

Nutrition

APSM 3351

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SMU-in-Taos
May-Term 2019

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

Tentative Course Layout

Module 1: Creating a foundation for Nutrition

- Chapter One: Nutrition: Linking Food to Function, and Health
- Chapter two: Designing a Healthful Diet
- Chapter Three: The Human Body: Are we really what we eat?
- Disorders related to food: Chapter 3 in depth
- Fat, Sick, and Nearly Dead
- Food Matters - (Reflection)
- State of Nutrition in Taos (Paper)
- **Module One exams, quizzes, and assignments @ 11:59pm.**

(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.)

Module 2: Macronutrients

- Chapter 4: Carbohydrates: Plant-derived energy
- Chapter 5: Fats: Essential energy
- Chapter 6: Protein: Crucial components
- Chapter 6 In-depth - Vitamins and Minerals
- Sustainability and Farming – Reflection #2
- Water Rights and their role on the land (Paper)
- **Module Two exams, quizzes, and assignments are Due by 11:59pm**

Module 3: Nutrients and its involvement

- Chapter 8: Antioxidant Function
- Chapter 9: Bone Health
- Chapter 10: Energy Metabolism
- Chapter 11: Healthful body weight
- Chapter 11 In-depth Quiz
- **Module Three exams and quizzes are Due by 11:59pm.**

Module 4: Technology and Nutrition

- Chapter 13: Food Safety and Technology
- Chapter 13 In-depth Quiz
- In the Defense of Food – Reflection
- Technology and Nutrition position paper

- Community Engagement Reflection Due
- **Module Four exams, quizzes, and assignments are Due by 11:59pm**

Off Site Field Experiences

Not Forgotten (Harvesting Fruits and Vegetables) May 19th

Saint Luke's Episcopal Church (Food Pantry) May 22rd and May 25th

Taos Square –food waste survey May 24th

Talpas Garden (Organic Gardening) May 30th

Participation

You are expected to attend class and to participate in all course activities, both on and off campus.

Article Reviews

Each week you will be handed a peer reviewed journal article addressing nutrition in relation to the Native American Population. Upon reading the article you are to write a well-constructed review of that article. It is to be turned in on the following class. In class the instructor will pass out grading expectations and a “how to” explaining what information is necessary for the review.

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.