

Nutrition

APSM 3351

Instructor: Laura Robinson – Doyle

Email: Laurar@smu.edu

SMU-in-Taos
Jan-Term 2017

Course Description

This course provides an examination of the role that nutrition plays in health and optimal functioning. Through the assessment of literature, this course will address the implications of nutrition on body-image, obesity, heart disease, certain cancers, and various cultures, primarily the Native American population.

Student Learning Outcomes: Community Engagement

Students will apply academic learning to address specific need(s) in a community through a community engagement activity.

Based on individual participation and the use of information learned in the classroom. Students will take nutritional knowledge and apply their understanding and assist in harvesting organic fruits and vegetables at various community gardens in Taos, New Mexico. Students will also serve at the local food pantry handing out bags of food to individuals in the community. Additionally, by visiting the city of Los Alamos, NM students enrolled in APSM 3351 will gain an understanding on how wealth within a community contributes to nutritional choices.

Course Objectives

Upon completion of this course, you will be able to do the following:

- Provide an overview of the major macro and micronutrients relevant to human health.
- Identify the central role that nutrition plays in health and function across the life span.
- Understand the importance of nutrition in human health and disease.
- Understand the related research to be able to critically judge the validity of nutritional claims.
- Identify evidence-based practices in the area of nutrition.
- Understand how cultural factors influence individual nutritional choices.

Required Text

Nutrition – An- Applied Approach (Thompson and Manore), Fourth edition, 2015.
Publisher Pearson, Benjamin, Cummings, ISBN13: 978-0-321-91039-4 (student edition)

Recommended Reading:

Pollan, Michael. *Omnivore's Dilemma*. Penguin Press, 2006

Tentative Course Layout

Jan 9th – 11th Creating a foundation for Nutrition

- Macro and Micro nutrients (Quiz)
- Food Labels
- Fat, Sick, and Nearly Dead – Documentary
- Article Review

(Objective: Provide an overview of the major macro and micronutrients relevant to human health, Understand the importance of nutrition in human health and disease.)

Jan 12th – 16th Nutrition and its role on Culture and Disease

- Nutrition within the Native American Culture
- Body-Image, Obesity, Diabetes, Heart Disease, and certain Cancers (Quiz)
- Forks over Knives – Documentary
- Article Review

(Objectives: Understand the related research to be able to critically judge the validity of nutritional claims, Identify evidence-based practices in the area of nutrition, Understand the importance of nutrition in human health and disease, Understand how cultural factors influence individual nutritional choices.)

Jan 17th Assessing Nutrition and Future Direction of Health

- Nutrition across the Lifespan (Quiz)
- Farming across the Globe, how nutrition is medicine

Jan 18th – Final Exam

(Objectives: Identify the central role that nutrition plays in health and function across the life span, Identify evidence-based practices in the area of nutrition, Understand how cultural factors influence individual nutritional choices.)

Grading Criteria

Participation 10%

Article Reviews (2) 10%

Reflection Paper (1) 20%

Quizzes (3) 30%

Final Exam: (1) 30%

Off Site Field Experiences

Not Forgotten (Harvesting Fruits and Vegetables)

Talpas Garden (Organic Gardening)
Saint Luke's Episcopal Church (Food Pantry)

Participation

You are expected to attend class and to participate in all course activities, both on and off campus. Documentaries are to be watched outside of class. Be prepared to connect and discuss the science in the classroom as it relates to the film.

Article Reviews

This assignment allows students the opportunity to discover and delve into current peer reviewed nutrition journals and decipher the information by constructing a critical analysis review of the article. This opportunity allows the student the ability to demonstrate their understanding of current theory and practice in a synthesized manner.

Reflection Paper

During the final week of the course you will write a 2-3 page reflection paper discussing how your off-site experience broadened your understanding of the local community, and how access to healthy nutrition impacts human health and disease. Throughout the course you will be openly discussing your experience with other students in the class. You are free to submit your reflection paper for review at anytime during the final week of the course.

Quizzes

Your knowledge and understanding of the content will be assessed with two quizzes a week. Each quiz will include multiple choice and short answer.

Final Exam

Your overall understanding of the course content will be assessed using a cumulative exam that incorporates both multiple choice and short answer.

Rubric for Article Reviews

Category	Exemplary 10	Good 8-9	Satisfactory 7	Unacceptable 6	Absent 0
Overall Formatting	Clearly describes and conceptualizes content	Fairly clear	Somewhat clear	Not clear	Absent
Spelling/Grammar	No grammatical, spelling or punctuation errors	One (1) grammatical, spelling or punctuation errors	Two to three (2-3) grammatical, spelling or punctuation errors	Three to four (3-4) grammatical, spelling or punctuation errors	More than five (5) grammatical spelling or punctuation errors
Content	Consistently clear and well organized, well-constructed; paragraphs include introductory and concluding sentences; overall quality of work and content is included	80% of the time content is clear and well organized, well-constructed; paragraphs include introductory and concluding sentences; overall quality of work and content is included	70% of the time content is clear and well organized, well-constructed; paragraphs include introductory and concluding sentences; overall quality of work and content is included	60% of the time content is clear and well organized, well-constructed; paragraphs include introductory and concluding sentences; overall quality of work and content is included	50% or less of the time content is clear and well organized, well-constructed; paragraphs include introductory and concluding sentences; overall quality of work and content is included
Length of Paper	3-4 pages of text	One or more pages over or under 3-4 pages of text	Two or more over or under 3-4 pages of text	Three or more over or under 3-4 pages of text	Four or more over or under 3-4 pages of text
Overall Quality of Paper	The paper provides a clear and concise review of the article.	90% of the paper is clear and concise.	80% of paper is clear and concise.	Less than 70% of paper is clear and concise.	Less than 60% is clear and concise.