Term Information

Effective Term: Summer 2014
Previous Value: Summer 2013

Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
Add prerequisite "or ANIMSCI 3130".

What is the rationale for the proposed change(s)?
The current prereq for this class is HN2310 (310). Some students taking this course are animal science majors and have have taken an appropriate nutrition course (ANIMSCI 3130) that should count as a suitable pre-req

What are the programmatic implications of the proposed change(s)?
(e.g. program requirements to be added or removed, changes to be made in available resources, effect on other programs that use the course)?
none

Is approval of the request contingent upon the approval of other course or curricular program request? No

Is this a request to withdraw the course? No

General Information

Course Bulletin Listing/Subject Area: Human Nutrition
Fiscal Unit/Academic Org: Human Development & Family Sci - D1251
College/Academic Group: Education & Human Ecology
Level/Career: Undergraduate
Course Number/Catalog: 3506
Course Title: Nutrition Across the Life Span
Transcript Abbreviation: Nutr: Life Span
Course Description: Nutrition issues during major life stages from pre-pregnancy through the dying elderly.
Semester Credit Hours/Units: Fixed: 3

Offering Information

Length Of Course: 14 Week
Flexibly Scheduled Course: Never
Does any section of this course have a distance education component? No
Grading Basis: Letter Grade
Repeatable: No
Course Components: Lecture
Grade Roster Component: Lecture
Credit Available by Exam: No
Admission Condition Course: No
Off Campus: Never
Campus of Offering: Columbus

Prerequisites and Exclusions
Cross-Listings

Prerequisites/Corequisites
- HUMN NTR 2310 (310) or ANIMSCI 3130

Previous Value
- HUMN NTR 310 or 2310

Exclusions
- HUMN NTR 506

Cross-Listings

Cross-Listings
None

Subject/CIP Code

Subject/CIP Code
51.3101

Subsidy Level
Baccalaureate Course

Intended Rank
Junior

Requirement/Elective Designation

Required for this unit's degrees, majors, and/or minors
The course is an elective (for this or other units) or is a service course for other units

Course Details

Course goals or learning objectives/outcomes
- Identify nutrient needs of individuals across the various stages of the life span
- Identify unique physiological and biochemical demands of pregnancy, lactation, infancy, childhood, adolescence, adulthood, and aging and how they impact on nutritional needs and dietary patterns
- Assess nutritional status during various stages of the life cycle
- Translate recommended nutrient intake into food combinations appropriate for individuals at various stages of the life cycle
- Identify individuals or groups who are at nutritional risk and appropriate steps for intervention
- Formulate recommendations for dietary and activity patterns which will promote lifestyles to prevent or reduce the risk of chronic disease across the life span

Content Topic List
- Introduction to life span: the role of nutrition
- Nutrition assessment through life stages
- Pre-pregnancy nutrition
- Maternal and fetal nutrition: the course and outcome of pregnancy
- Lactation and human milk
- Nutrition during infancy
- Nutrition in childhood
- Nutrition in adolescence
- Nutrition and the adult
- Nutrition and the aging adult
- Nutrition for the dying elderly

Attachments
- HN 3506 Au13 DiSilvestro.docx
  (Syllabus. Owner: Bomser, Joshua A)
COURSE CHANGE REQUEST  
3506 - Status: PENDING  
Last Updated: Buckworth, Janet  
01/13/2014

Comments

Workflow Information

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<td>01/13/2014 10:16 AM</td>
<td>Submitted for Approval</td>
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<td>Buckworth, Janet</td>
<td>01/13/2014 03:21 PM</td>
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Text: None required; you can look at 2 texts to see material in more than one way, or to supplement slides if you miss a class; however, I am not matching lectures to these texts. The texts are Brown JE et al, Nutrition Through the Life Cycle, 5th edition and Sharlin and Edelstein, Essentials of Life Cycle Nutrition. Lectures provide the primary course material. Two copies of class slides will be put in CM 325 after each class. Looking at slides is not as good as coming to class, but can be used if you miss class or if you want to relook at the slides after being in class. The copies should be used only in CM 325; IF THEY GET STOLEN, ACCESS WILL BECOME VERY LIMITED; it just takes one selfish person to cause this.

Course Content: The course will emphasize different aspects of nutrition that apply to parts of the life cycle. Diseases and health problems will be included, but mostly from a prevention and health promotion standpoint, rather than in terms of therapy for existing diseases.

Learning Objectives:
Upon completion of this course the student should be able to:
1. Identify nutrient needs of individuals across the various stages of life span;
2. Identify unique physiological and biochemical demands of pregnancy, lactation, infancy, childhood, adolescence, adulthood, and aging and how they impact nutritional needs and dietary patterns
3. Know principles about assessing nutritional status during various stages of the life span;
4. Translate recommended nutrient intake into food combinations appropriate for people at various stages of the life cycle;
5. Identify individuals or groups who are at nutritional risk and know appropriate steps for intervention;
6. Formulate recommendations for dietary and activity patterns which promote lifestyles to prevent or reduce the risk of health problems across the life span.

Grades: 2 midterms (100 points each); comprehensive final exam (150 points). The second class period after each midterm will have a quiz based on the 5 questions from the test that got the lowest correct answer rate. The questions will change, but will cover the same content. Each question will be worth 1 pt for a total of 5 points to add to the midterm score using these “Get Back Points Quizzes.”

Starting points for grades are as follows (points out of 350):
A = 322  A- = 315  B+ = 306  B = 287  B- = 280  C+ = 271  C = 252  C- = 245  D+ = 236  D = 217  E ≤ 216

Point totals will not be not be rounded up to the next letter grade even if someone is close to the next grade (I have to make a cut off somewhere and everyone already gets some rounding up of grades because of the Get Back Points Quizzes). Do NOT ask about changing your final grade. I want you to do well, but I am NOT ALLOWED to give you a grade you didn't get (I have been asked almost every time I have taught a class).
Very Tentative Class Schedule

Week 1  Introduction to the life cycle; RDAs variations with life stages
Week 2  Nutrition assessment through the life stages; marginal deficiencies of nutrients; phytochemicals as health promoters
        Premature infants
Week 3  Maternal and fetal nutrition
Week 4  Lactation and human milk; nutrition during normal infancy
Week 5 & 6 Nutrition in childhood; childhood obesity
Week 7 & 8 Nutrition in adolescence; anemia in girls; protein needs and other nutritional considerations of adolescent athletes
Week 9  College students: freshman weight gain; energy drinks; other issues
Week 10-12 Nutrition and the adult; obesity prevention; blood pressure prevention; metabolic syndrome/pre-diabetes; kidney stones; management of cholesterol readings and other cardiovascular health indicators;
        Middle age including alertness, testosterone: real and imagined concerns, fiber for health
Week 13-15 Nutrition and the aging adult; sarcopenia; nutrition and the aging eye
Week 16  Osteoporosis considerations across the life span

No class: November 28
Last day of class: December 3

Exam Schedule

Exam 1 – September 19, 2013
Exam 2 – October 24, 2013
Exam 3 (final) – comprehensive – December 11, 2013, 10:00 am - 11:45 am

Exams cannot be taken late except for a GREAT reason (contact one of the TAs ASAP). Do not wait until we give back the exam unless unable to speak or write. However, for long term problems, see me.

Last 15 minutes of last class before each exam is for review and study hints-DON’T miss these reviews

First part of class right after the midterms: go over the right answers to the exam questions.

Second class after the 2 midterms: Get Back Points Quizzes