

IPHY 2420, Section Libby 280R, Fall 2015
Nutrition for Health and Performance
MWF 11:00 AM – 11:50 AM in Libby 140

Dr. Donna Louie

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Office Hrs: MWF, 8:20-8:45 AM in Baker E112; 10-10:45 AM in Libby 140A; 4:00-4:30 PM in Sewall 172A; and by appointment.

Course Description

This course focuses on basic anatomy, physiology, and the biochemistry of nutrition with an emphasis on nutrient food sources and utilization in the human body. Topics include the role of diet and lifestyle from infancy to old age in disease prevention and weight management, specific nutrient deficiencies and toxicities, nutrition standards and guidelines, sports nutrition recommendations, agricultural practices, and food policy issues.

Course Requirements

- **Textbook:** Wardlaw, Gordon M., Anne M. Smith, and Angela L. Collene, *Contemporary Nutrition, A Functional Approach*, 4th edition (McGraw Hill Publisher, New York, NY 10020, 2015). The reading assignment and outline for the following week's lecture will be posted on CONNECT and given in class, respectively.
- **CONNECT** is a web-based educational platform that accompanies the textbook. Once you have the Connect access card included with new textbook, follow the instructions on the last page of the syllabus to register for Connect as soon as possible. If you have a used textbook, purchase the Connect Access Card with LearnSmart (includes NutritionCal Plus) by following the same registration instructions on the back page; you will see an option to fill in the code, purchase the Connect program, or obtain a three-week free trial of the LearnSmart and Connect program. The deadline for **registration is Friday, September 25th**. You will be **UNABLE** to register and access your reading assignments, LearnSmart module, NutritionCalPlus, and quizzes after this deadline; and as a consequence, you will miss points for the online assignments. Therefore, please ask for help if you have any issues with Connect.
- **Clicker:** Register your clicker on MyCUInfo by entering the clicker number, and bring your clicker to EVERY class. (Clicker registration instruction link: <http://www.colorado.edu/oit/CU-iClicker-registration>) The clicker requires three AAA batteries.
- **NutritionCalPlus** is a diet analysis program that you will be using for your project. This program is included in the CONNECT program.
- **Desire2Learn (D2L)** (<https://learn.colorado.edu/>): Syllabus, grades, articles, and lecture slides will be posted here. Check regularly for updates, activities, and announcements.

Classroom Policies

- Students are expected to abide by the CU Honor Code and classroom behavior policies, which are located at the end of the syllabus and on this website: <http://www.colorado.edu/academics/honorcode/>.
- To prepare for success in their career, students are expected to be professional and use **formal letter writing skills in emails (e.g., begin with Hello or Dear Dr. Louie and close with Sincerely or Thank you....) and proper etiquette during class (i.e., be respectful and civil to the instructor and fellow students)**.
- To provide a learning environment that is conducive to all students, minimize distracting the instructor, and get the most out of the fifty minute period, students are to turn off and put away **ALL ELECTRONIC DEVICES at the beginning of the class AND SOCIALIZE before or after class**. Cell phones will be confiscated if they are used during class. For any other inappropriate behaviors, students will have **ONE** warning, and with the second warning, students will be asked to leave the classroom and will be counted as unexcused absent.

- **Integrity is highly valued** by CU, future employers, postgraduate schools, and the instructor. Thus, cheating will not be tolerated and is unnecessary. This includes cheat sheet, temporary tattoos, cell phones and other electronic devices, plagiarism, and unauthorized assistance on projects and homework. Any violation of academic honor code will be reported to the Honor Code Office for academic and nonacademic sanctions in addition to receiving a ZERO on the work, quiz, or exam. Because adjustment to college environment is not easy, students are encouraged to communicate with the instructor regarding any concerns or problems.

Attendance (Perfect Attendance = 3 bonus exam points)

Attendance will be recorded. Students with perfect attendance without any unexcused absences or tardiness will be awarded 3 bonus points towards the exam scores at the end of semester. To excuse an absence or tardiness, students must inform the instructor by email PRIOR to class and provide documentation (airline tickets, email from parents, doctor's note, court summons, etc.). **It is your responsibility to get the assignments and notes from classmates when you're unable to attend class.**

LearnSmart Module (2% of the Final Grade)

An interactive learning module accessible on CONNECT is an excellent way to prepare for the on-line quizzes and class lectures. Thirty minutes of the module will be assigned. You may have as many attempts as you like until the deadline. Thus, the score is based on your effort. No make-ups. Your two lowest scores will be dropped.

Weekly On-Line Quizzes (3% of the Final Grade)

Chapter quizzes will be assigned on CONNECT to assess your understanding of the readings and prepare you for class discussion, clicker questions, and exams. Two deadlines will be given: the first deadline will be BEFORE learning the material from class to assess reading comprehension and the second deadline AFTER the chapter lectures. Students are encouraged to take the quiz before the first deadline, as the second deadline will have a deduction of 5% from the highest score of all quiz attempts. There will be two attempts without point deduction with the first deadline and one attempt with point deduction with the second deadline. Only the highest quiz attempt will be recorded. No make-ups. Your two lowest scores will be dropped when calculating the final quiz grade.

Clicker Questions (5% of the Final Grade)

Clicker questions will be used during lecture to initiate and promote class discussion, to perform surveys, and determine students' comprehension of concepts and readings. There will be one point for participation, one point for responding, and two points for a correct response. Thus, for each clicker question, a student can have up to 3 points plus 1 point by the end of the session. So, bring your clicker to every class. No make-ups. Your four lowest scores will be dropped; these scores account for any absences or any reasons that you may have for not having your clicker.

Activities (5% of the Final Grade)

These will involve worksheets, in-class quizzes, and in-class participation activities. No make-ups. All work must be turned in by the beginning of class on the scheduled due date. **LATE WORK WILL NOT BE ACCEPTED. If you're planning to be absent, turn in the work before the due-date.** Your lowest activity score will be dropped.

Project (10% of the Final Grade)

There will be one large project: The Health and Lifestyle Analysis Project. This project involves a blood test at the Wardenburg Health Center, creation of a medical family tree, and a diet and lifestyle analysis for 72 hours. It is worth 100 points. Instructions will be provided. **The project is due on Monday, December 7th, in class. LATE PAPERS WILL NOT BE ACCEPTED.**

Exams (see schedule for exam dates and time) (75% of the Final Grade)

A total of **FOUR** exams will be administered during the semester. Each exam will be worth 100 points. The last exam will be a cumulative final. The lowest exam score will be dropped. You may opt to drop the cumulative final if you're satisfied with the first three exam scores. All exams will be given in class. They will consist of multiple choice and written questions. Exams are based on lecture material, clicker questions, assignments, and quizzes. **If you miss an exam due to illness or emergency, you must notify me within 24h prior to the exam**

time and provide me documentation. Only ONE make-up is allowed. The next missed exam will be dropped. If the final for this class is your 3rd exam on for that day, you must make arrangements with me NO LATER than Friday, October 30th.

Grading

75 % Exams

25 % The Health and Lifestyle Analysis Project (10%),
LearnSmart (2%), On-line Quizzes (3%) , Clickers (5%), Activities (5%)

100%

The exam and course grades will not be curved: a final grade of C (75%) is considered average (70-72% = C-, 73-76% = C, etc.). **Any disputes regarding a grade must be discussed within TWO DAYS after receiving the grade. After this time, the grade CANNOT be changed.**

Last day to drop this class without petitioning the dean's office is Friday, October 30th.

- Food items will be brought into class for demonstration of a particular nutrient. Please notify the instructor of any food allergies.
- To get the most out of the class, read assigned material, do the LearnSmart assignment, and take the quiz before every lecture. Come prepared to ask questions, discuss topics, and contribute knowledge. LISTEN. TAKE NOTES, ESPECIALLY THOSE ON THE BOARDS. INTERACT. ASK QUESTIONS. SYNTHESIZE.
- Seek help to understand course material: come see me or your teaching assistant, get a tutor, be in study groups, or attend review sessions. *Study, study, study*: at least 9 hours (3h/credit) of studying outside of class per week is recommended. Review and study lecture notes weekly. Try the Quizlet program for reviewing. Cramming usually results in poor exam performance.
- You are responsible for all material and announcements during lectures, in emails, on CONNECT, and on D2L.
- Excellent attendance, active in-class participation, high motivation in learning, and extra effort in the quality of work will result in a higher final grade.

University Policies

Disability Accommodations

On Disabilities: If you qualify for accommodations because of a disability, please submit to me a letter from Disability Services in a timely manner so that your needs be addressed. Disability Services determines accommodations based on documented disabilities. Contact: 303-492-8671, Willard 322, and <http://www.Colorado.EDU/disabilityservices>. If you have a temporary medical condition or injury, see guidelines at: <http://www.colorado.edu/disabilityservices/go.cgi?select=temporary.html>. Disability Services' letters for students with disabilities indicate legally mandated reasonable accommodations. The syllabus statements and answers to Frequently Asked Questions can be found at: <http://www.colorado.edu/disabilityservices>

Religious Observances

On Religious Observances: Campus policy regarding religious observances requires that faculty make every effort to deal reasonably and fairly with all students who, because of religious obligations, have conflicts with scheduled exams, assignments or required attendance. In this class, please send me e-mail or visit me in office hours to notify me of such a situation at least two weeks in advance of the event. See full details at: http://www.colorado.edu/policies/fac_relig.html

Classroom Behavior

On Classroom Behavior: Students and faculty each have responsibility for maintaining an appropriate learning environment. Those who fail to adhere to such behavioral standards may be subject to discipline. Professional courtesy and sensitivity are especially important with respect to individuals and topics dealing with differences of race, culture, religion, politics, sexual orientation, gender, gender variance, and nationalities. Class rosters are provided to the instructor with the student's legal name. I will gladly honor your request to address you by an alternate name or gender pronoun. Please advise me of this preference early in the semester so that I may make appropriate changes to my records. See policies at: <http://www.colorado.edu/policies/classbehavior.html> and at: http://www.colorado.edu/studentaffairs/judicialaffairs/code.html#student_code

On Discrimination and Sexual Harassment: The University of Colorado at Boulder policy on Discrimination and Harassment, the University of Colorado policy on Sexual Harassment and the University of Colorado policy on Amorous Relationships apply to all students, staff and faculty. Any student, staff or faculty member who believes s/he has been the subject of sexual harassment or discrimination or harassment based upon race, color, national origin, sex, age, disability, creed, religion, sexual orientation, or veteran status should contact the Office of Discrimination and Harassment (ODH) at 303-492-2127 or the Office of Judicial Affairs at 303-492-5550. Information about the ODH, the above referenced policies and the campus resources available to assist individuals

regarding discrimination or harassment can be obtained at: <http://www.colorado.edu/odh>

On the Honor Code: All students of the University of Colorado at Boulder are responsible for knowing and adhering to the academic integrity policy of this institution. Violations of this policy may include: cheating, plagiarism, aid of academic dishonesty, fabrication, lying, bribery, and threatening behavior. All incidents of academic misconduct shall be reported to the Honor Code Council (honor@colorado.edu; 303-735-2273). Students who are found to be in violation of the academic integrity policy will be subject to both academic sanctions from the faculty member and non-academic sanctions (including but not limited to university probation, suspension, or expulsion). Other information on the Honor Code can be found at:

<http://www.colorado.edu/policies/honor.html> and at: <http://www.colorado.edu/academics/honorcode/>

IPHY 2420 Nutrition for Health and Performance Tentative Schedule				
Week	Monday	Wednesday	Friday	Text Chapter(s)
1 8/24	Introduction	Nutrition Basics	Recommendations	1, 2
2 8/31	Healthy Choices	Supplements	Digestive System	2; p. 291-294 3
3 9/7	No School – Labor Day Holiday	Food Allergy; Lactose Intolerance	Celiac Disease and Gluten-Free Diet	3
4 9/14	Carbohydrates	Fiber	Blood Glucose	4
5 9/21 <i>Blood Draw Week 8-11 am</i>	Blood Glucose	Exam 1 (1, 2, 3, 4)	Diabetes <i>Last day to register for Connect – Friday, 9/25</i>	4
6 9/28	Fats	Fats	Blood Lipids	5
7 10/5	Blood Test Interpretation	Proteins	Vegetarians	6
8 10/12	Weight Management	Weight Management	Childhood Obesity	7
9 10/19	Nutrition in America	Water Balance	Electrolytes	9
10 10/26	Hypertension	Exam 2 (4, 5, 6, 7)	Antioxidants <i>Last day to change final's date and drop a class – Friday, 10/30</i>	10
11 11/2	Superfood; Nutrigenomic	Cancer	CVD	10
12 11/9	Mediterranean Diet	Micronutrients for Bone Health	Micronutrients for Bone Health	11
13 11/16	Osteoporosis	Micronutrients for Energy Metabolism	Micronutrients for Energy Metabolism	12
Thanksgiving (11/23-11/27)				
14 11/30	Micronutrients for Blood Health; Anemia	Exam 3 (9, 10, 11, 12)	Micronutrients for Immunity	13
15 12/7	Diseases and Diet – Guest Speaker <i>Final Project Due</i>	Probiotics	Longevity	No text
Thursday, 12/17 4:30-7 PM in class	Cumulative Final (Chs. 1-13)			