



CP2800 N7B Nutrition and Health

Instructor: Youngjoo Kim, Ph.D.

Email: kimy@oldwestbury.edu

Office Hours: Appointment only. Please email me to schedule office hours.

Course description

This is an introductory nutrition course suitable for students in non-science majors. This course will be delivered as **asynchronous online** course. This course is designed to provide basic understanding of the science of nutrition as well as application of nutrition principles in daily dietary practice. Topics covered include information on macro & micronutrients, energy metabolism and balance, weight management and fitness, life cycle nutrition at different stages of life, and food and the global environment. Major chronic diseases linked to nutrition and current topics in nutrition will be discussed. Students are expected to gain the knowledge and skills needed to achieve a nutritionally healthy lifestyle. Understanding human nutrition and applying its principles to achieve a healthy lifestyle has an important value in building a sustainable world. Students will attain consciousness in choosing healthier food options, which will have personal, community and global impacts. Students will be challenged to think critically about the importance of nutrition in many different aspects of life. Virtual laboratory experiments are incorporated to complement the lecture and enhance understanding of science of nutrition. Experiments will improve critical thinking skills by making hypothesis and drawing conclusions and develop quantitative skills by working problems and creating scientific data.

Prerequisites

None.

Course objectives and student outcomes

After completion of this course, you should be able to

- Demonstrate basic knowledge on functions of the essential nutrients needed for human life.
- Explain how different diet-planning principles can be used to plan a healthy diet.
- Be able to understand processes of digestion, absorption, transport, metabolism, and excretion in obtaining nutrients from food and their use in the body.
- Demonstrate understanding of the methods scientists use to explore science of nutrition.
- Perform calculations and unit conversions to develop a meal plan within a specified energy allowance.
- Improve critical thinking skills by making hypotheses and drawing conclusions based on laboratory experiments.
- Improve quantitative skills by working problems, interpreting quantitative data and creating graphical displays of scientific data.

Textbook

<http://www.oercommons.org/courses/human-nutrition/view>

This course uses Open Educational Resources (OER) in place of a commercial textbook. Our primary course materials will be available online. Students will need a computer (laptop, tablet or smartphone) and reliable internet access from which you can access the material. SUNY Old Westbury is committed to expanding the use of Open Educational Resources for students.

Course Website

Grading

Grade	Percent	Points
A	≥93	≥465
A-	≥90	≥450
B+	≥87	≥465
B	≥83	≥435
B-	≥80	≥400
C+	≥77	≥386
C	≥73	≥365
C-	≥70	≥350
D+	≥67	≥335
D	≥63	≥315
D-	≥60	≥300
F	<60	<300

A grade of Incomplete (I) may be assigned by the instructor when:

- extenuating circumstances, such as accident or illness, make it impossible for the student to complete the course work by the end of the semester;
- the student has completed most of the course work at a passing level;
- the instructor expects that the student will be able to complete the remainder of the course requirements by the end of the following semester.

A grade of I remains in effect for one semester. A student must make appropriate arrangements with his/her instructor to complete the course requirements. The instructor will inform the student concerning the specific scope and nature of the work that must be completed. To certify fulfillment of course requirements, the instructor is expected to submit a letter grade by the end of the following semester. If the instructor does not submit a grade, the registrar will automatically assign a grade of F. Students who are completing an incomplete should not re-register for that course in the semester that they are completing the incomplete.

Course requirements

Virtual Labs	100 points
Quizzes/Assignments/Activities	100 points
Projects	100 points
Midterm	100 points
Final (Course Evaluation)	100 points

Total points	500 points
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Exams and dates

Midterm: July 19

Final: Aug 3

Please make sure that you will be able to take exams on the dates indicated for two hours. Exams will be available from 9am to 5pm. There will be no makeup exams.

Virtual Labs

Virtual lab will be assigned every week except for the third week. Each lab is worth 25 points.

1. When is water safe to drink?
2. Calorimetry: How much energy is in the food you eat?
3. What factors affect the likelihood of hypertension?
4. Investigating Bacterial Growth.

Quizzes

Quizzes will be given at the end of every chapter. Each quiz will be 10 points and quiz will be 20% of the total grade.

Projects

There will be 4 projects. Each project will be graded as 25 points.

1. 3-day Food Intake/Food quality
You will complete 3-day food intake, search nutrient information for each food item in your food intake, and determine how much calories you are taking in each day.
2. MyPlate/Balancing energy input energy output
Using MyPlate, you will determine your optimal energy need, then you will calculate your energy input and energy output and determine whether you have balanced energy input and output.
3. Vitamins and Minerals
You will choose 1 vitamin and 1 mineral and prepare a PowerPoint slide.
4. Either choose one of the popular diets (“Comparing Diets” from Chapter 18, or you can choose any diet you want to investigate) and analyze pros and cons of the diet or choose one of the diseases (“Nutrition, Health, and Disease” from Chapter 18) and include the following: cause, symptom, treatment, how can diet and nutrition help with the disease. Include at least two sources other than the OER textbook and cite the source.

Course Withdrawal

<https://www.oldwestbury.edu/academics/registrar/withdrawals>

A student may withdraw from one or more courses without instructor approval, by completing a withdrawal form. To access the withdrawal form:

1. Login to the connect.oldwestbury.edu portal.
2. Click on the "Registration" icon.
3. Use the withdrawal form located in the "Forms" section (likely located in the lower right hand corner of the webpage).

Accommodations for Students with Disabilities

If you have or suspect you may have a physical, psychological, medical or learning disability that may impact your course work, please contact

Stacey DeFelice, Director

The Office of Services for Students with Disabilities (OSSD), NAB 2065

Phone: 516-628-5666, Fax (516) 876-3005, TTD: (516) 876-3083.

E-mail: defelices@oldwestbury.edu

The office will help you determine if you qualify for accommodations and assist you with the process of accessing them. All support services are free and all contacts with the OSSD are strictly confidential. SUNY/Old Westbury is committed to assuring that all students have equal access to all learning and social activities on campus. More information about the OSSD can be found at their webpage:

<https://www.oldwestbury.edu/academics/support/OSSD>

SUNY COLLEGE AT OLD WESTBURY POLICY ON ACADEMIC INTEGRITY

The College's Academic Integrity Policy is available at

<https://www.oldwestbury.edu/policies/academicresearch/policy-academic-integrity>

Administered by the Office of Academic Affairs: Students are expected to maintain the highest standards of honesty in their college work. Any act which attempts to misrepresent to an instructor or College official the academic work of the student or another student, or an act that is intended to alter any record of a student's academic performance by unauthorized means, constitutes academic dishonesty. Cheating, forgery and plagiarism are considered serious offenses and are subject to disciplinary action. Sanctions for a breach of academic integrity may include academic sanctions decided by the instructor, including failing the course for any violation, to disciplinary sanctions ranging from probation to expulsion. When in doubt about plagiarism, paraphrasing, quoting, collaboration, or any other form of cheating, consult the course instructor. Ignorance of the Academic Integrity Policy is never an acceptable excuse.

Cheating: Cheating is defined as giving or obtaining information by improper means in meeting any academic requirements. Examples of cheating, although not inclusive, include: unauthorized giving or receiving of information for an examination, paper, laboratory procedure, or computer assignment (file or printout); taking an examination for another student or allowing another student to take an examination for you; altering or attempting to alter a grade either on graded work or in an instructor's records or on any College form or record.

Forgery: Forgery is defined as the alteration of college forms, documents, records, or the signing of such forms or documents by someone other than the proper authority.

Plagiarism: Plagiarism is defined as the use of material from another author whether intentional or unintentional, without referencing or identifying the source of the material. If students have any questions as to what constitutes plagiarism, it is their responsibility to get clarification by consulting with the appropriate instructor.

BASIC NEEDS STATEMENT

Any student who faces challenges securing their food or housing and believes this may affect their performance in the course is urged to contact the Dean of Students for support at (516)876-3067 or Student Union 303. The college has a food pantry available for the campus community, Panther Pantry Student Union 301B.

COUNSELING RESOURCES

As a college student, there may be times when personal stressors interfere with your academic performance or negatively impact your daily life. If you or someone you know at this college is experiencing mental health challenges, please contact the Counseling and Psychological Wellness Services at 516-876-3053. We're located at the Student Union, Lower Level, Suite 100, and are open Monday to Friday, 9am to 5pm.

If a crisis situation occurs after hours, contact a Residential Director. The University Police, at 516-876-3333, will also be able to offer assistance. The National Suicide Prevention Lifeline also offers help 24/7, and can be contacted at 1-800-273-8255.

TITLE IX, SEXUAL DISCRIMINATION, HARASSMENT AND VIOLENCE

SUNY Old Westbury prohibits sexual discrimination, harassment and violence, and will promptly respond to all complaints. The purpose of Title IX is to prevent sex discrimination on campus, address reported assaults and incidents, limit the effects of harassment on the educational environment, and prevent its recurrence. If you or someone you know believes they have been subjected to sexual discrimination, harassment or violence, help is available. To report or for more information please visit <https://www.oldwestbury.edu/title-ix>, please contact the Title IX coordinator, Deputy Title IX coordinator or University Police at 516-876-3333. Confidential resources and support is also available from the counseling professionals in the Counseling & Psychological Wellness Services department, located in the Student Union Lower Level Room LL100 (off the Rotunda) at 516-876-3053.

Usama M. Shaikh
Title IX Coordinator
Phone: 516-876-3080
Email: shaikhu@oldwestbury.edu

Summer 2023 Course Calendar

DATE	Topics	Assignments
Week 1 (7/5/23- 7/9/23)	Introduction Basic concepts in nutrition The Human Body Water and Electrolytes	Introduce yourself Virtual Lab 1
Week 2 (7/10/23- 7/16/23)	Carbohydrates Lipids Proteins	Virtual Lab 2 Project 1
Week 3 (7/17/23- 7/23/23)	Alcohol Energy Vitamins Minerals	Project 2 Midterm (up to Alcohol)
Week 4 (7/24/23- 7/30/23)	Nutrition Applications Lifespan Nutrition Performance Nutrition	Virtual Lab 3 Project 3
Week 5 (7/31/23- 8/3/23)	Food Safety Nutritional Issues	Virtual Lab 4 Project 4 Final (comprehensive)/Course Evaluation

The course calendar is subject to change. The instructor will notify students via email if any changes are made. Students are responsible for those changes.