3. If you are taking the quiz and you are disconnected during the process, please send me an email to notify me of the problem.

## Section Activities and Acceptable Resources

Each Section week will have specific activities that must be completed. The syllabus will provide a general guideline, however, check the Moodle assignment page for specifics with each required activity.

Be aware that not all nutrition information is presented accurately in the media. You must be knowledgeable of who is presenting the information and if there would be potential bias or misinformation involved. Acceptable websites for nutrition information in your research and papers include the following:

United States Department of Agriculture	American Medical Association
Food and Drug Administration	American Society of Nutrition
Center for Disease Control	American College of Sports Medicine
National Institute of Health	American Dietetic Association

Generally, College and University research from an .edu website are acceptable. It is very wise to look at the credentials of a writer on any website in which you are reviewing information. A staff writer may not always have the best nutritional background.

Use of journal articles is certainly acceptable! You can access journals from the Lipscomb Library webpage and perform searches for specific information you are researching.

## Readings and Power Points

The student should read section chapters associated with content to assist in answering questions and responses on the discussion board and written assignments. Power points are also posted for each section. Other ancillary readings should be used as resources with each section topic.

### **Discussion Board Participation**

Discussion board responses are required on **Wednesday by 11pm and Sunday by 11pm** each Section week that has a discussion question. You should post a minimum 250-word response.

Participation in discussion board questions is mandatory to pass the class. The student must initially respond to the topic question on Weds. The response must be well formulated and professional with no abbreviations or “text slang”. Use citations if necessary.

Each student must also respond to 2 classmate posts on Sunday by 11pm. The student is expected to be respectful, professional, and accurate in responses.

### **Written Assignments**

Written assignments will address specific topics posted for each week’s learning activities. The papers must include the following in APA style Times New Roman 12pt font double spacing with one-inch margins and appropriate APA style citations and referencing.

Title page                      Introduction and Body                      Reference page

Some assignments have a due date early in the week and many are due Sunday evenings. Check the Assignment Due Dates section of this syllabus. Please spread your time wisely and submit all materials by Sunday at 11:00pm to the Moodle assignment page.

Use cited resources to support your assignments. Information relating to appropriate basic APA citations and referencing is on a power point posted on the Moodle page. Purdue OWL website also offers excellent information in APA formatting.

Adhere to the following rules when submitting written assignments to the Moodle page

1. Your name should be on the first page or title page of the documents.
2. Include last name and brief assignment information when naming the file document.  
Example: Sarson Protein Assignment.docx
3. **All files must be either .doc or .docx.** Depending on where you are developing your paper it may require you to save your assignment as a doc or docx word document format. No PDF’s or Google links will be accepted. The purpose of word documents is to facilitate grading with comments on each assignment.
4. **DO NOT** send multiple files. For simplicity all information must be merged to one single document. No zipped files.
5. All assignments that do not follow these rules will not be graded.

### **Video Viewing with Films on Demand**

Films on Demand films can be accessed from the Moodle page. In the event the link does not work, access them directly through the Lipscomb Library.

1. Access Lipscomb Library via [this link](#) or perform a manual search on Randolph’s portal webpage. (Book icon on upper right of student portal page)
2. On left side of main page scroll down to “Selected Electronic Resources”. Click link.
3. Scroll down to “Video and Streaming Media”. Click link.
4. Choose Films on Demand or Kanopy Films
5. Type the film title in the search box.

**Topics (Indepths are at end of chapters)**

**Chapter**

**Section 1 (80 pts)**

**Nutrition and Health (Indepth Functional Foods)**  
**Digestion (Indepth Food Disorders)**

**Chapter 1**  
**Chapter 3**

1. Syllabus quiz **15 pts**
2. Summarize Video: Basic Nutrition (Films on Demand).  
Follow the instructions noted on the Moodle assignment page to summarize the 6 basic nutrients for proper nutrition. **15 pts**
3. Discussion Board Question: How can nutrition and nutrition information be used to impact positive changes in individual consumers, the environment, and society?  
**10 pts**
4. Topic Paper: Functional foods, phytochemicals, and probiotics. **20 pts**
5. Develop a power point on the food disorders celiac sprue, food allergies, and food intolerances. **20 pts**
6. Respond to two peer discussion posts by 11pm

**Section 2 (105 pts)**

**Carbohydrates (Indepth Diabetes)**  
**Fats (Indepth Cardiovascular Disease)**  
**Protein**  
**Vitamins and Minerals**

**Chapter 4**  
**Chapter 5**  
**Chapter 6**  
**Chapter 6 In Depth**

1. Carbohydrate Video Assignment:  
Healthy Eating: Carbohydrates (Films on Demand, Lipscomb Library)  
**15 pts**
2. Fats Video Assignment:  
Healthy Eating: Fats (Films on Demand, Lipscomb Library)  
**15 pts**
3. Protein Assignment:  
**15 pts**
4. Discussion Board Questions: Define “good fats” (HDL’s) and “bad fats” (LDL’s), provide food examples for each, and discuss why it is important for consumers to pay attention to consumption of “good fats” and “bad fats” when striving for good health?  
**10 pts**
5. Vitamin and Mineral assignment. Use the video below, the textbook, and power point Video:  
Essential Minerals and Vitamins (Films on Demand, Lipscomb) **15 pts**
6. Diet Analysis of Carbohydrate, Fat, and Protein in past 48 hrs. **15 pts**
7. Topic Paper: Discuss the role our diet plays in the development of coronary heart disease and increased diabetes risk. **20 pts**
8. Respond to two peer discussion posts by 11pm

**Section 3 (70 pts)**

**Designing a Healthy Diet**  
**Healthy Weight**  
**Physical Activity**

**Chapter 2**  
**Chapter 10**  
**Chapter 11**

1. Discuss the nutrition label requirements for food products. Analyze the two nutrition labels posted on the Moodle course page. Use the document posted on the page to complete the analysis. **20 pts**
2. Discussion question: What societal and environmental influences may contribute to overeating food practices? What can individuals do to help reduce overeating habits? **10 pts**
3. Review the resource materials available on the website:  
[MyPlate: Understanding the USDA Dietary Guidelines.](#) Click on links within the page.  
What resources can consumers use from the website to help maintain a healthy lifestyle and how will these resources assist the striving for wellness? **20 pts**
4. Study the My Plate Food Guidelines Brochure and review the Winnable Battles website. Using the information from these sources, discuss at least 6 ways the battle against obesity can be won. **20 pts**  
  
United States Department of Agriculture. (Jan 2018). My Plate Brochure. Click through links and read material accessible from the site.  
[My Plate Food Groups Brochure](#)  
  
Center for Disease Control. (Jan 2018). Winnable Battles: Nutrition, physical activity, and obesity.  
<https://www.cdc.gov/winnablebattles/report/nutrition.html>
5. Respond to two peer discussion posts by 11pm

**Section 4 (75 pts)**

**Fluids and Electrolytes**  
**Antioxidants and Energy Metabolism (Indepth Cancer)**  
**Bone and Blood Health (Indepth Osteoporosis)**

**Chapter 7**  
**Chapter 8**  
**Chapter 9**

1. Summarize Video: Osteoporosis Prevention and Treatment (Films on Demand; Lipscomb Library) **10 pts**
2. Summarize Video: Iron Deficiency Anemia (Films on Demand; Lipscomb Library) **5 pts**
3. Complete the Water and Electrolyte assignment. **10 pts**
4. Topic Paper: Antioxidants, osteoporosis, and anemia in relation to nutrition. **20 pts**
5. Food Intake Analysis: Follow the directions on the attached document on the Moodle page to complete a food intake analysis of 24 hours of food consumption. **30 pts**

**Section 5 (70 pts)**

**Food Safety**

**Chapter 12**

**Pregnancy & First Years of Life (Indepth Fetal Health)**

**Chapter 14**

**Adulthood After age 65**

**Chapter 15**

1. Discussion Board Question: Review material in the book and other resources regarding the question noted below.  
  
What physiological, behavioral, social, and environmental factors may affect the nutritional status and choices in elderly individuals and how can these challenges be remedied?  
**10 pts**
2. Food Safety Assignment: Watch the video Food Safety: From Market to Plate (Films on Demand). Also review the information from the book and power point for Chapter 12 to complete the assignment. **20 pts**
3. Watch the Jamie Oliver's TED talk: Teach every child about food. **20 pts**  
[http://www.ted.com/talks/jamie\\_oliver.html](http://www.ted.com/talks/jamie_oliver.html)
  - a. Discuss 6 things Jamie Oliver suggests to address the food epidemic in schools, at home, and in restaurants.
  - b. How can you use the information to get families involved in their children's nutrition education?
  - c. What can we incorporate in early childhood experiences to support good nutrition habits?
4. Topic Paper: Pregnancy and Childhood Nutrition. **20 pts**
5. Respond to two peer discussion posts by 11pm

**There is a consistent time of 11pm for each due date. (Other than one assignment at 5pm during the first week). Some assignments are due early in the week. The remainder of the assignments are due at your pace the rest of the week up to the Sunday at 11pm. It is highly recommended that you spread out assignments and turn some in earlier in the week. Many may choose to do that to minimize weekend work, however, I wanted to give you the option up to Sunday evening for submission in a 5-week concentrated course.**

**Late assignments will have point reductions. 15% of the points for the assignment will be subtracted for each day late. No assignments will be accepted after 6 days late**