INSTRUCTOR INFORMATION:

Name: Leslie Goudarzi, MS, RD, LD, CNSD, CSP
   Board Certified in Nutrition Support Dietetics
   Board Certified in Pediatric Nutrition

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Office: PE 101 A
   Posted office hours or by appointment

COURSE INFORMATION:

Course Rationale: This course meets the requirements for Nutrition Education, which is an integral component of the curriculum for Nursing and Physical Education majors. This course also meets the core requirement for the A.S. Degrees at Kilgore College.

Course Title: Nutrition

Course Number: HECO 1322

Course Discipline: Health Science

Course Description: A study of nutrition and food as applied to every day living, basic nutrition and wellness, concepts in relation to the individual, with emphasis on the preparation on today’s kinesiology and nursing majors.

Course Dates: Fall and Spring Semesters, (Refer to attached schedule for detailed class schedule).
EDUCATIONAL MATERIALS:

Required Materials

Hand held calculator

Optional BUT VERY Recommended Resources


COURSE EVALUATION:

You will be given 4 regular tests worth 100 points each. You will be allowed to drop your lowest test grade (for whatever reason). You will also have “Daily Work” consisting of quizzes and other assignments that will be worth 100 points (equivalent to a test grade). LATE WORK WILL NOT BE ACCEPTED!!! Your final exam is comprehensive and will be worth 150 points. The points will be accumulated and grades will be assigned as follows:

3 Tests @ 100 points each  300 points
Daily Grade  100 points
Comprehensive Final  150 points

A=495-550 points
B=440-494 points
C=385-439 points
D=330-384 points
F=less than 329 points

DISCLAIMER:
The instructor reserves the right to make modifications in the content and schedule as necessary to promote the best education and performance opportunities.
CLASSROOM POLICIES:

Class Attendance:

You are EXPECTED to be in class and on time. Attendance will be taken. If you leave class early without direct permission from the instructor, you will be counted absent. Please note: STUDENTS WILL NOT BE DROPPED FOR LACK OF ATTENDANCE. If you choose to drop the class, you MUST go to the registrar's office and complete the appropriate paperwork. Otherwise, you will receive the grade you have earned.

Cheating and academic dishonesty:

Cheating IS NOT tolerated in this class! This includes using someone else’s work on a test, quiz, and/or other assignment. It also includes allowing someone else to use your work. You are expected to complete all of your own work, including the typing of your outside assignments. Any violation of this policy will result in referral to the Dean and disciplinary action will be enforced. Your grade will also be affected in accordance to the Academic Dishonesty Policy in the Student Handbook. If you have any questions regarding this policy, it is imperative that you ask.

If you have any questions or problems during the semester, you are encouraged to call me or make an appointment.

Cell phone usage in class: Cell phones are not allowed in class. Text messaging, making or accepting calls is NOT allowed. Phones are to be placed inside a purse or backpack on silent during class. After ONE warning, you will be asked to leave. Cell phone usage is absolutely prohibited during exams.

STUDENT LEARNING OUTCOMES:

After successful completion of this course, the student will:

1. Recognize the importance of nutrition in promoting physical fitness and wellness.
   Activities: text readings, class lecture, computer analysis and discussion
   Assessment: Dietary analysis on computer, critical writing activity, and written exam in multiple choice, true/false, matching, and fill in the blank format.
   (A, B, C, D)

2. Recognize the basic need for nutrients by all individuals.
   Activities: text readings, class lecture, daily assignments
   Assessment: Completion of daily assignments and written exam in multiple choice, true/false, matching, and fill in the blank format.
   (C)
3. Apply basic nutrition knowledge in making food choices and obtaining and adequate diet.
   Activities: text readings, class lectures, daily assignments, demonstration, Internet/computer searches and activities.
   Assessment: written assignments and exam in multiple choice, true/false, matching, and fill in the blank format.
   (C, D)

4. Relate energy balance to under and overweight, eating disorders
   Activities: text readings, lectures, discussion
   Assessment: written assignments and exams in multiple choice, true/false, matching, and fill in the blank format.
   (A, B, C, D)

5. Understand food and drug interactions
   Activities: class lecture and discussion
   Assessment: written assignments and exam in multiple choice, true/false, matching, and fill in the blank format.
   (C)

   Activities: class lecture, discussion, and text readings
   Assessment: Written assignments and exam
   (A, B, C, D)

**Exemplary Educational Objectives:**
A. To identify the components of physical fitness
B. To demonstrate the benefits and significance of participating in a lifetime fitness program.
C. To develop skills and knowledge to make an intentional choice of a lifestyle change characterized by personal responsibility, balance, and health.
D. To identify activities that will improve the level of physical fitness and to encourage participation in one or more of these on a regular basis.

**CLASS SCHEDULE:**
An attached class schedule for lecture topics, written and oral activities, and evaluation exercises will be provided.
Policy Agreement for Nutrition 1322

1) Students are expected to be on time for class and TESTS. If a student is more than 10 minutes late to a TEST, it will be determined by the instructor if the student is allowed to take the EXAM.

2) No cell phones in class. ABSOLUTELY NO TEXT messaging after class has started. Student using phones during class will be subject to disciplinary actions and/or dismissal of the class.

3) No cheating is allowed.

4) Review sheets are due before tests. They should be typed and stapled; 2 points will be taken off for no staple and 2 points will be taken off if not typed. No late work will be accepted. Do not send review sheets via e-mail. They will not be graded.

I have read the entire syllabus and understand the policies for the class. I agree to follow these policies or be subject to the outlined penalties.

__________________________________________
Student’s name

__________________________________________
Student signature

__________________________________________
Instructor’s signature

__________________________________________
Date
COURSE OUTLINE 1322
Introduction to Nutrition

I. What You Eat and Why
   A. Understanding Food Labels
   B. Body Mass Index

II. Guidelines for Designing a Healthy Diet
   A. Food Guide Pyramid
   B. Exchange System
   C. USDA Dietary Guidelines
   D. American Heart Association Guidelines
   E. Health Reform Changes

III. Understanding Digestion
   A. Anatomy and Physiology of the Gi Tract
   B. Enzyme and Hormone Interactions

IV. Carbohydrates
   A. Monosaccharides
   B. Disaccharides
   C. Fiber
   D. Sugar Substitutes
   E. Carbohydrate Digestion and Metabolism
   F. Recommended Guidelines

V. Protein
   A. Essential Amino Acids
   B. Nonessential Amino Acids
   C. Complete Proteins vs Incomplete Proteins
   D. Complementary Proteins
   E. Protein Digestion and Metabolism
   F. RDAs for Protein
   G. Protein Diseases
      1. Kwasiorkor
      2. Marasmus

VI. Fat
   A. Fatty Acids
   B. Sterols
   C. Fat Digestion and Metabolism
   D. Minimum Requirements for Fat
   E. Fatty Acid Deficiency

VII. Ethanol
A. Recognition as a Nutrient/Toxin
B. Metabolism and Digestion of ETOH
C. Dietary Sources

VIII. Vitamins
A. Water Soluble Vitamins
   1. Deficiency
   2. Toxicity
B. Fat Soluble Vitamins
   1. Deficiency
   2. Toxicity

IX. Minerals
A. Major Minerals
   1. Deficiency
   2. Toxicity
B. Trace Minerals
   1. Deficiency
   2. Toxicity
C. RDAS

X. Water
A. Functions of Water
B. Body Composition
C. Estimating Requirements
   1. Fluid Intake
      a. Food
      b. Water
   2. Fluid Output

XI. Weight Management
A. Diet vs Lifestyle Choices
B. National Weight Loss Registry Strategies

XII. Eating Disorders
A. Anorexia
B. Bulimia
C. Baraphobia

Revised 6/10