Chemistry 250—Nutrition—Winter 2014

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Office Hour Thurs 12:45-1:45 pm Room 306 Science Building 2 or by appt

This class is a Hybrid class, meaning much of the class material will be presented online in PSU’s Desire2Learn software. You will need to have reliable access to a computer and the internet in order to complete the course requirements and succeed in this class. If you are unsure whether this class is appropriate for you, please email me with your questions, no later than the first week.

First and foremost, you should be able to distinguish between your personal preferences, beliefs and biases and sound evidence-based nutrition science. At times, they may be in conflict or concurrence. For this class, you will be evaluated and graded on your understanding of the material presented in the lectures, textbook, and online course information.

Goals of the Course: at the end of the class you should be able to do the following:

1. Be able to distinguish among foods as relative sources of calories and the various nutrients and be aware of appropriate sources for this information

2. Be able to list the nutrients that are essential for normal functioning of the body and briefly describe functions of each of these nutrients as they interrelate for achieving good health.

3. Be able to recognize the following processes as they relate to obtaining nutrients from food and their use within the body: digestion, absorption, transport, metabolism and excretion.

4. Be able to interpret food guides and other dietary guidelines designed to meet nutrition needs.

5. Be able to identify current food and nutrition problems.

6. Be aware of methods and areas of nutrition research.

7. Be able to use computer software to assess the quality of your usual diet

Please be aware that this class is designed to present nutrition concepts as a science, it is not geared directly towards your individual eating/dietary meals, other than by inference. If you are looking for a personal nutrition class, this will probably not meet your expectations. The politics of food, along with agricultural issues, while interesting, is beyond the scope of this class.
**Required Textbook & Software**

Human Nutrition Custom Edition, by Whitney and Rolfes

-OR-

Understanding Nutrition 13th Edition, by Whitney and Rolfes and Diet Analysis Software Login version 10.0 (comes bundled with Custom and New textbook; must be purchased separately if purchasing a used textbook).

There are several versions of this book available. All versions that are at the bookstore are OK for this class. Editions earlier than the 11th edition should not be used.

**Online Class--Desire2Learn**
This class is partially presented by Desire2Learn. Log on at www.psuonline.pdx.edu You will automatically be enrolled in the online portion of the class when you are registered. Here you will find all class information, handouts, weekly lectures, discussion topics, and additional material.

**Powerpoint lectures**
A lot of the material covered in class will be presented in short online Powerpoint lectures. Each week there will be 2-4 lectures that you are required to watch prior to coming to class. This material is in addition to the material presented in the Live class. You may watch and listen to these lectures at your convenience; however, you cannot get ahead of the class material, so the Modules will be “turned-on” week by week. You will open the PSU Echo360 server for each lecture by clicking on the D2L link within each week’s module* You will logon using your normal PSU Odin account login and password. Viewing the Echo360 file requires you to have multimedia capabilities—audio output and flashplayer software should suffice.

Your comprehension of the information from the online lectures will be assessed during the Live class in the form of pop-quizzes, reflection essays and material feedback.

*Note: Various web-browsers seem to work better for playing these files from the Echo360 server: Safari and Mozilla Firefox work well, but Internet Explorer (or at least my version of it!) is not playing the movies. If you have trouble playing the lecture, try a different web browser.

**Live Lecture-Thursdays from 2-3:50pm**
Attendance to the Live Lecture is required. Lecture will consist powerpoint lectures, movies, discussions, activities and each week we will have a Reflection question, Quiz, or Most/Least Clear Remark which will serve to record attendance and assess comprehension.

Over the course of the term 2 Unannounced Quizzes will be given at the start of class. These are worth 10 points. Other forms of classroom feedback/attendance are worth 5 points per class.

If absent for reason of illness or justifiable emergency, you must present a doctor’s note and make up any missed quiz during office hours or after class.
Discussion Essays and Reply Postings on D2L

Nutrition is one of the sciences that relates to us personally. I want you to have an opportunity to reflect on your own eating habits and those of others, so that you can put the information you learn in lectures into practice.

Eight discussion topics will be presented during the term, one each week. The topic will relate to the material being discussed. Each discussion topic will be available the day of the live lecture and a Discussion Essay posting due by midnight the eve of the next lecture. (You can find the list of Discussion topics in the Course Content.) You may only post to the current week’s topic. During the term you will compose 2 Discussion Essays, chosen by you. The criteria for grading these Discussion postings are described below.

In addition, you are required to reply to 3 separate Discussion Essays from your classmates. These are due no later than midnight Wednesday a week after the Discussion Essay due date. The Reply postings must be in different topics than the topics you chose for your Discussion Essays. Only 1 posting will be graded per week, meaning you will post either an Essay or Reply to a minimum of 5 out of the 8 topics in all. You may certainly post to more, but they will not be graded. The Discussion Essay posting will be due by midnight on Wednesday following the lecture covering this topic. The Reply posting will be due no later than midnight on Wednesday the following week (two weeks after topic opens.)

The following rubric will be used to grade your Discussion Essays and your Replies to other students’ postings

Discussion Essays (15 points):
1. Mentions at least 3 specific points from the materials (3 points)
2. Adds 1 specific point not covered in lectures (3 points)
3. References reputable scientific research (1 point)
4. Relates information in materials to personal experience (3 points)
5. Discusses at a critical level, with specific examples to support points (3 points)
6. Writes succinctly and respectfully, posting should be at least 500 words long (2 points)

Reply postings (5 points):
1. Discuss one point you like/agree with or one point you dislike/disagree with, and why. (1 points)
2. Adds 1 specific point not covered in the Original post (2 points)
3. Without making it personal, point out the strengths or weaknesses of the post you are responding to (1 points)
4. Length should be approximately 100 words (1 point)

Discussion Alternative Assignment

Produce a Powerpoint presentation summarizing a Nutrition related documentary. You must email me no later than January 26th if you chose to do this project instead of the Discussion Assignments.

1. The presentation should be no less than 12 slides (3 points)
2. Includes a summary of the content of the movie (20 points)
3. Includes your own research into points made by the director using appropriate scientific references (10 points)
4. Includes your personal opinion about the information presented (5 points);
5. Includes any impact the content may have on your behavior (5 points.)
6. A reference slide should be included at the end (2 points)

Please turn in a hard copy of your presentation or upload an electronic file to D2L for grading no later than **February 27th**.

Below is a list of approved documentary; please email me for approval if you would like to summarize one not on this list:

- Dirt: The Movie
- Fast Food Nation
- Fat Sick and Nearly Dead
- Food Fight
- Food Inc
- Food Matters
- Food Stamped
- Forks over Knives
- Fresh
- Killer at Large
- King Corn
- Super Size Me
- The Weight of a Nation

**Diet Analysis Project**
The project is a “term long” independent activity. You will track everything you eat or drink for 3 days, enter it into an online computer program and then complete 2 Diet Analysis Assignments that have various questions and calculations based upon what you actually ate and nutrient recommendations. The packet will be distributed the first week of class. It is also located in the Getting Started section of D2L Course Content. You will need the Diet Analysis Program for this (see above.) Any assignments not turned in during weekly lecture need to be submitted to the Chemistry Dept. office and date/time stamped or handed to me during my office hour time.

**Office Hours**
Before class on Thursdays (12:45-1:45), or by appointment. You are encouraged to visit and discuss any difficulties you are having with the class material. Science Building 2, Room 306.

**Grading**
Term grades will be based on the Diet Analysis project, Exams, Live Class attendance, Class quizzes and Discussion & Reply postings. **Exams will cover all readings, lectures, and discussions.**

Grades will be weighted as follows:

**POSSIBLE POINTS**

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<tr>
<th>POINTS</th>
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<tbody>
<tr>
<td>5</td>
<td>Syllabus Quiz (Online)</td>
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<tr>
<td>5</td>
<td>Food Records &amp; Online Submission for Diet Analysis Plus</td>
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<tr>
<td>35</td>
<td>Diet Analysis Assignment Part I</td>
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<td>35</td>
<td>Diet Analysis Assignment Part II</td>
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<tr>
<td>45</td>
<td>Live lecture attendance if present for both unannounced Quizzes</td>
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<tr>
<td>30</td>
<td>2 X 15 Online Discussion Main Entries</td>
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<td>15</td>
<td>3 X 5 Reply Entries</td>
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**or**
(45) Discussion Alternative Assignment (Documentary Powerpoint)

75 Exam I (multiple choice) test
75 Final (multiple choice) test

Total 320 points

Make up tests may be given for reasons of illness or emergency only. You must contact me BEFORE test time.

Grades will be assigned as follows: (as percent of 320 total points)
Numeric grades will be rounded to the nearest % and the final grade given as:

A 100-92%  A- 91-90  B+ 89-88%  B 87-82%  B- 81-80%
C+ 79-78%  C 77-72%  C- 71-70%  D+ 69-68%  D 67-60%
F 59% and below

Academic Honesty- Students are expected to be honest and ethical in their academic work. Any student caught cheating during an exam or quiz will be given a final grade of F.