

**San José State University**  
**Departments of Nutrition, Food Science, & Packaging**  
**College of Applied Sciences and Art**  
**NUFS 9, Intro to Human Nutrition**  
**Fall 2015, Section 1**

<b>Department</b>	<b>NUFS</b>
<b>Instructor</b>	Izzie Brown, MS, RDN, CSCS
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<b>Office hours</b>	Tu: 1:30-2:30, WTh 1:30-2:00 and by appointment
<b>Turnitin.com</b>	All Nutrition papers are to be submitted to Canvas and hard copy in class.
<b>Class days/time</b>	MW: 12:00-1:15
<b>Classroom</b>	CCB 102
<b>Prerequisites</b>	None. Intended for non-Nutrition, Nursing and Health Professionals majors. No credit will be given to those who have completed NUFS 8 or NUFS 4.
<b>GE - SJSU Studies</b>	Area E – Human Understanding and Development

### **Faculty Web Pages or Canvas Sites**

Course materials such as syllabus, handouts, notes, and assignment instructions can be found on the instructor's faculty web page at <http://www.sjsu.edu/people/izzie.brown/>. Students are responsible for regularly checking the messaging systems through MySJSU and Canvas for any updates.

### **Course Description**

By the end of the semester, students will be exposed to principles and methodology of nutritional sciences; standards of nutrient intake; physiological functions and chemical classification of nutrients; nutrients needs throughout the lifespan; relationship between diet and disease; scientific, cultural, social and psychological issues. (3 units)

### **GE Area E (Human Understanding and Development) Goal and Learning Outcomes**

The goal of this course is to enable students to see themselves as integrated physiological, social, and psychological entities empowered to formulate strategies for lifelong personal development. Students will also learn skills to employ available University resources to support academic and personal development.

## General Education Learning Outcomes (GELOs)

Upon successful completion of this course, students should be able to:

- GELO 1. recognize the physiological, social/cultural, and psychological influences on well-being; (when discussing basic nutrition, eating and drinking on and around campus, designing a healthy diet, body systems, macronutrients, body weight, disordered eating, micronutrients, and nutrition through the lifespan)
- GELO 2. recognize the interrelation of the physiological, social/cultural, and psychological factors on development across the lifespan; (when discussing nutrition through the lifespan)
- GELO 3. use appropriate social skills to enhance learning and develop positive interpersonal relationships with diverse groups of individuals; (during small and large learning group discussions, and implementing identified preferred learning style strategies)
- GELO 4. recognize themselves as individuals undergoing a particular stage of human development, how wellbeing is affected by the University's academic and social systems and how to facilitate development within the University environment. (reinforced throughout lectures and discussions, and as a result of the Campus Student Resource assignment.)

## Course Learning Outcomes (CLOs)

Upon successful completion of this course, students will be able:

- CLO 1: To apply basic principles of nutritional biology, biochemistry, and physiology and to examine changing nutrient needs across the lifespan.
- CLO 2: To objectively evaluate a self-designed eating plan, and assess it for adequacy during their current stage of life, as well as to improve their current and future health and well-being, while being cognizant of their environment, age, sex, race, culture, and familial genetic heritage.
- CLO 3: To identify their current preferred learning style, develop and implement strategies to maximize learning, and develop strategies in the event that a teaching style is inconsistent with how a student prefers to learn, while maintaining awareness of physiological, social/cultural, and psychological aspects of University life.
- CLO 4: To employ University resources to foster successful academic and personal development.

## Required Texts

- Wardlaw, G. A., & Smith, A. A. (2015). *Contemporary Nutrition: A functional approach* (4th ed.). Boston: McGraw-Hill. SJSU custom text available in the bookstore. Full text not available in the bookstore, but content is appropriate for class. ISBN: 978-0-07-802139-8.
- Ebook is available at a substantial savings through McGraw-Hill.

## Library Liaison

Emily Chan is the KIN and NuFS reference librarian, [emily.chan@sjsu.edu](mailto:emily.chan@sjsu.edu). Phone number: (408) 808-2044. Office hours: Monday 3:00 – 4:00 and Friday 11:00 – 12:00

## Course Format

This course will include lecture, class discussion, and small learning group work. Student participation is both a vital part of the learning process and an important way to enrich the classroom experience. Students are expected to have read the assigned materials before class

and to be prepared to actively participate, discussing course content, raising issues, providing information from their own experiences, and asking questions during the class. If students miss class, they are responsible for obtaining lecture notes and handouts from another student before seeing the instructor about the missed content.

- SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of forty-five hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in [University Policy S12-3](http://www.sjsu.edu/senate/docs/S12-3.pdf) at <http://www.sjsu.edu/senate/docs/S12-3.pdf>.
- Note that [University policy F69-24](http://www.sjsu.edu/senate/docs/F69-24.pdf) at <http://www.sjsu.edu/senate/docs/F69-24.pdf> states that “Students should attend all meetings of their classes, not only because they are responsible for material discussed therein, but because active participation is frequently essential to insure maximum benefit for all members of the class. Attendance per se shall not be used as a criterion for grading.”
- Note that “All students have the right, within a reasonable time, to know their academic scores, to review their grade-dependent work, and to be provided with explanations for the determination of their course grades.” See [University Policy F13-1](http://www.sjsu.edu/senate/docs/F13-1.pdf) at <http://www.sjsu.edu/senate/docs/F13-1.pdf> for more details.

## Assignments and Grading Policy

Assignment	Points (%)	GELOs	CLOs
10 Quizzes	300 (70)	1, 2, 3	1, 2, 3
Dinner Diet Self-Study	15 (4)	1, 2	1, 2
3-day Diet Self-Study	50 (12)	1, 2, 3, 4	1, 2
Campus Student Resource Assignment	30 (7)	1, 2, 3, 4	4
Learning Style Preference Assignment	30 (7)	4	3
<b>Total Points</b>	<b>425 (100)</b>		

- During the semester, there will be eight short multiple-choice, true/false, matching, short answer quizzes. Each of these will be 15 minutes long and contain about 15 questions. You must bring a T & E 200 answer sheet (available at the campus bookstore) for each of these tests. The last two tests (9 and 10) will take place during the final exam session. You may miss, at most, two of the eight mid-semester quizzes, but each of these two must be made up during the final exam. Missing more than two quizzes will result in scores of zero for the missed quizzes. These cannot be made up during the final exam. For either or both of the allowed missed quizzes, there will be an opportunity to take a make-up quiz during the final exam session after completing quizzes 9 and 10.
- If a student knows in advance that he or she will miss any of quizzes 1 - 8, contact the instructor to take the quiz prior to the quiz being given in class.
- Final exam: given during Finals week, will comprise quizzes 9 and 10, and may include up to four of quizzes 1-8 taken, with the exception of  $\geq$  three missed quizzes, as described above. These are not the same as the original quizzes, but will assess understanding of the same material. If one or two quizzes were missed during the

semester, those quizzes must be taken at this time or the grade will remain a zero. In addition, this is a time to improve a previous quiz score. For each additional quiz taken, the new higher score will replace the original lower score on the corresponding quiz. If the new score is lower, the two scores will be averaged together. If the new score is the same as the previous score, no change will occur. Thus, it is possible to improve quiz scores during the final exam. Since it is also possible to damage a quiz grade, think carefully before deciding to take a repeat quiz during the final exam.

- Calculators are required during quizzes and may not be shared. Calculators on phones will not be allowed.
- Written assignments are due at the beginning of class on the due date. A hard copy is to be submitted in class and an electronic version uploaded to Canvas. Assignments handed in after class has begun, unless otherwise specified, will be considered late. There is a 5% penalty for each weekday (M-F), or partial weekday, that assignments are late. Assignments will not be accepted 1 week past the due date.
- All assignments written outside of class must be typed, double-spaced, 12-point font, Times New Roman style.
- Writing in General Education courses shall be assessed for grammar, content, clarity, conciseness, and coherence.
- Guidelines for the 3-Day Diet Self-Study, Dinner Diet Self-Study, Campus Student Resource Assignment and Learning Style Preference Assignment are available on the faculty web site and will be discussed in class.
  - Both Diet Self-Study reports require evaluation and analysis of a meal and then three days of eating and drinking compared to dietary standards.
  - The Campus Student Resource assignment requires the exploration of five of the many Student Resources on the SJSU campus and to write at least 700 words (total and all original) to describe them.
  - The Learning Style Preference Assignment requires taking a quiz, obtaining scores for four domains, and applying scores to the student's current academic habits.

**2 Papers:**  $\geq$  1400 words

Campus Student Resource Assignment	2-3 pages 700-750 words
Learning Style Preference Assignment	2-3 pages 700-750 words
<b>Total</b>	4-6 pages

**Assignment of Grades**

97-100% = A+	93-96% = A	90-92 = A-
87-89% = B+	83-86% = B	80-82% = B-
77-79% = C+	73-76% = C	70-72% = C-
67-69% = D+	63-66% = D	60-62% = D-
Below 60% = F		

## **Classroom Protocol**

- Students are expected to attend all class meetings, arrive on time and stay until the class ends. Students are expected to treat other students and faculty with respect. Do not distract or disrupt class with electronics or other noises. Be attentive to comments made by fellow students and the faculty. Students are to have read and thought about the assigned reading before coming to class. Be prepared to ask questions about material not understood and to comment on and discuss material found to be provocative. Consider taking notes of questions or thoughts while reading and bring them to class for discussion.

## **University Policies**

### **General Expectations, Rights and Responsibilities of the Student**

As members of the academic community, students accept both the rights and responsibilities incumbent upon all members of the institution. Students are encouraged to familiarize themselves with SJSU's policies and practices pertaining to the procedures to follow if and when questions or concerns about a class arise. See [University Policy S90-5](http://www.sjsu.edu/senate/docs/S90-5.pdf) at <http://www.sjsu.edu/senate/docs/S90-5.pdf>. More detailed information on a variety of related topics is available in the [SJSU catalog](http://info.sjsu.edu/web-dbgen/narr/catalog/rec-12234.12506.html), at <http://info.sjsu.edu/web-dbgen/narr/catalog/rec-12234.12506.html>. In general, it is recommended that students begin by seeking clarification or discussing concerns with their instructor. If such conversation is not possible, or if it does not serve to address the issue, it is recommended that the student contact the Department Chair as a next step.

### **Academic Integrity**

Your commitment, as a student, to learning is evidenced by your enrollment at San Jose State University. The [University Academic Integrity Policy S07-2](http://www.sjsu.edu/senate/docs/S07-2.pdf) at <http://www.sjsu.edu/senate/docs/S07-2.pdf> requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or using another person's ideas without giving proper credit) will result in a score of 0. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include in your assignment any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy F06-1 requires approval of instructors. Information about plagiarism can be obtained at the [MLK library](http://tutorials.sjlibrary.org/tutorial) web site at <http://tutorials.sjlibrary.org/tutorial>. (See the plagiarism tutorial for more information.)

### **Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic year calendars document on the [Academic Calendars webpage](http://www.sjsu.edu/provost/services/academic_calendars/) at [http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes. Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

## **Campus Policy in Compliance with the Americans with Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at [http://www.sjsu.edu/president/docs/directives/PD\\_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec) (AEC) at <http://www.sjsu.edu/aec> to establish a record of their disability. The AEC is located in ADM 110 (408-924-6000 [voice] or 408-924-5990 [TDD]).

## **Consent for Recording of Class and Public Sharing of Instructor Material**

[University Policy S12-7](http://www.sjsu.edu/senate/docs/S12-7.pdf), <http://www.sjsu.edu/senate/docs/S12-7.pdf>, requires students to obtain instructor's permission to record the course. "Common courtesy and professional behavior dictate that you notify someone when you are recording him/her. You must obtain the instructor's permission to make audio or video recordings in this class. Such permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material."

- In classes where active participation of students or guests may be on the recording, permission of those students or guests should be obtained as well.
- "Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent."

## **SJSU Writing Center**

The SJSU Writing Center is located in Clark Hall, Suite 126. All writing specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the [Writing Center website](http://www.sjsu.edu/writingcenter) at <http://www.sjsu.edu/writingcenter>.

## **Accommodation to Students' Religious Holidays**

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See [University Policy S14-7](http://www.sjsu.edu/senate/docs/S14-7.pdf) at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

## **Student Technology Resources**

Computer labs for student use are available in the [Academic Success Center](http://www.sjsu.edu/at/asc/) at <http://www.sjsu.edu/at/asc/> located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library. A wide

variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

## **SJSU Peer Connections**

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of the Student Services Center (SSC).

Peer Connections maintains three locations: SSC, Room 600 (10th Street Garage on the corner of 10<sup>th</sup> and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at <http://peerconnections.sjsu.edu> for more information.

## **SJSU Counseling Services**

The SJSU Counseling Services is located on the corner of 7<sup>th</sup> Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit the [Counseling Services website](http://www.sjsu.edu/counseling) at <http://www.sjsu.edu/counseling>.

## Proposed Course Schedule

Subject to change with fair notice

\* Reading assignments should be completed before the class period in which they will be discussed.

DATE	TOPIC	READING ASSIGNMENTS	QUIZ	DUE
M, 8/24	Course Overview & Introduction			
W, 8/26	Nutrition, Food Choices and Health	Ch. 1		
M, 8/31	Nutrition, Food Choices and Health			
W, 9/2	Writing Center specialist Hannah Wiltbank			
M, 9/7	<b>Labor Day – Campus closed</b>			
W, 9/9	Guidelines for Designing a Healthy Diet	Ch. 2	1: Nutrition, Food Choices & Health (Ch. 1)	Print Portion Size Guide from web page
M, 9/14	Guidelines for Designing a Healthy Diet			Bring a food label
W, 9/16	Human Body	Ch. 3		Campus Student Resource paper
M, 9/21	Carbohydrates	Ch. 4	2: Healthy Diet (Ch. 2) & Human Body (Ch. 3)	
W, 9/23	Carbohydrates		2: Healthy Diet (Ch. 2) & Human Body (Ch. 3)	Learning Style Preference uploaded to Canvas (rescheduled 11/16)
M, 9/28	Lipids	Ch. 5	3: Carbs (Ch. 4)	
W, 9/30	Lipids			
M, 10/5	Proteins	Ch. 6	4: Lipids (Ch. 5)	
W, 10/7	Proteins			
M, 10/12	Energy Balance and Weight Control	Ch. 7	5: Proteins (Ch. 6)	
W, 10/14	Energy Balance and Weight Control			
M, 10/19	Disordered Eating	Ch. 15		
W, 10/21	Disordered Eating			



M, 10/26	Micronutrients Micronutrients and Electrolyte Balance	Ch. 8 & 9	6: Energy Balance (Ch. 7) & Disordered Eating	
W, 10/28	Micronutrients and Electrolyte Balance			Dinner Diet Self-Study
M, 11/2	Antioxidants	Ch. 10	7: Micronutrients (Ch. 8) & Electrolytes (Ch. 9)	
W, 11/4	Micronutrients and bone	Ch. 11		
M, 11/9	Micronutrients and bone			
W, 11/11	<b>Veteran's Day – Campus closed</b>			
M, 11/16	Micronutrients and energy: Alcohol consumption	Ch. 12		Learning Style Preference uploaded to Canvas
W, 11/18	Micronutrients and blood & immunity	Ch. 13	8: Antioxidants (Ch. 10) & Bone (Ch. 11)	
M, 11/23	Micronutrients and blood & immunity			
W, 11/25	Nutrition: conception and pregnancy	Ch. 18		Diet Self- Study
M, 11/30	Nutrition: infancy through adolescence	Ch. 19		
W, 12/2	Nutrition: older adult	Ch. 20		
M, 12/7	Nutrition: older adult continued			
12/10, Th 9:45	<b>FINAL EXAM</b>		9: Energy, Blood & Immunity (Ch. 12 & 13) 10: Pregnancy, Infancy- Adolescence, Older Adult (Ch. 18-20) + Make Up quizzes	
12/21 Midnight	<b>Grades due</b>			