PEH206YO
Basic Nutrition/Online/Spring 2001

Instructor: Lisa K. Diewald M.S., R.D.

Phone: 610-619-7460, ext. 4437
(Voice mailbox; leave a message and your call will be returned as soon as possible)

Email: peh206yo@yahoo.com

Prerequisites
No prerequisites are required for this course. PEH100 Foundations in Physical Education and PEH235 Personal Health and Wellness are helpful.

Course Overview
This course will introduce students to the study of human nutrition and its applications to personal health. It will incorporate fundamental scientific principles enabling each student to develop his or her own personal plan for healthful eating. The course will provide an introduction to essential nutrients and their functions, an understanding of nutrition and deficiency diseases, chronic disease and wellness, as well as expose students to on-line tools and other resources for evaluating dietary adequacy.

Required Text
Nutriquest Dietary Analysis Software (comes with textbook purchase)

Course Objectives
To demonstrate a basic knowledge of nutrients and their roles in promoting health and preventing disease.

• To become familiar with and use online tools and other resources for planning and evaluating diets.

• To identify the mechanisms by which food digestion, absorption and transport occur.

• To recognize the physical, emotional, social and environmental factors influencing food choices.

• To perform a personal assessment of dietary adequacy using available software, summarize findings and provide recommendations for improving diet quality.

• To identify contemporary food and nutrition issues and begin to use critical thinking processes to evaluate them.
Evaluation and Grading

<table>
<thead>
<tr>
<th>Class Requirement</th>
<th>Percentage of total grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exams (2)</td>
<td>50%</td>
</tr>
<tr>
<td>Nutrition Assessment Project</td>
<td>20%</td>
</tr>
<tr>
<td>Class Participation (Involves participation in</td>
<td>15%</td>
</tr>
<tr>
<td>Discussion Board forums)</td>
<td></td>
</tr>
<tr>
<td>Homework</td>
<td>15%</td>
</tr>
</tbody>
</table>

Two equally weighted exams on-campus exams will be administered. Students will have the choice of two locations, MCCC’s West Campus in Pottstown or MCCC’s Main Campus in Blue Bell. Further information on dates and procedures will follow.

Exams

Two equally weighted exams will be given during the term. Exams will be administered on campus, but students will have the choice of location (West or Main Campus) and some scheduling flexibility. Details on the exams will be provided in advance, with information posted in the Announcements section.

Nutrition Assessment Project

Students will be expected to complete a nutrition assessment project which involves keeping a detailed, 3 day food record, analyzing it using Nutriquest software (included with textbook purchase), and presenting a summary and evaluation. Full assignment instructions are provided in the Course Documents section.

Class Participation

Given the online structure of the course, class participation on the Discussion Board is essential in ensuring understanding of the material and in communicating this learning to the instructor. Each week, a discussion topic or question will be posted on the discussion board for students to read and generate a response. Other class-related nutrition topics may also be posted by students. Since all students have access to this discussion board, do not post information you do not wish others to view. If you have a personal concern regarding your class performance or other specific issues, please email the instructor personally at peh206yo@yahoo.com. A portion of your class grade (15%) is determined by the frequency with which you participate and the quality of your responses.

Homework

Homework will be given on most weeks of the term. You can find the homework for the week listed under the Course Documents section. Complete the homework and submit it via email by the date due. Late assignments will incur a 3 point deduction per day.

Withdrawal

If you need to withdraw from the course, please follow the guidelines listed in MCCC’s course catalog or website.

Academic Honesty

On-line courses are held to the same high standard of academic honesty as traditional courses. If cheating or plagiarizing occurs, the student can expect a failure grade in the exam, assignment or project in question.