

NUTRITION (HEA-1510) WINTER 2012 ROYAL OAK CAMPUS

Thursdays 9:00am-12:00pm **ROOM A204**

& 1:00pm-4:00pm **ROOM A208**

I am ok with you coming to either class/flip flopping depending on your schedule. Whatever it takes to be present! **NOTE THE DIFFERENT CLASSROOMS!!!**

Instructor: Lisa Merrill MS, RD, CDE

office hours by appt.

Email: lisa@lisamerrill.com (I do not use an OCC email)

Cell phone: 734-502-8264 (texting fine too just tell me who you are when you send me one)

Website to get your study guides and extra credit projects www.lisamerrill.com I do not use blackboard or powerpoint.

Required Textbook: Understanding Nutrition by Whitney & Rolfes, 12th edition (you can get by with the 11th edition too). The accompanying study guide will help but it's not required. I will also be giving you my own study guides for each exam. **BRING YOUR CALCULATOR EVERY WEEK.**

Course Objective: To learn the physical, chemical and biological characteristics of the essential nutrients, including how they are digested, absorbed and utilized. Develop an understanding of basic nutritional recommendations for different stages of the life cycle, as well as the relationship between diet, health and disease.

Evaluation: There will be five exams including the final (non-cumulative). Exams may be a combination of multiple choice, true/false, matching, and 5 bonus point questions. Exams will total 350 points (+ bonus)

Makeup exams are taken at the ASC office on the main floor: Only 1 makeup exam is allowed if there is an **unavoidable circumstance**. **You must contact me BEFORE class to let me know that you want to take a makeup. If I do not hear from you prior to the start of the exam, do not expect to take it.** The exam must be taken **before** the next class unless you have a note from your physician justifying the delay. **There will be an automatic 7 point deduction for taking it late. Exams will be given at the start of class. If you are late, you lose time, if there is a lecture afterwards.** There will be no make up for the final exam.

If we have a snow storm or power outage and campus is closed and an exam was scheduled, expect to take it the following week. .

Attendance: Class attendance is **mandatory for success**. Missing one class can put you behind, because I do NOT use blackboard/powerpoint and there will be a lot of lecture notes from my notes on the dry erase boards. Make sure to get notes from a class buddy. Test questions will be based on lecture material and I give additional handouts to help with the material. If you have difficulty taking notes, please use a tape recorder. If you are absent or late, it is your responsibility to obtain missed notes from a fellow student ("Class Buddy"). Tutoring is available at the campus. If you have to drop the class, do it formally

because if your name shows up on the final roster, without a formal withdrawal students receive an F. See your advisor for the official paperwork on this. I don't want you to lose out on any money.

ADA notification: Students requiring special assistance should contact the ASC office which will inform me of any special conditions pertaining to your learning.

Food and Beverages in class: It is fine with me, and encouraged, but please be considerate and eat quietly.

Cell Phones/Pagers: Please respect your fellow students and instructor and turn them off. Receiving or sending calls/text during tests, and engaging in a conversation, whether in the classroom or outside in the hall will not be tolerated and you will forfeit the test. On lecture days, I will give you frequent mental and stretch breaks and texting time. I PROMISE! I do not want to see texting while I am lecturing. If you need to use the restroom before a break just get up and go. That is not a problem. No need to dance in the seat.

Projects/Extra Credit:

These can be done on your own or with a buddy if desired. I will tell you how much time you have for each project. Late projects will receive much less credit. You never know when extra credit will be given, so attend class or make a friend. If you miss class, you may not know what the extra credit assignment is.

I want you to succeed!!! 😊

FERPA statement: Per the Family Educational Rights and Privacy Act (FERPA) college personnel are not allowed to release student's personal information to anyone, including other students. If you have any questions regarding FERPA, please refer to the current College catalogue.

Final Grade is based on the TOTAL POINTS from tests, plus extra credit points earned:

90% and up (over 315 points) A

86-89.9% (301-314) B+

80-85.9% (280-300) B

76-79.9% (266-279) C+

70-75.9% (245-265) C

66-69.9% (231-244) D+

60-65.9% (210-230) D

59.9% of less (<209) F

Class Buddy 1

Phone and email

Class Buddy 2

Phone and email

Class Buddy 3

Phone and email

Keep track of your own grade: use **points** NOT percentage scores (each exam = 70 points)

Extra Credit projects :

EXAM 1 _____

Debunk a myth _____(3)

EXAM 2 _____

Recipe alteration _____ (3)

EXAM 3 _____

3-day analysis _____ (20)

EXAM 4 _____

Food, Inc _____ (10)

EXAM 5 _____

Miscellaneous/others _____(3)

Course Syllabus HEA 1510 WINTER 2012

Changes to the syllabus will be announced in class, and there always are some.

Lecture Material Jan 12, 19, 26

Self analysis- Protein Needs, Calorie Needs, Hunger/ Satiety Scale, Stages of Change

Chapter 1 An Overview of Nutrition * *HLT (Highlight)* 1- Information/Misinformation

Chapter 2 Planning a Healthy Diet * *HLT 2- Vegetarian Diets*

Chapter 3 Digestion, Absorption, and Transport * *HLT 3- Common Digestive Problems*

EXAM I Feb 2 (lecture afterwards)

Lecture Material Feb 2, 9, 16

Chapter 4 The Carbohydrates: Sugars, Starch and Fibers

Chapter 5 The Lipids: Triglycerides, Phospholipids, and Sterols *HTL 5- Fats: Friend/Foe*

Chapter 6 The Amino Acids

Putting this all together- How To Read Bloodwork, Meal Planning, Diabetes lecture

EXAM II Feb 23 (Food, Inc movie afterwards for 10 points extra credit)

MARCH 1- WINTER/SPRING BREAK!!! ☺

Lecture Material March 8, 15

Chapter 7 Metabolism: Transformations and Interactions *HLT 7- Alcohol*

Chapter 8 Energy Balance and Body Composition *HTL 8 – Eating Disorders*

Chapter 9 Weight Control: Overweight and Underweight

American College Of Sports Medicine Recommendations- Cardio, Weights, METS list

EXAM III March 22 (no lecture afterwards)

Lecture Material March 29, April 5

Chapter 10 The Water-Soluble Vitamins B and C

Chapter 11 The Fat Soluble Vitamins A, D, E, K

Chapter 12 Water and the Major Minerals- *HTL 12 – Osteoporosis* (water and HLT will probably be pushed back to April 12)

Chapter 13 The Trace Minerals

EXAM IV April 12 (lecture afterwards)

Lecture Material April 12, 19

Chapter 14 Fitness: Physical Activity, Nutrients, and Body Adaptations

Chapter 15 Life Cycle Nutrition: Pregnancy and Lactation *HLT 15- Fetal Alcohol Syndrome*

Chapter 16 Life Cycle Nutrition: Infancy, Childhood, and Adolescence

Chapter 17 Life Cycle Nutrition: Adulthood and the Later Years

EXAM V (Non cumulative final) April 26

If we can pull ahead at times, I'll try not to have to lecture AFTER an exam.