

0704N112

Principles of Nutrition

Instructor: Ketian Chen

Time: Monday through Friday (June 15, 2020 - July 17, 2020)

Office Hours: 2 hours (according to the teaching schedule)

Contact Hours: 60 (50 minutes each)

Credits: 4

Location: Huiquan Building

Office: Huiquan Building 518

Course Description

Nutrients and their interrelationships, requirements of individuals, and food sources. Investigates current controversies, fads/fallacies, and health related issues.

Required Textbook(s)

Understanding Nutrition, 14th edition. Whitney and Rolfes.

Prerequisites

No prerequisites

Course Hours

The course has 25 sessions in total. Each class session is 120 minutes in length. The course meets from Monday to Friday.

Course Goals

By the end of the course, students will be able to:

1. describe the relationship between diet and health
2. compare how macronutrients are used by the body
3. assess how vitamins and minerals can enhance or impair health

4. describe the barriers and strategies for weight management
5. compare symptoms, treatment options between eating disorders
6. describe the barriers and strategies to optimal nutrition in sports
7. summarize how national food safety could be improved and
8. list strategies on how good nutrition can improve pregnancy outcomes.

Course Schedule

Please note that the schedule is meant to give an overview of the major concepts in this course. Changes may occur in this calendar as needed to aid in the student's development.

Week 1

Monday	Introduction to Nutrition
Tuesday	Diet and Disease
Wednesday	Digestive system
Thursday	Carbohydrates
Friday	Discussion: Nutrition information and misinformation

Week 2

Monday	Lipids
Tuesday	Protein and amino acids
Wednesday	Water-soluble vitamins
Thursday	Fat-soluble vitamins
Friday	Discussion: Vegetarian Diets

Week 3

Monday	Minerals
Tuesday	Energy metabolism
Wednesday	Energy balance and body composition
Thursday	Midterm Exam
Friday	Discussion: Common digestive problems

Week 4

Monday	Nutrition and fitness
Tuesday	Life cycle nutrition: pregnancy and lactation
Wednesday	Life cycle nutrition: childhood
Thursday	Life cycle nutrition: adulthood
Friday	Discussion: High-Fat foods – friend or foe?

Week 5

Monday	Diet and health
Tuesday	Food safety
Wednesday	Hunger and global environment
Thursday	Final exam
Friday	Review

Course Requirements

Students are expected to do all the readings for the week in their entirety before class. In addition to reading the assigned material, you are required to think about the material and analyze it in comparison to other subjects under consideration. This will greatly enhance the value and quality of our classroom sessions. Use of cell phones, iPhones, any and all forms of Social Network activities, and any other electronic communication, games, or internet devices during class time hinders your learning, is disrespectful and is strictly prohibited.

Grading Policy

Midterm	30%
Final exam	30%
Assignments	30%
Attendance	10%

Grading Scale

The instructor will use the grading system as applied by JNU:

Definition	Letter Grade	Score
Excellent	A	90~100
Good	B	80~89
Satisfactory	C	70~79
Poor	D	60~69
Failed	E	Below 60

Attendance

Attendance is mandatory in the class. It would be recorded each class and forms part of students' participation record. Students should inform the instructor at the earliest opportunity if they need to ask for a leave. All absences may have negative effect on students' final grades. Any students with more than three unexcused absences will automatically fail the course.

Academic Integrity

As members of the Jinan University academic community, students are expected to be honest in all of their academic coursework and activities. Academic dishonesty, includes (but is not limited to) cheating on assignments or examinations; plagiarizing, i.e., misrepresenting as one's own work any work done by another; submitting the same paper, or a substantially similar paper, to meet the requirements of more than one course without the approval and consent of the instructors concerned; or

sabotaging other students' work within these general definitions. Instructors, however, determine what constitutes academic misconduct in the courses they teach. Students found guilty of academic misconduct in any portion of the academic work face penalties that range from the lowering of their course grade to awarding a grade of E for the entire course.