

Nutrition and Performance SES 1163: Summer 2022

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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, cardiovascular disease, obesity, 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 5th 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 deficiencies.
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	93+	B-	80-82	D+	67-69
A-	90-93	C+	77-79	D	63-66
B+	87-89	C	73-76	D-	60-62
B	83-86	C-	70-72	F	Below 60

Course grading will include points for topic papers, discussion board participation, video summaries, syllabus quiz, learning activity assignments and the final exam.

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. All assignments should be uploaded to the specific Moodle assignment section.

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 access Moodle, upload word document and respond to assignments on the Moodle assignment page.
4. 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.
5. Graded assignments will be shared in a Google folder to each individual student.

General Participation:

As this course is a full semester 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 expected in order to perform well in the course. Students are expected to participate in video viewing and summaries, discussion board posts, quizzes, and assignments.

Power Point Recordings

The professor recorded audio presentations for students to watch at their leisure to assist with content knowledge and understanding of course material. These are shared on the Moodle page for each week.

Communication With Professor

Email, phone calls, and texts will receive a response within 24 hours when sent between Monday-Friday. Emails received over the weekend may have a delayed response time.

Office hours will be held Wed. 4:00-5:00p, and Thurs. 11a-12:00p. A Google Meet link is posted on the Moodle page under announcements. Text, phone calls and email are also acceptable.

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 flash drive or Google 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, café or a friend's home.
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 a quiz and you are disconnected during the process, please send the professor an email to describe the problem.

Section Activities and Acceptable Resources

Each Section week will have specific activities. 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/University research from an .edu website are acceptable, as well as from .gov. 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. You can access journals from the Lipscomb Library webpage.

Readings and Power Points

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

Discussion Board Participation for Week 3

Discussion board responses are required on **Thursday by 11pm and Sunday by 11pm**. Post a minimum 250-word response.

The student must initially respond to the topic question on Thurs. for 5 pts. The response should be well formulated and professional with no abbreviations or “text slang”. Use citations if necessary.

Each student must also respond to 2 classmate posts (2.5 pts each) on Sunday by 11pm. The student is expected to be respectful, professional, and accurate in responses.

Written Assignment Important Information

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 in a timely manner to the Moodle assignment page.

Use cited resources to support your assignments. Information relating to appropriate basic APA citations and referencing is on an audio 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 your last name and brief assignment information when naming files.**
****Important! Example: SarsonProteinAssignment.docx**
3. **All files must be either .doc or .docx and uploaded to the Moodle assignment page.**
The purpose of word documents is to facilitate grading with professor comments on each assignment in the margins.
4. For simplicity all information must be merged to one single document.
5. All assignments that do not follow these rules will not be graded.

Video Viewing with Films on Demand and You Tube Videos

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. Choose the drop-down menu under “How do I search” (second link from left). Then “More help”
3. Click on Find a Source
4. Choose Video
5. You will find information on Library Streaming

You Tube links are provided in sections where these videos are available for assignment information.

Disability Statement

Students with disabilities needing accommodations in summer online classes at Randolph College may send any requests for accommodations and accompanying documentation to accessibility@randolphcollege.edu.

Students enrolled at other colleges or universities may submit current letters of accommodation from their home school. Students who are not currently receiving accommodations and would like to inquire about receiving them in summer online classes at Randolph College can send any pertinent documentation or inquiries to the Diane Roy Coordinator of Access Services at the email address listed above.

Topics (In depths are at end of chapters) Chapter

Section 1 (50 pts).

Nutrition and Health (In depth Functional Foods) Chapter 1
Digestion (In depth Food Disorders) Chapter 3

1. Syllabus quiz **15 pts**
2. Basic Nutrition (Films on Demand and You Tube video available).

Follow the instructions noted on the Moodle assignment page to summarize the 6 basic nutrients for proper nutrition. **15 pts**

3. Develop a power point on the food disorders celiac sprue, food allergies, and food intolerances. **20 pts**

Section 2 (65 pts)

Carbohydrates (In depth Diabetes) Chapter 4
Fats (In depth Cardiovascular Disease) Chapter 5
Protein Chapter 6
Vitamins and Minerals Chapter 6 In Depth

1. Carbohydrate Video Assignment:
Healthy Eating: Carbohydrates **10 pts**
2. Fats Video Assignment: Healthy Eating: Fats. **10 pts**
3. Protein Assignment: **10 pts**
4. Vitamin and Mineral assignment. **15pts**
6. Topic Paper: Discuss the role our diet plays in the development of coronary heart disease and increased diabetes risk. **20 pts**

Section 3 (50 pts).

Designing a Healthy Diet Chapter 2
Healthy Weight Chapter 10
Physical Activity Chapter 11

1. Discuss the nutrition label requirements for food products. Analyze the two nutrition labels posted on the Moodle course page. Questions are also posted in a document. **20 pts**

2. Discussion question: What personal and societal 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 following 2 websites:

[MyPlate:](http://myplate.gov) Myplate.gov. Click on links within the page.
 United States Department of Agriculture. (Jan 2018).

 Center for Disease Control. (Jan 2018). Winnable Battles: Nutrition, physical activity, and obesity. <https://www.cdc.gov/winnablebattles/report/nutrition.html>
 - a. What resources are available and what can consumers use from the websites to help maintain a healthy lifestyle in the striving for wellness? Be thorough.
 - b. Using the information from these sources, discuss at least 6 ways the battle against obesity can be won. **20 pts**
4. Respond to two peer discussion posts by 11pm Sunday June 13

Section 4 70 pts

Fluids and Electrolytes	Chapter 7
Antioxidants and Energy Metabolism (In depth Cancer)	Chapter 8
Bone and Blood Health (In depth Osteoporosis)	Chapter 9
Functional Foods (located in In depth)	Chapter 1

1. Discuss vitamins and minerals assisting with energy creation and bone health. **10 pts**
2. Water and Electrolyte assignment. **10 pts**
3. Topic Paper: Antioxidants and phytonutrients (functional foods) in relation to nutrition and supporting health. **20 pts**
 - a. Osteoporosis Prevention and Treatment (Films on Demand) is available for a resource.
 - b. You Tube Video on Phytonutrients and Chapter 1 indepth information
<https://www.youtube.com/watch?v=12SuUkRxXIw>
4. Food Intake Analysis: Follow the directions on the attached document on the Moodle page to complete a food intake analysis of 48 hours of food consumption. **30 pts**

Section 5 65 pts

Food Safety	Chapter 12
Pregnancy & First Years of Life (In depth Fetal Health)	Chapter 14
Adulthood After age 65	Chapter 15

1. Elderly and Nutrition: Review material in the book, power point 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). **15 pts**
3. Watch the Jamie Oliver's TED talk: Teach every child about food. **20 pts**
http://www.ted.com/talks/jamie_oliver.html
 - a. Discuss 6 things Jamie Oliver suggests in addressing the food epidemic in schools, at home, and in restaurants.
 - b. In addition to the video information, research and discuss what can be incorporated in early childhood experiences to support good nutrition habits?
4. Topic Paper: Pregnancy and Childhood Nutrition. **20 pts.**

Section 6 Final Exam Information
Comprehensive open book final exam.