

FCSN 245 - BASIC NUTRITION

Winter 2007

MTWR 9:00-9:50 AM

Instructor: David Gee, PhD
Office: 109 PE
Office Hours: by appointment (963-2772)
drop in: MW 2:00-3:00 PM
E-mail: geed@cwu.edu

Discussion Lab Group Leaders:

Megan Erickson (Graduate Assistant)
Laura Wiseley (GA)
Aimee Clem, RD (GA)
Charlene Mize (GA)

Graduate Assistants' Office: PE 202, 963-1464

Supplemental Instruction Leader: Aimee Clem, RD

Required Textbooks and Materials:

Nutrition: Concepts and Controversies. 10th ed. By Frances Sizer and Ellie Whitney, 2006, Thomson Wadsworth
Diet Analysis Plus software
TurningPoint ResponseCard.
"FCSN 245 Basic Nutrition Discussion Group Materials" available at The University Book Store, bring to first discussion group meeting (second week of class)

Grading Policy

Exam	Date	Points
Exam 1	Tuesday, January 23	100

Exam 2	Tuesday, February 13	100
Exam 3	Tuesday, March 6	100
Final Comprehensive Exam	Tuesday, March 13 12-2PM	100
Discussion Lab Assignments/Activities/Attendance	Weekly	100
Clicker Points Attendance/in-class questions	Daily	50
TOTAL	POINTS	550

90% - 100% = A grades

80% - 89% = B grades

65% - 79% = C grades

55% - 64% = D grades

less than 55% = F

Extra Credit: Nutrition Study Groups

To encourage students to study together in groups, study groups of **3 or 4** students can be formed. How the study group functions is decided upon by its members. Extra credit is based upon how the group as a whole performs on each exam. If the average score is between 70% and 79% , then each member of that group receives an additional 1% to each of their scores for that exam. If the average score is between 80% and 89%, then each member receives an additional 3%. If the average score is between 90% and 100%, then each member receives an additional 4%. No extra credit is awarded if the average score is less than 70%. Groups must be registered with the instructor by Tuesday January 16 (names and student numbers on a 3x5 card). **Group composition cannot be changed after that date.**

Clicker Points

We will be using some new technology this quarter to increase student participation and attendance with the goal of increasing student learning. You are **required to purchase** and **bring to each class period** your personal Clicker (remote control transmitting device). Each lecture period, you will be asked either survey questions or knowledge questions that will require you to transmit your answer with your Clicker. Responding to graded questions will give you 3 points for right answers, 1 point for wrong answers (attendance point), and 0 points for no answer. At the end of the quarter 6 points will be added to your score to allow for TWO unexcused absences. Thus, if you have to miss a class or forget to bring your clicker, do not ask for special accommodations. Please let me know if you have an excused absence (CWU sports, significant illness with written note from health care provider).

STUDENT OUTCOMES

1. Students will understand and apply the basic scientific principles underlying the science of nutrition.
 2. Students will understand the rationale of the dietary recommendations in the prevention of chronic diseases and nutritional deficiencies and apply them to their own lives.
 3. Students will apply the principles of nutrition science to their everyday decisions about food.
-

COURSE SCHEDULE

Week	Topic	Required Reading
1	Nutrients and Nutritional Standards and Goals Nutrition Labeling	Chapter 1 & 2
2 & 3	The Carbohydrates: Sugar, Starch, Glycogen and Dietary Fiber	Chapter 4
4 & 5	The Lipids: Fats and Oils Nutrition and Disease Prevention	Chapter 5 Chapter 11
6	The Proteins and Amino Acids Biotechnology	Chapter 6
7	Energy Balance and Healthy Body Weight	Chapter 9
8	Energy Balance and Healthy Body Weight	
9	Vitamins and Minerals	Chapter 7 & 8
10	Vitamins and Minerals	

Keys to Success FCSN 245 - Basic Nutrition

Organize into study groups

- improves test scores

- group extra credit points

Get copies of old exams in library

- use as study guide before exam or before lectures

read before lectures for important points

Keys to Success FCSN 245 - Basic Nutrition

Use PowerPoint notes on course web page

- print to reduce lecture note taking

Read the assigned readings in the textbook

- clarification of lectures

Keys to Success FCSN 245 - Basic Nutrition

Maximize your discussion group points

- attend all discussion group session

- do all assigned work

Attend lectures

- lecture revisions

- learning: listening + reading + doing