

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

HEAL 330 –001 Nutrition (3)  
Spring 2014

DAY/TIME: TR 3:00-4:15pm

LOCATION: PW-BRH 246

INSTRUCTOR: Marie Duncan, M.S.

EMAIL: mduncan3@gmu.edu

OFFICE HOURS: By Appointment

PREREQUISITES: None

#### COURSE DESCRIPTION

Assesses dietary habits and patterns in relation to nutrient requirements. Emphasizes weight control, diet and fitness, and current nutritional controversies.

#### COURSE OBJECTIVES

At the completion of this course, students will be able to:

1. Define and describe the basic macronutrients and recommendations in the American diet.
2. Understand the relationship between nutrition and chronic diseases.
3. Define and describe healthful nutrition practices for weight control and fitness/sport.
4. Define and describe the nutrient needs for varying stages of the human life cycle.

#### COURSE OVERVIEW

The course focuses on the basic principles of nutrition and its application in practice and overall health. It will be lecture based with ‘think, pair and discuss’ sessions to elicit thought provoking discussion to help emphasize key components of the lecture. Case studies will be presented and discussed throughout the course to help students translate theory into practice.

Throughout the course, students will gain insight into their own nutrition status and develop the knowledge base and strategies to begin necessary modifications.

Students are held to the standards of the George Mason University Honor Code. *You are expected to attend all class sections, actively participate in class discussions, and fulfill all assignments.* Assignments must be turned in at the beginning of class on the specific date due or no credit will be given. Assignments sent via email, late, or handwritten will not be accepted.

**Rubric and instructions for each assignment will be posted under “Assignments” on Blackboard.**

**Cell phones/electrical devices are not permitted in class.**

#### NATURE OF COURSE DELIVERY

Face to face

## REQUIRED READINGS

Schiff, W., (2013). **Nutrition for Healthy Living, 3rd Edition.** New York, NY: McGraw Hill.

## EVALUATION

This course will be graded on a point system:

Assignments: 11 assignments worth 10 to 20 points each

Final Paper: 50 points

Exams: 4 exams (including final exam) ~50 points each

**No makeup exams are allowed unless student has received prior approval from the instructor.** All exam dates are listed on the Tentative Course Schedule, so please plan accordingly.

Note: Absences, late arrivals, and lackadaisical performance could significantly affect a student's grade.

## Grading Scale

A	= 94 – 100	B+	= 88 – 89	C+	= 78 – 79	D	= 60 – 69
A-	= 90 – 93	B	= 84 – 87	C	= 74 – 77	F	= 0 – 59
		B-	= 80 – 83	C-	= 70 – 73		

## Tentative Class Schedule

DATE		TOPIC	READINGS/ASSIGNMENTS DUE
<b>January</b>	21	Introduction/Course Overview	
	23	The Basics Of Nutrition	<b>Chapter 1</b> Homework #1: One day of myfitnesspal.com
	28	Evaluating Nutrition Information	<b>Chapter 2</b>
	30	Evaluating Nutrition Information	Homework #2 Article analysis
<b>February</b>	4	Planning Nutritious Diets	<b>Chapter 3</b>
	6	Planning Nutritious Diets	Homework #3: 6 days of a Food Diary
	11	Body Basics	<b>Chapter 4</b>
	13	Body Basics	
	13 thru 18	<b>Exam #1: Chapters 1-4</b>	
	18	Carbohydrates	<b>Chapter 5</b>
	20	Carbohydrates	Homework #4: Personal diet analysis: Carbohydrates and Fiber
	25	Fats and Other Lipids	<b>Chapter 6</b>
27	Fats and Other Lipids	Homework #5: Paper: Healthy food swaps	
<b>March</b>	4	Proteins	<b>Chapter 7</b>
	6	Proteins	Homework #6 Personal diet analysis

<b>March</b>	6 thru 9	<b>Exam #2: Chapters 5-7</b>	
	10 thru 16	<b>No Class ~ Spring Break!</b>	
	18 20	Vitamins Vitamins	<b>Chapter 8</b> Homework #7: Paper: Diet and Cancer
	25	Water and Minerals	<b>Chapter 9</b>
	27	Water and Minerals	Homework #8: Paper: Bottled water vs. Tap water
<b>April</b>	1	Energy Balance and Weight Control	<b>Chapter 10</b>
	3	Energy Balance and Weight Control	Homework #9: Article analysis: Diet- real or fad?
	3 thru 8	<b>Exam #3: Chapters 8-10</b>	
	8	Nutrition for Physically Active Lifestyles	<b>Chapter 11</b>
	10	Nutrition for Physically Active Lifestyles	Homework #10: Personal diet analysis: Exercise
	15	Food Safety Concerns	<b>Chapter 12</b>
	17	Food Safety Concerns	Homework #11: Paper: Is it really safe to eat? Fast food restaurants.
	22	Nutrition for a Lifetime	<b>Chapter 13</b>
	24	Nutrition for a Lifetime	
29	King Corn movie/discussion		
<b>May</b>	1	King Corn presentation/discussion	<b>Final Paper Due</b>
	<b>6</b>	<b>Reading Day ~ No Class</b>	
	<b>8</b>	<b>Final Exam 1:30-4:15pm</b>	<b>PW-BRH 246</b>

**Note: Faculty reserves the right to alter the schedule as necessary**

**Drop without Tuition Penalty Dates: Nov. 5, 2013 to Jan. 28, 2014**

**Drop with Tuition Penalty (and final drop deadline) Dates: Jan 29, 2014 to Feb. 21, 2014**

*Student Expectations*

·Students must adhere to the guidelines of the George Mason University Honor Code (See <http://oai.gmu.edu/honor-code/>).

·Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester (See <http://ods.gmu.edu/>).

·Students must follow the university policy for Responsible Use of Computing (See <http://universitypolicy.gmu.edu/1301gen.html>).

·Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.

·Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

·Students are expected to exhibit professional behaviors and dispositions at all times.

### *Campus Resources*

·The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (See <http://caps.gmu.edu/>).

·The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (See <http://writingcenter.gmu.edu/>).

·For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website (See <http://rht.gmu.edu>).

**CORE VALUES COMMITMENT:** The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

