DEPAUL | School of Continuing and Professional Studies

Nutrition For A Lifetime
Undergraduate Course Information Guide

Course Number: CCS 267, 4 credits, 10 Weeks
Delivery Formats: Online Async

Course Description

Today's consumers want and need to be educated about taking charge of their own health. With the current fast-paced world that has spilled over into our eating habits, food choices have become unlimited. Choosing a healthful approach to diet requires basic information about our bodies' nutritional needs. The greater our understanding of our basic bodily needs, the better we are able to make choices concerning our health. This course will offer an overview of the basic science of nutrition, with an emphasis on the relationship between disease and nutrition, and current research findings.

Learning Outcomes

After completing this course, you will be able to:

• Formulate a personal philosophy on the relationship of nutrition and health management.

• Develop critical thinking skills as they apply to health care information related to food.

• Explain the processes involved in the assimilation of nutrients from food.

• Explain the relationship between physical activity and energy expenditure.

• Understand the relationship between physical activity and health.

• Understand the relationship between carbohydrates and disease.

• Explain how various technologies, inventions, and processes influence food and nutrients.

Required Readings

Books and learning materials are available at the DePaul bookstore, at http://depaul-loop.bncollege.com, or through alternative sources.

Brown, J. (2017). Nutrition Now. (8th Ed.). Belmont, CA: Wadsworth, Cengage Learning. ISBN- 13: 978-1305656611

Additional readings may be available on Electronic Reserve, at the DePaul Library. Login to Ares Course Reserves and select the course. Log in using your Campus Connect User ID and password. You will then get a page listing the courses in which you're enrolled that have readings posted in Ares. Click on the title of this course and the list of our electronic reserve readings will be displayed.

Assessment of Student Learning

Distribution of Grade Points

Graded Assignments	Percentage of Final Grade
Online Discussions	40%
Written Assignments	15%
Quizzes	15%
Mini Presentation	15%
Final Exam	15%

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Grading Scale

A = 95 to 100	A- = 91 to 94	B+ = 88 to 90
B = 85 to 87	B- = 81 to 84	C+ = 77 to 80
C = 73 to 76	C- = 69 to 72	D+ = 65 to 68
D = 61 to 64	F = 60 or below	INC

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Course Schedule

Week or Module Title or Theme	Readings / Learning Activities	Graded Assignments
Week 1, Module 1: Introduction	Read Nutrition Now, Units 1-4; 6 Web Reading: The Impact of Chronic Diseases on Healthcare Chronic Diseases: The Leading Causes of Death and Disability in the United States Prevention: The Answer To Curbing Chronically High Health Care Costs Optional: Dietary Guidelines for Americans, 2010	Course Expectations Quiz 1.1 Introductions Discussion 1.2 Daily Food Choices Can Be Complex 1.3 Food Diary
Week 2, Module 2: You are What You Eat / Digestion	Read Nutrition Now, Units 26; 5-7 Web Reading: National Geographic: Digestive System Jin, Kunlin (2010). Modern biological theories of aging. Nutrition and the Epigenome (University of Utah Health Sciences) Articles: Schardt, D. (2013). Epigenetics: it's what turns you on...and off. Nutrition Action Health Letter, 40(6), 9-11. Videos: • The Journey of the Digestive System • The Epigenome at a Glance • Epigenetics and the influence of our genes	2.1: Food Labels Discussion 2.2 Topic Proposal for Mini Oral Presentation 2.3 Oral Presentation Topic Sign-up 2.4 Digestive System Quiz

Week 3, Module 3: Energy: Where Does it Come From? Where Does it Go?	Read Nutrition Now, Units 8; 27 Web Reading: The Truth About Exercise and Your Weight Metabolism and Weight Loss: How You Burn Calories Building Up Bones, With a Little Bashing Articles: Think THIRTY! (2007). PT: Magazine of Physical Therapy, 12. Bassuk, S. S., Church, T. S., & Manson, J. E. (2013). Why exercise works magic. Scientific American, 309(2), 74-79. Church, T. (2012). It's Your Move: no more excuses (Cover story). Nutrition Action Health Letter, 39(10), 3-4. Best medicine: The science of exercise shows benefits beyond weight loss. (2013). Harvard Heart Letter, 23(11), 6. What's moderate activity?. (2003). Harvard Women's Health Watch, 10(10), 6-7. E-Reserves: Rubin, C., & Sklar, H. (2013). Secrets of a Superburner. Health (Time Inc.), 27(9), 41. Video: ATP & Respiration Podcast: Naked Scientists (2011). Boosting Your Bones	3.1 Energy In/Energy Out 3.2 Energy Quiz
Week 4, Module 4: Fluids	Read Nutrition Now, Unit 25 Web Reading: UN Water Cooperation 2013 Articles:	4.1 Choose Your Fluids 4.2 Bottled vs Tap Reflection

	Popkin, B., D'Anci, K., & Rosenberg, I. (2010). Water, hydration, and health. Nutrition Reviews, 68(8), 439-458. Bottled Water's Rising Tide	
Week 5, Module 5: How Sweet it is! Carbohydrates	Read Nutrition Now, Units 12-13 Web Reading: The Covert Plague CDC webpage Overweight and Obesity for Professionals Adult Obesity in the United States Killer Fat Preventing Diabetes: Small Changes Have Big Payoff Take the Harvard School of Public Health Diabetes Health Assessment A Beginners Guide to Carb Counting Article: Stehno-Bittel, L. (2008). Intricacies of Fat. Physical Therapy, 88(11), 1265-1278. Interactive Presentation: Carbohydrate Digestion Videos: Diabetes Effect: Kidney Failure Physical Activity and Diabetes About Diabetes and Nutrition Diet Differences for Type I and II Diabetes The Science of Sweetness	5.1 Know Your Fiber 5.2 Carbohydrates Quiz

Week 6, Module 6: Lipids	Read Nutrition Now, Units 18-19 Web Reading: Heart-healthy diet: 8 steps to prevent heart disease Exercise and Cardiovascular Health The Truth About Exercise and Your Weight Dietary Fat and Cholesterol Fats and Cholesterol: Out with the Bad, In with the Good High Cholesterol Risk Factors Articles: Libby, P. (2002). Atherosclerosis: The new view. Scientific American, 286(5), 46. Hambrecht, R., & Gielen, S. (2005). Essay: Hunter-gatherer to sedentary lifestyle. Lancet, 366, S60-S61. Jefferson, A. (2008). Nutritional management of coronary heart disease. Journal Of Community Nursing, 22(5), 28. Fatness vs. Fitness-a Weighty Debate. (2004). Tufts University Health & Nutrition Letter, 22(9), 6. Video: Atherosclerosis: An animation (The New York Times)	6.1 Convenience and Eating Out 6.2 Lipids Quiz
Week 7, Module 7: Micronutrients	Read Nutrition Now, Units 15, 16, 20, 21, 23, 24 Web Reading: Protein Digestion and Absorption Process Articles: McCormick, D. (2010). Vitamin/mineral supplements: of questionable benefit for	7.1 Debate: How Should You Get Your Vitamins & Minerals? 7.2 The Importance of Food Labels

	the general population. Nutrition Reviews, 68(4), 207-213. Schardt, D., & Scarmo, S. (2013). Multi Dilemma. Nutrition Action Health Letter, 40(9), 1-5. Video: Vitamins & Minerals an Overview	
Week 8, Module 8: Processed Foods	Read Nutrition Now, Units 32-33 Web Reading: Avoiding Processed Foods? Surprise! This is Processed Too! Genetically Modified Foods World Health Organization: General information about biotechnology (GM foods) Articles: Kim, E. (2013). The Amazing Multimillion-year History of Processed Food. Scientific American, 309(3), 50-55. Ludwig, D. S. (2011). Technology, Diet and the Burden of Chronic Disease. JAMA: Journal of The American Medical Association, 305(13), 1352-1353.	8.1 Debate: Genetically Modified Food 8.2 Processing Food Reflection
Week 9, Module 9: Current Issues		9.1 Mini Oral Presentations 9.2 View the Presentations & Discussion
Week 10, Module 10: Conclusions / Wrap-up		10.1 Personal Philosophy Discussion Week 11: 10.2 Final Exam

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Course Policies

For access to all SCPS and DePaul University academic policies, refer to the following links:

SCPS Student Resources Website

DePaul Student Handbook

The D2L Course Website for this course.

Credit for Prior Learning

Students whose home college is SCPS that have not transferred more than 99 credit hours from community college or exam credit, and have not reached 132 credit hours toward graduation may qualify for prior learning credit. If you have prior knowledge you think may be equivalent to the learning outcomes of a SCPS course, you can contact the Office of Prior Learning Assessment at scpspla@depaul.edu or the PLA website for information on how to submit a proposal to use Prior Learning Assessment (PLA) credit for a nominal fee in lieu of regular tuition as an alternative to completing a course.

Course Syllabus

The official syllabus for this course that includes course dates, instructor information and quarter specific details will be provided by the course instructor by the start of the course and available on the course D2L website.

Course Registration

To find out when this course will be offered next, you can go to the SCPS Registration website for details on how to register for the course.

For information on how this course can apply to your program, contact your academic advisor.

School of Continuing and Professional Studies

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