

MERCER COUNTY COMMUNITY COLLEGE

COURSE OUTLINE

Revised Spring 2008

HPE101 - Basic Concepts of Nutrition

INSTRUCTOR: John Kalinowski, MS CSCS

OFFICE: PE109 (Athletics Dept.)

OFFICE HOURS: M-F 9:00 – 10:00

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PHONE: 609-570-3675

REQUIRED MATERIALS

TEXT: *Nutrition NOW*, Judith Brown, 5th Edition

SUPPLEMENTAL AIDES: *Diet Analysis+*, Version 8.0

COURSE DESCRIPTION

Prerequisites: MAT 033 and ENG 024 or equivalent

This course emphasizes the fundamental concepts of nutrition with a focus on the relationships of nutrients to health, fitness, and athletic performance. Topics include basic dietary constituents, principles of body function, considerations for disease prevention and management, dietary regulation, dietary myths, food safety and weight management.

3 lecture hours

Information Resources:

Web Sites:

www.acsm.org – American College of Sports Medicine

www.aahperd.org – American Alliance for Health, Physical Education, recreation & Dance

www.cfsan.fda.gov – US FDA Center for Food Safety and Applied Nutrition

www.fightbac.org – Partnership for Food Safety Education

www.foodsafety.gov

www.healthpromotionjournal.com

www.ihrsa.org – International Health, Racquet, and Sports Clubs Association

www.isapa.org – International Society for Aging and Physical Activity

www.jissn.org – Journal of the International Society for Sports Nutrition

www.mypyramid.gov – US Department of Agriculture

www.nasm.org – National Academy for Sports Medicine

www.nata.org – National Athletic Training Association

www.nasca-lift.org – National Strength and Conditioning Association

www.nutrition.gov – American Society for Nutrition

www.nhlbi.nih.gov – National Heart Lung and Blood Institute

www.sportsnutritionociety.org – International Society for Sports Nutrition

www.webmd.com

COURSE OBJECTIVES

The student will be able to:

- Identify and discuss nutrition problems facing today's society,
- Identify, distinguish, and discuss the necessities of being an informed consumer of nutrition products and services.
- Identify, list, distinguish, and discuss the essential dietary nutrients and their role for good health.
- Utilize dietary standards and guidelines to determine the nutritional adequacy of an individual's diet for weight management and health.
- Utilize dietary guidelines for disease prevention and management.
- Distinguish, identify, and implement/demonstrate optimal nutrition for fitness and athletic/sport performance.
- Distinguish, identify, implement/demonstrate safe food handling, preparation, cooking, and serving practices.

EXPECTATIONS

- Students are expected to attend ALL classes.
- Students are expected to participate in ALL class discussions and activities.
- Students are expected to submit ALL projects/written assignments no later than the assigned deadline.
- Students are expected to complete ALL tests by the individual test deadline, unless other arrangements are agreed upon by the instructor and the student prior to the test deadline.

TESTS – 50% of Course Grade

- Any test not completed by the deadline without instructor approval/permission will earn the grade of “0” points.
- Make-up tests are permitted ONLY if the instructor is notified prior to the test deadline and if the student has a legitimate and provable reason (as defined by the student handbook) for their absence (or inability to complete the test by the test deadline).
- Re-test are not permitted.
- ALL tests will be “Multiple Choice”, “True/False”, and possibly “Short Answer”.
- If special testing accommodations are necessary, please contact your instructor no later than the first day of classes.

ASSIGNMENTS/PROJECTS – 30% of Course Grade

- ALL assignments/projects are to be submitted by the assigned deadline.
- Any assignment submitted beyond the assigned deadline without instructor approval/permission will be subject to a 10% grade reduction per day.
- ALL assignments are to be of college level quality, language, and grammar. I realize that many of us have various word processing programs. If the assignments are to be sent electronically, please save your documents in either – rich text format (.rtf) or document format (.doc).

CLASS PARTICIPATION – 20% of Course Grade

- ALL students are expected to participate in class discussions, and activities.
- ALL students are expected to respect each other. Appropriate language and discussion specific to the topic is required.

GRADING SYSTEM

Tests (3)	300 points
Assignments (3: 50 pts ea.)	180 points
Class Participation	120 points

TOTAL POSSIBLE POINTS	600 points
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A = 558-600	C+ = 462-479
A- = 540-557	C = 420-461
B+ = 522-539	D = 360-419
B = 498-521	F < 359
B- = 480-497	