



Department of Public Health Sciences
Health Promotion Program

Course name:	Nutrition Throughout the Life Cycle
Course no.:	HSCI 3323
Course CRN:	14720
Semester/year	Fall 2016
Graduate credit hours:	3
Class location:	Classroom Building C205
Class meeting time:	Tuesdays 3:00 to 5:50 pm
Class instructor:	Dr. Ximena Burgos-Monzon, PhD
Office location:	Health Sciences and School of Nursing Building Room 413
Phone:	(915) 747-8548
Email:	xburgos@utep.edu
Office hours:	By appointment and Blackboard IM You must download Blackboard IM and create an account https://www.blackboardim.com
Preferred contact method:	Email
Course description:	Provides a comprehensive understanding of the nutritional needs and changes of people in the various stages of life, such as, pregnancy and lactation, infancy, childhood, adolescence, adulthood and aging with emphasis on factors influencing normal growth and development.
Course pre-requisites:	HSCI 2302 with a grade of "C" or better.
Required textbooks:	Nutrition Through the Life Cycle, by Judith E. Brown, Sixth Edition, 2014
Supplemental reading:	Articles will be posted in the Blackboard WHO recommendations on breastfeeding NHANES 2009-10 overweight and obesity data and obesity data
Course format:	Lectures, power point presentations, discussions, assignments, pop quizzes, mid-term and final exam
Major learning objectives (must be numbered):	By the end of this course, students will be able to: <ol style="list-style-type: none">1. Identify the nutrition conditions and interventions through the life cycle2. Understand the nutritional needs and changes of people in the various stages of life: pregnancy and lactation, infancy, childhood, adolescence, adulthood and aging3. Identify the factors influencing normal growth and development in the different stages of life4. Understand the influence of place and environment on the nutrition of people through the life cycle5. Defining the course of action for the prevention and care of nutritional problems through the life cycle6. Determine strategies to promote healthy eating and active living through the life cycle

Assessment strategies: (must be numbered)	Initial assessment of the knowledge and interest of students Pop quizzes Assignments (individual and group projects) Mid term and final exam
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Program Competencies (core competency area must be identified & number according to that listed by the Health Promotion program)	Learning objectives	Assessment strategies
This course meets the following Health Promotion competencies		
<ol style="list-style-type: none"> 1. <u>Examine Relationships</u> among behavioral, environmental and genetic factors that Enhance or Compromise Health 2. Select or Design Strategies and Interventions 3. Facilitate Partnerships in Support of Health Education 4. Influence Policy to Promote Health 		

Grading scale & criteria	Grading Scale: 89.5%-100% =A 79.5%-89.49% =B 69.5%-79.49% =C 59.5%-69.49% =D 59.4% and below =F <u>* In order to obtain all points work must be clean, professional and creative</u>
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Incomplete policy:	An "I" (incomplete grade) can only be considered only <u>if requested by the student in advance of the conclusion of the course</u> and only for <u>legitimate, documented</u> emergencies. Failure to request and negotiate the terms of an "Incomplete" grade before the conclusion of the course will result in a denial except in the most extraordinary circumstances.
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Course/Instructor & Institutional Policies

Attendance:	It is UTEP policy that all students attend all scheduled classes. Attendance will be taken at each class. When a student registers for a course, it is assumed that she/he has made arrangements to avoid such conflicts. Students are responsible for any information or activities presented in class discussions, lectures, assignments, and/or readings. If you are unable to attend class, it is your responsibility to inform the instructor before the respective class session. Students may be administratively withdrawn for excessive unexcused absences (2 or more classes). Compliance to due dates, in class presentations, homework, exams and other activities is mandatory. All emergency-related absences must be verified. Chronic tardiness not only reflects lack of commitment and professional behavior but also is disruptive to your classmates and the instructor.
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Reading assignments:	All assigned readings need to be completed prior to coming to the next scheduled class session. Example: the reading assignments for week 2 need to be completed prior to coming to the week 2 class session.
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Writing standards	Effective public health leaders and practitioners are also effective written as well as oral communicators. Written communication is a critical element of the communication process. Our Health Promotion program both recognizes and expects good writing to be the norm for course work. Please feel free to seek out assistance from the UTEP Writing Center. It is free and they are very helpful.
Policy for late assignments	Due dates for homework, exams, presentations and other assignments are designed for fairness to all students. No exceptions to those dates will be made excepting in cases of university-designated closures. All assignments are due at the beginning of the class period on the due date. Five (5) points will be deducted for each day an assignment is late (including weekend days).
Permission to record lectures & discussions	Not permitted without express permission from the instructor

Cellphone/electronic tablet/ use policies:	Please note that all cellular telephones, pagers, headphones, iPods, iPads, mp3 players, earpieces, laptops, and other forms of communication and entertainment technology equipment must be powered off and put away during the class period. If a situation should arise which necessitates a student to be contacted by a physician or family member, the instructor shall be notified and cell phone can be set to "vibrate." Please be advised that students who use unauthorized technology during class time will be dismissed from that week's class session.
Field trip policies:	N/A
Class participation:	Active student participation in this course is very important. Students must be prepared to come to class to discuss, answer questions, and participate in all class activities.
Special accommodations:	If you have a disability and need classroom accommodations, please contact The Center for Accommodations and Support Services (CASS) at 747-5148, or by email to cass@utep.edu , or visit their office located in UTEP Union East, Room 106. For additional information, please visit the CASS website at www.sa.utep.edu/cass .
Student conduct:	<p>Students are expected to be above reproach in all scholastic activities. Students who engage in scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and dismissal from the university. "Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, and the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another student, any act designed to give unfair advantage to a student or the attempt to commit such acts." <u>Regent's Rules and Regulations</u>, Part One, Chapter VI, Section 3.2, Subdivision 3.22. Since scholastic dishonesty harms the individual, all students, and the integrity of the University, policies on scholastic dishonesty will be strictly enforced. From the UTEP Dean of Student Affairs (http://studentaffairs.utep.edu/Default.aspx?tabid=4386) "It is an official policy of university that all suspected cases or acts of alleged scholastic dishonesty must be referred to the Dean of Students for investigation and appropriate disposition. Any student who commits an act of scholastic dishonesty is subject to discipline. Scholastic dishonesty includes, but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts".</p> <p>Examples of "cheating" include:</p> <ul style="list-style-type: none"> • Copying from the homework, in-class work or exam paper of another student, engaging in written, oral, or any other means of communication with another

student during an exam or homework assignment, or giving aid to or seeking aid from another student during a test;

- Possession and/or use during an exam or home test of materials which are not authorized by the person giving the test, such as class notes, books, or specifically designed “crib notes”;
- Using, obtaining, or attempting to obtain by any means the whole or any part of non-administered test, test key, homework solution, or computer program; using a test that has been administered in prior classes or semesters but which will be used again either in whole or in part without permission of the instructor; or accessing a test bank without instructor permission;
- Collaborating with or seeking aid from another student for an assignment without authority;
- Substituting for another person, or permitting another person to substitute for one's self, to take a test;
- Falsifying research data, laboratory reports, and/or other records or academic work offered for credit.

“Plagiarism” means the appropriation, buying, receiving as a gift, or obtaining by any means another's work and the unacknowledged submission or incorporation of it in one's own academic work offered for credit, or using work in a paper or assignment for which the student had received credit in another course without direct permission of all involved instructors. NOTE: This includes cutting-and-pasting and photocopying from on-line and other material.

“Collusion” means the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on scholastic dishonesty.

TENTATIVE COURSE SCHEDULE*

Dates	Topics	Homework Assignments
WEEK 1	No Class Meeting Tuesday August 23rd	Read Chapter 1 Nutrition Basics for the following session, prepare to discuss key points in the chapter
WEEK 2	Review of basic terms and class syllabus Nutrition Basics	Read Chapters 2 and 3 Preconception of Nutrition for the following session, prepare to discuss conditions and interventions and other key points in the chapter
WEEK 3	Preconception Nutrition	Read Chapters 4 and 5 Nutrition during pregnancy, prepare to discuss key points in the chapter, conditions and interventions and other key points
WEEK 4	Nutrition During Pregnancy	Read Chapters 6 and 7 Nutrition during lactation, prepare to discuss conditions and interventions and other key points in the chapter
WEEK 5	Nutrition During Lactation	Read Chapters 8 and 9 Infant Nutrition, prepare to discuss conditions and interventions and other key points in the chapter
WEEK 6	Infant Nutrition	Read Chapters 10 and 11 Toddler and preschool Nutrition, prepare to discuss conditions and interventions and other key points in the chapter
WEEK 7	Toddler and Preschooler Nutrition	Read Chapters 12 and 13 Child and Preadolescent Nutrition, prepare to discuss conditions and interventions and other key points in the chapter
WEEK 8	Child and preadolescent Nutrition	Read Chapters 14 and 15 Adolescent Nutrition, prepare to discuss conditions and interventions and other key points in the chapter
WEEK 9	Mid-term Exam	
WEEK 10	Adolescent Nutrition	Read Chapters 16 and 17 Adult Nutrition, prepare to discuss conditions and interventions and other key points in the chapter
WEEK 11	Adult Nutrition	Read Chapters 18 and 19, Nutrition of Older Adults, prepare to discuss conditions and interventions and other key points in the chapter
WEEK 12	Nutrition and Older Adults	Read articles in blackboard, research and prepare to discuss the settings approach in health promotion and the implications for public health nutrition
WEEK 13	TBA	Read articles in blackboard, research and prepare to discuss the key aspects of creating partnerships and the

		importance of nutrition in healthy and supportive environments
WEEK 14	TBA	Review for final exam and prepare to present the class projects and assignments
WEEK 15	Presentation of class projects and assignments	Review for final exam
WEEK 16	Final exam	

Notes: All topics will cover conditions, interventions, prevention and health promotion. The course syllabus is a general tentative plan for the course. Any changes will be announced to the class in advance by the instructor.