

– Brooklyn College Department of Health and Nutrition Sciences –
HNSC 2210 [Section EMY6] – Human Nutrition
Course Outline
Fall 2017

M,W 6:30-8:20p; 4 credits

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Office hours: after class/by appointment

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Course Description:

Utilization of food by the body. Nutrient requirements under varying conditions of growth, occupation, climate. Energy metabolism and weight control. Calculation and computation of nutrient composition of selected foods, food groups. (Prerequisite: Biol 1002)

This course contributes to the following ACEND competencies:

- KRD 1.1: Demonstrate how to locate, interpret, evaluate, and use professional literature to make ethical, evidence-based practice decisions
- KRD 1.2: Use current information technologies to locate and apply evidence-based guidelines and protocols
- KRD 1.3: Apply critical thinking skills
- KRD 2.1: Demonstrate effective and professional oral and written communication and documentation
- KRD 2.7: Demonstrate identification with the nutrition and dietetics profession through activities such as participation in professional organizations and defending a position on issues impacting the nutrition and dietetics profession

* Foundation Knowledge Requirements (KR) set by the Accreditation Council for Education in Nutrition and Dietetics (ACEND)

Textbook:

McGuire, Michelle and Beerman, Kathy A. Nutritional Sciences: From Fundamentals to Food (3rd ed.). Thompson Wadsworth Publishing Company, New York, 2012. ISBN # 0-8400-5820-9

Diet Analysis 10.0 CD-ROM [ISBN10 # 1-285-76624-5], available from publisher's website:
www.cengagebrain.com/shop/isbn/9781285766249

Grade Distribution:

2 exams	50%	[25% each]
Diet Analysis Project	25%	
Final Exam	25%	

No makeup exams will be given, unless there is verifiable documentation of an emergency situation. Class attendance and participation is mandatory; lateness on 2 separate days will be counted as one absence. Exceptional class participation, combined with good attendance, may be used to adjust your final course grade by ½ a point (a B to a B+, etc.). The final grade will not be curved, and no extra credit projects will be given to individual students to bring up their grade.

The nutrition project must be submitted on time; late submissions will be penalized. Details of the project will be discussed in class. The project is due on the last day of class; students, however, may submit the project early to be graded (see early submission deadline), which would allow them the opportunity to revise and resubmit the project as needed.

Pre-Professional Portfolio:

All students enrolled in the B.S. program in Nutrition are required to maintain a pre-professional portfolio as part of the requirements for admission to a dietetic internship program. Students are expected to begin compiling their portfolios this semester. A more detailed review of the portfolio requirements is available in the nutrition department office.

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Academic Integrity Policy:

The faculty and administration of Brooklyn College support an environment free from cheating and plagiarism. Each student is responsible for being aware of what constitutes cheating and plagiarism and for avoiding both. The complete text of the CUNY Academic Integrity Policy and the Brooklyn College procedure for implementing that policy can be found at this site: <http://www.brooklyn.cuny.edu/bc/policies>. If a faculty member suspects a violation of academic integrity and, upon investigation, confirms that violation, or if the student admits the violation, the faculty member MUST report the violation.

Policy regarding Center for Student Disability Services:

In order to receive disability-related academic accommodations, students must first be registered with the Center for Student Disability Services. Students who have a documented disability or suspect they may have a disability are invited to set up an appointment with the Director of the Center for Student Disability Services, Ms. Valerie Stewart-Lovell at 718-951-5538. If you have already registered with the Center for Student Disability Services please provide your professor with the course accommodation form and discuss your specific accommodation with him/her.

Lecture Schedule

– Fall 2017 –

Date	Topic	Assigned Reading
8/28, 8/30	Introduction to Science and Guidelines of Nutrition Digestive System	Ch. 1 – 2 Ch. 3
9/6, 9/11	Digestive System	Ch. 3
9/13, 9/18	Carbohydrates	Ch. 4
9/25, 9/27, 10/2	Lipids	Ch. 6
10/16	Exam # 1	
10/18, 10/23	Protein	Ch. 5
10/25 10/30, 11/1	Water-Soluble Vitamins	Ch. 10
11/6, 11/8	Fat-Soluble vitamins	Ch. 11
11/13	Major Minerals and Water	Ch. 12
11/15	Trace Minerals	Ch. 13
11/20	Exam # 2	
11/22, 11/27	Energy Metabolism	Ch. 7
11/29, 12/4	Sports Nutrition	Ch. 9
12/6, 12/11	Energy Balance and Body Weight Regulation 12/6: Project Due – Early Submission 12/13: Project Due	Ch. 8
12/18	Final Exam 6-8 pm	

Note: There will be no classes on 9/4, 9/20, 10/4, 10/9, 10/11