

HUNF 3613-P01, Lifecycle Nutrition Fall 2016

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Section # and CRN: P01 10906
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Office Hours: Monday/Wednesday 1:00pm-3:00pm
Mode of Instruction: Online and Face to Face
Course Location: Juvenile Justice Bldg. Room 336
Class Days & Times: Tuesday/Thursdays - 11:30-12:50pm

Catalog Description: **HUNF 4653. Nutrition throughout the Lifecycle.** (3-0) Credit 3 semester hours. Comparative assessment and evaluation of nutrition and dietary requirements through the lifecycle. Pre-pregnancy, pregnancy, lactation, infancy, childhood, adolescence, adulthood, and aging. Nutrition needs on the basis of both physical growth and psychological development are emphasized.
 Prerequisites
 3653.

Prerequisites: HUSC 1343, HUNF 3633
Co-requisites: None

Required Texts: **Nutrition Throughout the Life Cycle, 6th Ed**

Brown, JE. (2016) with Mindtap

ISBN- 13: ISBN-13: 978-1-305-62800-7

<https://login.cengagebrain.com/cb/entitlement.htm?code=MTPN-FVLP-9LT8>

Recommended Texts: **Nutrition Throughout the Life Cycle, 6th Ed**

Student Learning Outcomes: The goal of this course is to address nutritional needs throughout the lifecycle. This course will include or introduce units on normal nutrition and nutrition related conditions with primary interventions throughout each lifecycle phase.

Knowledge Requirement:

KRD 5.2 The physical and biological science foundation of the dietetics profession must be evident in the curriculum.

	Upon successful completion of this course, students will be able to:	Program Learning Outcome # Alignment	Core Curriculum Outcome Alignment
1	Apply knowledge needed to provide nutritional care for individuals	PL01	COM

	or groups across the life span.		CT
2	Understand and demonstrate the nutritional requirements of individuals across the life span.	PL01 PL02	COM CT

Course Outline

This schedule may be modified as needed.

Week - 1	August 23	Introduction/Class Orientation
	August 25	Begin Chapter 1: Nutrition Basics
Week - 2	August 30	Quiz 1
		Chapter 2: Preconception Nutrition
	Sep 1	Chapter 3: Preconception Nutrition: Conditions/ Interventions
Week - 3	Sept 6	Chapter 4: Nutrition During Pregnancy
	Sept 8	Chapter 5: Nutrition During Pregnancy: Conditions and Interventions
		Quiz 2
Week - 4	Sept 13	Project I Due
	Sept 15	Chapter 6: Nutrition During Lactation
		Chapter 7: Nutrition During Lactation: Conditions and Interventions
		Quiz 3
Week - 5	Sept 20	Chapter 8: Infant Nutrition
	Sept 22	Chapter 9: Infant Nutrition: Conditions and Interventions
Week - 6	Sept 27	Chapter 10: Toddler and Preschooler Nutrition
	Sept 29	Chapter 11: Toddler and Preschooler Nutrition :Conditions and Interventions
Week - 7	Oct 4	Assignment I Due
	Oct 6	Mid-term Review Chapters 8-11
Week - 8	Oct 11	EXAM 2 (MID-TERM)
	Oct 13	
Week - 9	Oct 18	Chapter 12: Child and Preadolescent Nutrition
	Oct 20	Chapter 13: Child and Preadolescent Nutrition: Conditions and Interventions
Week -10	Oct 25	Chapter 14: Adolescent Nutrition
	Oct 27	Chapter 15: Adolescent Nutrition: Conditions and Interventions
		Quiz 4
Week -11	Nov 1	Chapter 16: Adult Nutrition
	Nov 3	Chapter 17: Adult Nutrition: Conditions and Interventions
Week - 12	Nov 8	Chapter 18: Nutrition and Older Adults

	Nov 10	Chapter 19: Nutrition and Older Adults: Conditions and Interventions Quiz 4
Week- 13	Nov 15	Assignment II Due
	Nov 17	
Week- 14	Nov 22	Assignment II Return/Review
		Thanksgiving Week
	Nov 29	Last Class Day / Review Day Chapters 16-19
Week- 15	Dec 1	
	Dec 3-8	Final Exams

Course Evaluation Matrix:

This course will utilize the following instruments to determine student grades and proficiency of the learning outcomes for the course:

Exams – Online or written tests designed to measure knowledge of presented course material.

Assignments – Online or written assignments designed to supplement and reinforce course material.

Projects – Web development assignments or group assignment designed to measure ability to apply presented course material.

Class Participation (Quizzes) – Daily attendance and participation in class discussions. **The topics for the project are listed on the syllabus and groups will be assigned by the 3rd week of class and the assignment will be due on the date specified on the course timeline.**

GRADING MATRIX

Activity	Value (points)	Total
Major Assignments	2 at 100 points	200
Project I	1 at 30 points	15
Mindtap Assignments		
<i>Applica Questions</i>	10 at 10 pts each	100
<i>Case Studies/Supplemental Case Studies</i>	38 @ 5pts each	190
<i>Post Chapter Learning Assessments</i>	19 @ 5pts each	95
Quizzes	4 at 25 points each	100
Exams : Mid-term and Final Exam	2 at 100 points each	200
Total		900

GRADE DETERMINATION

A = 820 – 900 or above

B = 740– 819

C = 659 –739

D = 579 – 658

F = 578 or below

Project and Assignment Instructions

Project I: 15pts

Working in your assigned groups, present one 10-min **educational session** for a group of pregnant teens on a topic of your choice. Be sure that the topic is relevant to teens and provide a referral source for the teens based on your subject matter. This can be presented via PowerPoint/Poster Presentation/Brochure to the class on the assigned due date.

Assignment I: Group Assignment- 100pts

Working together in groups assigned by your instructor, research one of the groups listed below paying attention to their religious dietary laws, cultural, ethnic or special practices.

- 1). Determine the nutrient needs, and the foods to be consumed to fulfill these requirements based on their culture.
- 2). Include any food adaptations these groups may have made upon emigration to this country.
- 3). Plan a 3 day menu for your assigned group, and complete a nutrient analysis on each menu using www.Supertracker.usda.gov.
- 4). Submit one written report per group, and complete an oral poster presentation of their assigned religious dietary laws and special practices; including a reference page, and a copy of your PowerPoint Slide presentation.
- 5). Be creative with your presentation. Each group member must participate and speak. Involve the class in your presentation (prepare a dish from that country, Q/A session, game, icebreakers etc.).

Groups

Group 1	Hindus
Group 2	Buddhist
Group 3	Sikhism
Group 4	Church of Latter Day Saints- Mormons
Group 5	Seventh Day Adventists
Group 6	Jewish Dietary Laws
Group 7	Muslims Religion
Group 8	Mexicans

Assignment II: Individual Assignment- Nutrition Assessment/Menu Planning -100pts

The purpose of this assignment is for you to calculate the nutritional needs of individuals and groups at different stages of the lifespan. You will interview a person in each life span, complete a 24hr diet recall, and food frequency list. Using the information, you will use a diet analysis software

(www.supertracker.usda.gov) to input your menu. Then print out the Nutrients Report to ensure that you are recommending adequate calories for the age group with the menu you created.

- 1). Complete a nutritional assessment on your client. Obtain a 24hr diet recall and a food frequency list.
- 2). Plan a 3 day menu for each age groups listed below.
- 2). For each group, be sure to explain the following.
 - A). What is your overall assessment of the participant's nutritional status? Explain changes in energy and nutrient needs as they are influenced by age and stage of life.
 - B). Were there any identifiable nutritional problems?
 - C). Were there any health risk factors?
 - D). What is your assessment of your client in terms of their ability to have and maintain a healthy lifestyle.
 - E). What diet and lifestyle changes would you recommend the client to implement, if any?
- 3). Use www.Supertracker.usda.gov to analyze the menus. Make sure your menu will yield an adequate amount of nutrients for the age group and gender. Print out the Nutrients Report for each menu created.
- 4). Identify at least two appropriate referral agencies these individuals can be referred to for nutrition related issues.
- 5). Choose one of the groups that you completed and prepare a 10 min presentation to present to the class.

Groups

- A. Toddler/Preschool
- B. Child/Preadolescent
- C. Adolescent
 - 1). Male
 - 2). Female
- D. Adult
 - 1). Pregnancy
 - 2). Lactation
 - 3). Male
 - 4). Female
- E. The Elderly

Course Procedure or Additional Instructor Policies

Taskstream

Taskstream is a tool that Prairie View A&M University uses for assessment purposes. At least one of your assignments is **REQUIRED** to be submitted as an "artifact," an item of coursework that serves as evidence that course objectives are met. More information will be provided during the semester, but for general information, you can visit Taskstream via the link in eCourses.

Tardies/Cellphone Use: Attendance is very important in the classroom. If you are more than 10 minutes late you will receive a tardy. All class updates will be given at the beginning of class. All students' questions will also be answered at the beginning of class. If you come to class late, please wait to see me after class unless another opportunity has arrived for more questions.

Cellphone should be put on vibrate once you enter the class. If you need to take an important call, please do so quietly as to not disrupt the other students. Cellphones cannot be used in class unless instructed to do so; otherwise you will be asked to put them away, or asked to leave the classroom. Updated information may be posted to eCourses.

Student Support and Success

John B. Coleman Library

The library and its partners have as their mission to provide resources and instructional material in support of the evolving curriculum, as a partner in Prairie View A&M University's mission of teaching, research, and service and to support the University's core values of access and quality, diversity, leadership, relevance, and social responsibility through emphasis on ten key areas of service. It maintains library collections and access both on campus, online, and through local agreements to further the educational goals of students and faculty. <https://www.pvamu.edu/library/> Phone: 936-261-1500

The Learning Curve (Center for Academic Support)

The Learning Curve offers Tutoring via peer tutoring. The services include workshops (i.e., Save My Semester, Recalculate Your Route), seminars (i.e., Tools You Can Use: TI-84), group review sessions (i.e., College Algebra Topic Reviews, GRE Preparation), group study opportunities (i.e., TSIA, HESI, Study Break, Exam Cram), and test-taking strategies (How to take Notes, Study Buddy, 5 Day Study Guide). The Learning Curve is a nationally certified tutoring program through the National Tutoring Association. The peer tutors are trained and certified by the coordinator each semester. Location: J.B. Coleman Library Rm. 207F. Phone: 936-261-1561

The Center for the Oversight and Management of Personalized Academic Student Success (COMPASS)

The Center for the Oversight and Management of Personalized Academic Student Success (COMPASS) is designed to help Prairie View students in their second year and beyond navigate towards graduation by providing the following services: Academic Advisement, Targeted Tutorials for Personalized Learning, Campus-Wide Referrals, and Academic & Social Workshops. Location: J.B. Coleman Library Rm. 306. Phone: 936-261-1040

Writing Center

The Writing Center provides student consultants on all aspects of the writing process and a variety of writing assignments. Writing Center consultations assist students in such areas as prewriting, brainstorming, audience awareness, organization, research, and citation. Students taking on-line courses or courses at the Northwest Houston Center or College of Nursing may consult remotely or by email. Location: Hilliard Hall Rm. 121. Phone: 936-261-3724.

Student Counseling Services

The Student Counseling Services unit offers a range of services and programs to assist students in maximizing their potential for success: short-term individual, couples, and group counseling, as well as crisis intervention, outreach, consultation, and referral services. The staff is licensed by the State of Texas and provides assistance to students who are dealing with academic skills concerns, situational crises, adjustment problems, and emotional difficulties. Information shared with the staff is treated confidentially and in accordance with Texas State Law. Location: Owens-Franklin Health Center Rm. 226. Phone: 936-261-3564

Testing

The Department of Testing administers College Board CLEP examinations, the HESI A2 for pre-nursing majors, LSAT for law school applicants and MPRE for second-year law students, the Experiential Learning Portfolio option, the Texas Success Initiative (TSI) Assessment, which determines college readiness in the state, and exam proctoring, among other service such as SAT and ACT for high school students. Location: Delco Rm. 141. Phone: 936-261-4286

Office of Diagnostic Testing and Disability Services

As a federally-mandated educational support unit, the Office of Disability Services serves as the repository for confidential disability files for faculty, staff, and students. For persons with a disability, the Office develops individualized ADA letters of request for accommodations. Other services include: learning style inventories, awareness workshops, accessibility pathways, webinars, computer laboratory with adapted hard and software, adapted furniture, proctoring of non-standardized test administrations, ASL interpreters, ALDs, digital recorders, livescribe, Kurtzweil, and a comprehensive referral network across campus and the broader community. Location: Evans Hall Rm. 317. Phone: 936-261-3585

Veteran Affairs

Veterans Services works with student veterans, current military and military dependents to support their transition to the college environment and continued persistence to graduation. The Office coordinates and certifies benefits for both the G.I. Bill and the Texas Hazlewood Act. Location: Evans Hall Rm. 323. Phone: 936-261-3563

Office for Student Engagement

The Office for Student Engagement delivers comprehensive programs and services designed to meet the co-curricular needs of students. The Office implements inclusive and accessible programs and services that enhance student development through exposure to and participation in diverse and relevant social, cultural, intellectual, recreational, community service, leadership development and campus governance. Location: Memorial Student Center Rm. 221. Phone: 936-261-1340

Career Services

Career Services supports students through professional development, career readiness, and placement and employment assistance. The Office provides one-on-one career coaching, interview preparation, resume and letter writing, and career exploration workshops and seminars. Services are provided for students at the Northwest Houston Center and College of Nursing in the Medical Center twice a month or on a requested basis. Distance Learning students are encouraged to visit the Career Services website for information regarding services provided. Location: Evans Hall Rm. 217. Phone: 936-261-3570

University Rules and Procedures

Disability Statement (Also See Student Handbook):

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please contact Disability Services, in Evans Hall, Room 317, or call 936-261-3585/3.

Academic Misconduct (See Student Handbook):

You are expected to practice academic honesty in every aspect of this course and all other courses. Make sure you are familiar with your Student Handbook, especially the section on academic misconduct. Students who engage in academic misconduct are subject to university disciplinary procedures.

Forms of Academic Dishonesty:

1. Cheating: deception in which a student misrepresents that he/she has mastered information on an academic exercise that he/she has not mastered; giving or receiving aid unauthorized by the instructor on assignments or examinations.
2. Academic misconduct: tampering with grades or taking part in obtaining or distributing any part of a scheduled test.

3. Fabrication: use of invented information or falsified research.
4. Plagiarism: unacknowledged quotation and/or paraphrase of someone else's words, ideas, or data as one's own in work submitted for credit. Failure to identify information or essays from the Internet and submitting them as one's own work also constitutes plagiarism.

Nonacademic Misconduct (See Student Handbook)

The university respects the rights of instructors to teach and students to learn. Maintenance of these rights requires campus conditions that do not impede their exercise. Campus behavior that interferes with either (1) the instructor's ability to conduct the class, (2) the inability of other students to profit from the instructional program, or (3) campus behavior that interferes with the rights of others will not be tolerated. An individual engaging in such disruptive behavior may be subject to disciplinary action. Such incidents will be adjudicated by the Dean of Students under nonacademic procedures.

Sexual Misconduct (See Student Handbook):

Sexual harassment of students and employers at Prairie View A&M University is unacceptable and will not be tolerated. Any member of the university community violating this policy will be subject to disciplinary action.

Title IX Statement

Prairie View A&M University (PVAMU) is committed to supporting students and complying with the Texas A&M University System non-discrimination policy. It seeks to establish an environment that is free of bias, discrimination, and harassment. If you experience an incident of sex- or gender-based discrimination, including sexual harassment, sexual assault or attempted sexual assault, we encourage you to report it. While you may talk to a faculty member about an incident of misconduct, the faculty member must report the basic facts of your experience to Ms. Alexia Taylor, PVAMU's Title IX Coordinator. If you would like to speak with someone who may be able to afford you privacy or confidentiality, there are individuals who can meet with you. The Title IX Coordinator is designated to handle inquiries regarding non-discrimination policies and can assist you with understanding your options and connect you with on- and off-campus resources. The Title IX Coordinator can be reached by phone at 936-261-2123 or in Suite 013 in the A.I. Thomas Administration Building.

Class Attendance Policy (See Catalog for Full Attendance Policy)

Prairie View A&M University requires regular class attendance. Attending all classes supports full academic development of each learner whether classes are taught with the instructor physically present or via distance learning technologies such as interactive video and/or internet.

Excessive absenteeism, whether excused or unexcused, may result in a student's course grade being reduced or in assignment of a grade of "F". Absences are accumulated beginning with the first day of class during regular semesters and summer terms. Each faculty member will include the University's attendance policy in each course syllabus.

Student Academic Appeals Process

Authority and responsibility for assigning grades to students rests with the faculty. However, in those instances where students believe that miscommunication, errors, or unfairness of any kind may have adversely affected the instructor's assessment of their academic performance, the student has a right to appeal by the procedure listed in the Undergraduate Catalog and by doing so within thirty days of receiving the grade or experiencing any other problematic academic event that prompted the complaint.

TECHNICAL CONSIDERATIONS

Minimum Recommended Hardware and Software:

- Intel PC or Laptop with Windows 7; Mac with OS X; Smartphone or iPad/Tablet with Wi-Fi
- High speed Internet access
- 8 GB Memory
- Hard drive with 320 GB storage space
- 15" monitor, 800x600, color or 16 bit
- Sound card w/speakers
- Microphone and recording software

- Keyboard & mouse
- Most current version of Google Chrome, Safari, Internet Explorer or Firefox

Note: Be sure to enable Java & pop-ups in the Web browser preferences

Participants should have a basic proficiency of the following computer skills:

- Sending and receiving email
- A working knowledge of the Internet
- Proficiency in Microsoft Word (or a program convertible to Word)
- Proficiency in the Acrobat PDF Reader
- Basic knowledge of Windows or Mac O.S.

Netiquette (online etiquette):

Students are expected to participate in all discussions and virtual classroom chats as directed. Students are to be respectful and courteous to others on discussions boards. Foul or abusive language will not be tolerated.

Technical Support:

Students should go to <https://mypassword.pvamu.edu/> if they have password issues. The page will provide instructions for resetting passwords and contact information if login issues persist. For other technical questions regarding eCourses, call the Office of Distance Learning at 936-261-3283

Communication Expectations and Standards:

Emails or discussion postings will receive a response from the instructor, usually in less than 48 hours. Urgent emails should be marked as such. Check regularly for responses.

Discussion Requirement:

Online courses often require minimal to no face-to-face meetings. However, conversations about the readings, lectures, materials, and other aspects of the course can take place in a seminar fashion. This will be accomplished by the use of the discussion board. The exact use of discussion will be determined by the instructor.

It is strongly suggested that students type their discussion postings in a word processing application and save it to their PC or a removable drive before posting to the discussion board. This is important for two reasons: 1) If for some reason your discussion responses are lost in your online course, you will have another copy; 2) Grammatical errors can be greatly minimized by the use of the spell-and-grammar check functions in word processing applications. Once the post(s) have been typed and corrected in the word processing application, it/they should be copied and pasted to the discussion board.