**University of Pittsburgh**

**Department of Health and Physical Activity**

**HPA 1485: Nutrition and Health**

**Instructor: Carli A. Liguori, MS, RDN, LDN**

**Email: cal198@pitt.edu**

**Class Day: Monday/Wednesday**

**Class Time: 10:30-11:55 AM or 12:30-1:55 PM**

**Class Location: 130 Trees Hall**

**Office Phone: By appointment**

**Office Hours: By appointment**

**Text: Nutrition: Concepts and Controversies, 14th Edition**

ISBN-10: 1305627997 | ISBN-13: 9781305627994

**Course Description:** Nutrition and energy intake have been linked to health related outcomes. The focus of this course will be on educating students on the basic principles of proper nutrition and how nutrition plays a role in the prevention and treatment of chronic diseases.

Nutrition and health will use a lecture based format, class discussion, classroom-based activities, and projects in order to facilitate learning of the material. You are required to assume responsibility for learning the material through class attendance.

**Course Grading:** Grading will be based upon four exams, quizzes, assignments and one final project.

**Exams:** There will be 3 exams in this course. Exams will use a variety of question types to assess your knowledge which includes: short answer, multiple choice, matching, true/false, completion, essay, etc. The majority of questions will be taken from lecture but some questions may be drawn from your book, class discussions, homework, and assigned readings.

**In-class Activities:** A variety of in-class activities will be given throughout the semester in order to integrate material learned in lecture. Prior notice will be given if activities require longer than the scheduled class time to complete.

**Quizzes:** There will be extra-credit quizzes given at the start of class throughout the semester to ensure comprehension of material. Quizzes will begin promptly at the start of class and will last 5 minutes. Late arrivals will not be permitted to take the quiz past the 5 minute allotment.

**Final Project:** Nutrition Controversies: Students must research and debate/present on a nutrition controversy of their choosing. Research must be evidence based and come from peer reviewed journals and other reliable sources. Students must submit paper no less than 2 pages and deliver a 10-minute presentation to the class reviewing their findings.

**NOTE:** The point value of the exams and projects will be decided on by the instructor.

**GRADING SCALE**

Your grade will be determined by dividing your actual points by the total number of points attainable.

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| --- | --- | --- |
| A | = | 90-100% |
| B+ | = | 87-89.9% |
| B | = | 80-86.9% |
| C+ | = | 77-79.9% |
| C | = | 70-76.9% |
| D+ | = | 67-69.9% |
| D | = | 60-66.9% |
| F | = | 0-59.9% |

**ATTENDANCE POLICY**

Attendance will be monitored for this course and is highly encouraged given the material being taught. Decisions regarding the final course grade for those “on the border” will be determined by examining class attendance record and participation. Students who miss a lecture are solely responsible for obtaining lecture notes and handouts, and are responsible for all missed assignments, announcements and/or course changes. It is **NOT** the responsibility of the instructor to relay any missed information or provide class notes unless arrangements have been made prior to the absence.

There will be no make-ups for missed extra credit quizzes, assignments, or exams unless **PRIOR** arrangements have been made with the instructor. If a student misses a class where a quiz, assignment, or exam is held and they miss due to a University-approved business or an illness will need to inform the instructor in advance by phone or email and subsequently provide written documentation verifying their absence.

Missed quizzes or exams can only be made up if accompanied by written documentation justifying the absence. Decisions regarding the justification of the absence will be made by the instructor. Missed assessments must be made up within one week at a time and date approved by the instructor. In rare cases where unexpected (emergency) circumstances arise, it is the student’s responsibility to notify the instructor immediately (i.e., within 48 hours) in order to ensure the possibility of a make-up exam or project. Make-up exams may be different than the one given on the scheduled exam date.

**MISCELLANEOUS ISSUES**

Any student caught cheating (includes any form of academic dishonesty such as cheat sheets, copying answers, plagiarism, etc.) will result in an automatic “F” in this course. Additionally, the student will be reported to the appropriate university officials, and it will go on file in the student’s academic record.

**Late assignments will be given an “F.”** Assignments/exams/projects which are unreadable and/or not professional in appearance and/or content will not receive credit.

***Cell phone use:*** The temptation of checking email and responding to text messages is a challenge for all of us. At the same time, tending to these communications during class is very distracting. Please maintain appropriate boundaries with technology while you are in the classroom. Remove the temptation by turning your phone off, putting it on silent, or keeping it in your bag. If an emergency arises that you need to tend to, please step outside of the classroom so as not to disturb your classmates.

**Academic Integrity:** Students in this course will be expected to comply with the University of Pittsburgh's Policy on Academic Integrity. Any student suspected of violating this obligation for any reason during the semester will be required to participate in the procedural process, initiated at the instructor level, as outlined in the University Guidelines on Academic Integrity. This may include, but is not limited to, the confiscation of the examination of any individual suspected of violating University Policy. Furthermore, no student may bring any unauthorized materials to an exam, including dictionaries and programmable calculators.

**Disability Service:** If you have a disability that requires special testing accommodations or other classroom modifications, you need to notify both the instructor and Disability Resources and Services no later than the second week of the term. You may be asked to provide documentation of your disability to determine the appropriateness of accommodations. To notify Disability Resources and Services, call (412) 648-7890 (Voice or TTD) to schedule an appointment. The Disability Resources and Services office is located in 140 William Pitt Union on the Oakland campus.

**Statement on Classroom Recording**: To ensure the free and open discussion of ideas, students may not record classroom lectures, discussion and/or activities without the advance written permission of the instructor, and any such recording properly approved in advance can be used solely for the student’s own private use.

**Department of Health and Physical Activity Grievance Procedure:**

If a student feels that they have been treated unfairly by the instructor with regard to their grade or other aspects of their course participation there are a series of steps that should be taken in an attempt to resolve this matter.  These include the following:

1. The student should first inform the instructor of the course of the issue in an attempt to resolve this matter.  If the course is taught by a Teaching Assistant, Graduate Student, or Part-Time instructor, their faculty supervisor should also be informed of this matter.   The student should bring this issue to the attention of the instructor in a timely matter and should maintain a record of interactions that occurred with the instructor regarding the matter in question.  The course instructor should take necessary steps to address the concern raised by the student in a timely matter and should maintain a record of the interactions that occurred with the student regarding this matter.
2. If, after reasonable attempts to resolve the matter, the matter is not resolved in a manner that is deemed to be acceptable to the student, the student retains the right to file a grievance.  This grievance is to be filed with the Department Chair in the form of a written document that can be submitted via email or campus mail.  This document should include the following:
	1. Student’s name
	2. Student contact information (email, address, telephone number)
	3. Information on the course for which the grievance applies (course title, course number, instructor name).
	4. A copy of the course syllabus that was provided to the student by the instructor
	5. Detailed description of the grievance and additional information the student feels is pertinent to this matter.

After receiving this information the Department Chair will inform the student if additional information is needed, as appropriate will discuss this matter with the student and the instructor, and will issue a decision in a timely manner.

1. If the student is not willing to accept the decision of the Department Chair, the student will be informed that they can request an additional review of this matter through the Office of the Dean of the School of Education.  If the student decides to pursue this, the student should contact the Associate Dean for Student Affairs & Certification in the School of Education at the University of Pittsburgh.

**Course Schedule:**

**(Subject to change)**

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|  | **Monday** | **Wednesday** |
| Week 1: Aug 26 & 28  | Food Choices & Human Health | Food Choices & Human Health |
| Week 2: Sept 2 & 4 | **No class: Labor Day** | Research Methods  |
| Week 3: Sept 9 & 11 | Nutrition Tools | Body Systems |
| Week 4: Sept 16 & 18 | **EXAM 1** | Carbohydrates |
| Week 5: Sept 23 & 25 | Carbohydrates  | Lipids |
| Week 6: Sept 30 & Oct 2 | Lipids | Proteins |
| Week 7: Oct 7 & 9 | Proteins | Vitamins |
| Week 8: Oct 14 & 16 | **EXAM 2** | Vitamins |
| Week 9: Oct 21 & 23 | Water and Minerals | Water and Minerals |
| Week 10: Oct 28 & 30 | Sodium | Nutrition for Performance |
| Week 11: Nov 4 & 6 | Nutrition for Performance | Scope of Practice, Energy Balance |
| Week 12: Nov 11 & 13 | **EXAM 3** | TBD – eating on budget |
| Week 13: Nov 18 & 20 | TBD – APA, case study | Presentations |
| Week 14: Nov 25 & 27 | **No class: Thanksgiving Break** |
| Week 15: Dec 2 & 4 | Presentations | Presentations |
| Week 16: Dec 9 & 11 | Finals Week | Finals Week |