

COURSE SYLLABUS
HPE 253 – Nutrition for the Professional
Three Credit Hours
DIVISION OF FINE ARTS AND FITNESS

COURSE DESCRIPTION: A course designed to teach health care professionals the basics of nutrition and its application to disease, growth and development.

This course helps students develop the scientific understanding to support their personal and professional nutrition decisions. Using a personal evaluation approach to eating, this class brings nutrition out of the classroom and allows students to apply the logic of science to their own nutrition concerns – both as consumers and as future scientists and health professionals.

INSTRUCTOR: Carole Sloan, M.Ed.
Faculty, Division of Fine Arts and Fitness
Director, Fitness Leadership
Director, Wellness at Work

OFFICE LOCATION: PE 11 – my office is located in the basement of the Athletic Memorial building which is located adjacent to the Health Careers building.

PHONE: 313-845-6318 (voicemail available)

EMAIL: csloan@henryford.ucompass.com (The best and quickest way to contact me is through email - I check email most every day and will usually return a response to your email within 24 hours. If you email me and do not get a response within 24 hours, please email again.)

REQUIRED TEXTBOOK AND DIET ANALYSIS SOFTWARE:

Nutrition: Concepts and Controversies, Cengage Publishing, 12th Edition, bySizer and Whitney, 2011. ISBN-10: 0-538-73494-9, ISBN-13: 978-0-538-73494-3

Diet Analysis Plus Software 10.0 Online Windows/Macintosh 2-Semester
Printed Access Card, 10th Edition
ISBN-10: 0-538-49508-1, ISBN-13: 978-0-538-49508-0

The ISBN for the bundle package which includes the textbook and Diet Analysis Plus is: 9781111234232

The publisher's website will give other options (e.g. rental, ebook) for purchasing the textbook and diet analysis software that may not be available at the college bookstore at:

<http://www.cengagebrain.com/shop/en/US/storefront/US?cmd=CLHeaderSearch&fieldValue=9781111234232>

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

- Discuss the components of a healthy diet
- Define digestion, absorption and transport of nutrients
- Explain the role carbohydrates, fat and protein play in nutrition
- Define the components of energy balance
- Describe the function and food sources for major vitamins and minerals.
- Discuss the role nutrition plays in the development of disease and in the treatment and prevention of disease such as diabetes, GI disorders, heart disease, cancer, and HIV.
- Contrast the different nutrition requirements throughout the lifespan, including infant, childhood, adolescence and later years.
- Apply the principles of sound nutrition to clients/patients with specific problems such as diabetes or heart disease through case studies.
- Understand how to motivate and teach people about weight gain, weight loss and weight maintenance.
- Know how to prescribe diets that include food that the patient/client will eat.
- Understand the role family support and motivation play in achieving success with diet changes.

GRADING: 90-100% of possible points = A
80-89% of possible points = B
70-79% of possible points = C
60-69% of possible points = D
Less than 60% of possible points = E

A specific grading scale with point spreads for each grade (A,B,C) will be posted the last week of classes. You can monitor your grade regularly throughout the semester on Ucompass. You will need to calculate your grade manually because the grades posted on the Grade Book within Ucompass are NEVER correct because these percentages include assignments that have not been assigned or graded. To calculate your grade in the class at any time during the semester, divide the total points you have earned to date (found under Grade Book) by the total possible points to date. To determine the total possible points you must add up all the possible points from the assignments that have been graded which can also be found in the Grade Book.

DROPPING THE CLASS: Students wishing to drop the class may do so prior to the tenth week of classes by going to the registrar's office (basement of the Learning Resources Center) and completing appropriate paperwork for a drop. After the tenth week of classes, all drops are issued by the instructor. Please email the instructor at csloan@henryford.ucompass.com if you wish to request a drop for the class.

ACADEMIC DISHONESTY POLICY: Policy on Academic Dishonesty (Cheating)

Henry Ford Community College considers academic dishonesty to be a serious offense. It is the policy of the College that determination of and appropriate action in respect to academic dishonesty by a student shall be a matter of individual judgment by the instructor. The instructor may administer a penalty up to and including failure in the particular course. It is the professional obligation of the faculty to enforce academic integrity in their courses.

Academic dishonesty is any activity intended to improve a student's grade fraudulently.* It includes, but is not limited to, the following:

1. Unauthorized acquisition of tests or alteration of grades (such as the stealing of tests, test keys, or grade books from faculty offices or elsewhere, or the purchasing of tests or grade books);
2. Unauthorized use of notes, books, or other prohibited materials during an examination;
3. Open cheating on an examination (such as copying from another student's paper);
4. Permitting another person to take a test in the student's place or receiving unauthorized assistance with any work for which academic credit is received;
5. Providing unauthorized assistance with any work for which academic credit is received;
6. Revision of graded work in an attempt to receive additional credit fraudulently;
7. Plagiarism (using another person's work without acknowledgment);
8. Any other conduct intended to obtain academic credit fraudulently or dishonestly.

If an instructor fails a student in a course for academic dishonesty, the instructor must immediately notify in writing the student and the registrar of the infraction, retaining copies of both notifications.

The registrar maintains a record of all such violations. If a student fails two classes as a result of academic dishonesty, he or she is dismissed from the College for two academic years. In addition, a notation of the reason for academic dismissal is placed on the student's transcript. The notation may be expunged at the discretion of the appropriate vice president if the student petitions for its removal after at least two years have elapsed since the disciplinary action.

If a student believes that the accusation is false, he or she may appeal through the Student Complaint Procedure. If the appeal reaches the Student Complaint Board, the Board may consider only whether the charge is justified. The Board may not set aside or change the penalty given by the instructor unless the charge of academic dishonesty is set aside.

*Any action that violates the Student Conduct Policy and Due Process Procedure is also subject to review under that policy.

This policy and other student related policies can be found at:
http://www.hfcc.edu/current_students/student_policies.asp#1

STUDENT SUPPORT SERVICES:

UCompass Educator Student User Help Line, (313) 845-9663

If you encounter problems using the UCompass Educator software in this course, please contact the Office of Instructional Technology. The office is open Monday through Friday from 8:30 a.m. to 4:30 p.m. You can also leave voice mail or e-mail messages at other times. (E-mail Kristin Olin-Sullivan at kolin@hfcc.edu, or Vicky Signorelli at signorelli@hfcc.edu.)

Media Center, (313) 845-6386

The Media Center is located on the 2nd floor of the library. Students have access to over 40 personal computers, a variety of software (including the diet analysis software) and other media, and the Internet, which of course provides access to UCompass and this course's on-line materials. The Media Center's hours are as follows:

- Monday through Thursday, 7:30 a.m. to 9:00 p.m.
- Friday, 7:30 a.m. to 4:00 p.m.
- Saturday, 8:00 a.m. to 5:00 p.m.

Required Computer Skills

Students who take this on-line course should be familiar with the basic word processing functions of Microsoft Word, be comfortable with file management (organizing and saving documents (files) in folders), and have some experience using e-mail and accessing the Internet. Students should also have easy, dependable access to a personal computer with Word and Internet access, and they should ensure that their PCs satisfy UCompass' computer requirements (click on the "PC Requirements" link under "Student Resources" on the log-in page of UCompass and follow the directions posted there). While the Media Center can be used to complete on-line work for this course, depending on it as the only computer source is not advised.

Acceptable On-Line Conduct

Students working on-line will be held to the same behavioral standards as students in traditional classrooms. Please be aware that as an instructor, I will read your messages to each other posted on the Discussion Board, and I will review those discussions periodically, commenting on them as appropriate. All other students enrolled in this section can also read messages posted on the Discussion Board, making it a very public forum. Therefore, you should adhere to the following guidelines:

- Work conducted through the UCompass Educator software should relate to the course content and assignments. Personal correspondence should be conducted elsewhere.
- Students should compose their correspondence carefully. When writing on-line, it can be easy to unintentionally offend others through careless word choice or inappropriate tones. Remember that our goal is to create a supportive and intellectually probing online community. While debate over course-related content is certainly welcome, personal attacks are not. Please initiate responsible on-line

dialogues and respond to each other with consideration and respect. Staying focused on the questions asked will help you avoid problems.

- Students should read and follow HFCC's policies concerning use of school computer hardware and software. Those policies can be found in the document "Computer Systems Acceptable Use Policy" at <https://dvc.hfcc.net/helpdesk/000152.htm>.

COURSE OUTLINE: Typically, we cover one chapter each week throughout the semester.

Chapter 1: Food Choices and Human Health
Chapter 2: Nutrition Tools – Standards and Guidelines
Chapter 3: The Remarkable Body
Chapter 4: Carbohydrates: Sugar, Starch, Glycogen, and Fiber
Chapter 5: The Lipids: Fats, Oils, Phospholipids, and Sterols
Chapter 6: The Proteins and Amino Acids
Chapter 7: The Vitamins
Chapter 8: Water and Minerals
Chapter 9: Energy Balance and Healthy Body Weight
Chapter 10: Nutrients, Physical Activity, and the Body's Responses
Chapter 11: Diet and Health
Diet Analysis Project
Controversies