

Nutrition (BIOL 441)

Instructor: Ryan Harrison, PsyD, CWP

E-mail: RHarrison@LaVerne.edu

Phone: (C) 909-964-1907

Required Materials

The New Optimum Nutrition Bible, Patrick Holford, © 2004; ISBN 1580911676

Forks Over Knives (DVD or Stream), ©2011, ISBN 829567076026

Description

This course explores the basics of nutrition including: macro- and micronutrients, nutritional needs, the basics of supplementation, and the ideal balance of reliable nutrition information and practical consumer-oriented knowledge. Students also learn how to prevent disease and guard health through a nutrition-based approach supported by scientific evidence and application.

Goals

1. Define “nutrition” and “health.”
2. Discuss the importance of nutritional adequacy and balance for optimal health.
3. Identify dietary sources of macronutrients and micronutrients.
4. Explore the digestive system and its relation to nutrition.
5. Discuss the functions of macronutrients and micronutrients.
6. Explore vitamins, minerals and phytochemicals.
7. Learn the basics of nutritional supplementation including an examination of the nutrition facts panel.
8. Learn and discuss the health benefits of a largely plant-based diet.
9. Learn about various eating disorders and their treatment options.

Requirements/Assignments

1. Weekly online participation/response to selected readings.
2. Midterm “Webliography” on a topic related to information covered during Weeks 1-5.
3. One film review.
4. Online final examination to be completed by the last day of class during week 10.

Evaluation/Grading

Standard grading principles apply:

1. Each item/activity/assignment will be worth a certain amount of points.
2. There is no grading curve; letter grades are given based on the scale presented below.
3. All papers and exams must be completed and turned in by the date specified during class lecture and discussion.
4. Grades and final grade will be determined as a percentage of the total points you earn from the total points possible in this course.
5. Grammar, spelling, punctuation, reasoning, logic, and citation will all be taken into account in grading the examinations, papers, and online discussions.
6. The various requirements of the course will be weighted as follows:

Assignment/Examination Values

10 Weeks Reading, Discussion, & Participation (50 points)

Midterm Webliography (15 points)

Film Review (10 points)

Final Examination (25 points)

TOTAL POINTS POSSIBLE = 100 points

Extra Credit for Online Course Evaluation = 1 point

Extra Credit for Movie Review (See Below) = 1 point

Incomplete Grade Policy

To request a grade of Incomplete (INC) in this class, you must complete an INC contract *before* the end of the term, have participated until the last day to withdraw from the class, and have completed at least 50 points out of 100. Please see the ULV Policy on the grade of INC: http://www.ulv.edu/catalog/aca_info/grades.phtml.

Grading Scale

95 - 100% = A

90 - 94% = A-

87 - 89% = B+

83 - 86% = B

80 - 82% = B-

77 - 79% = C+

73 - 76% = C

70 - 72% = C-

60 - 69% = D

0 - 59% = F

Course Questions

Contact me at (909)964-1907 or RHarrison@LaVerne.edu.

Course Schedule

Week 1: What is Nutrition? What is Health?

Lecture 1; *Optimum Nutrition*, Chapters 1 – 6

Week 2: The Energy-Yielding Nutrients & Alcohol

Lecture 2; *Optimum Nutrition*, Chapters 7 - 9

Week 3: Digestion & Colon Health

Lecture 3; *Optimum Nutrition*, Chapters 19, 21-22

Week 4: Vitamins, Minerals & Phytochemicals

Lecture 4; *Optimum Nutrition*, Chapters 12 - 15, 17, 49

Week 5: The Importance of Water

Lecture 5; *Optimum Nutrition*, Chapter 18

Midterm Webliography Due

Week 6: Sugar, Sweeteners, & Stimulants

Lecture 6; *Optimum Nutrition*, Chapters 10 - 11

Week 7: Weight Loss & Eating Disorders

Lecture 7; *Optimum Nutrition*, Chapters 36 - 37

Week 8: Your Optimum Diet & Nutritional Supplements

Lecture 8; *Optimum Nutrition*, Chapters 43 - 48

Week 9: What You Don't Know *Can* Hurt You

Lecture 9; *Optimum Nutrition*, Chapters 31 - 35, 38 – 42; *Forks Over Knives* (DVD)

Film Review Due

Week 10: Wrap Up & Final Examination

Final Examination

Optional Extra-Credit Due

Optional Course Evaluation Due

Academic Integrity

Plagiarism is the practice of quoting another's words without giving that person proper credit. In writing, an occasional quotation is acceptable, but the writer should keep quotations to a minimum, and *always* when quoting, one should give credit where credit is due. Academic dishonesty of any kind is sometimes illegal and always unethical. A student who practices academic dishonesty of any kind will receive no credit for that portion of the coursework and may fail the course entirely. Please choose wisely.