**HNFE 5454: Nutrition and Disease Prevention Through the Life Cycle**

Summer 2018

# **Contact Information**

**Elena L Serrano, PhD (Maternal and Child Nutrition)**

327 Wallace Hall

Dept. of Human Nutrition, Foods, & Exercise

Virginia Tech (campus)

540-231-3464

serrano@vt.edu

**Office Hours:** Contact via e-mail to schedule a time to meet

**Carlin Rafie, PhD, RD (Adolescent, Adult and Older Adult Nutrition)**

321 Wallace Hall

Dept. of Human Nutrition, Foods, & Exercise

Virginia Tech (campus)

540-231-3162

crafie@vt.edu

**Office Hours:** Via phone each Wednesday 12:00-1:00 pm; contact e-mail to schedule a time outside of these hours.

**Course Description:** Diet in health promotion and disease prevention at all stages of the life cycle. Etiology of major nutrition-related health problems in the U.S., including the role of socio-economic, cultural, and psychological factors and food access and availability. Biological and physiological impacts of diet on the prevention and/or development of chronic disease at all stages of life. Evaluation of health promotion and disease prevention strategies for the prevention of disease, improvement of quality of life, and reduction of healthcare economic burden.

**Course Objectives:** Upon completion of this course, students should be able to:

* Evaluate the biological basis of nutrient requirements and dietary guidelines during pregnancy and lactation, infancy, childhood, adolescence, adulthood, and older adulthood (65+).
* Examine the physiological, developmental, and health impacts of diet, including under or excess nutrient intake, on disease risk and state across the life cycle.
* Explore social, psychological, economic, and environmental factors that influence diet and nutritional health across the life cycle.
* Examine population-level dietary practices and patterns and the prevalence of chronic disease and chronic disease risk among US children and adults
* Explore evidence-based, community-based health promotion and disease prevention strategies, including major state and federal programs, that support healthy eating and lifestyles across the lifecycle

**Assessment:** Various methods for assessing student performance and mastery of course materials will be used including quizzes, written reflections, case studies, exams, among others. Complete descriptions and instructions for completing assessments will be provided when assignment is made. Dates that assessments are assigned and due dates for assessment completion will be indicated on the course schedule. A general breakdown of assessment types and course value is provided below:

 Assessment Type Total Score

 Quizzes 200

 Topic assessments 260

 Participation/discussion posts 140

 Case Studies/community scan 320

 Exam 80 .

 1000

**Final Grades:** All assignments receive a numeric grade. Your final grade will be converted to a letter grade as follows:

* A 93-100%
* A- 90-92.99%
* B+ 87-89.99%
* B 83-86.99%
* B- 80-8- 2.99%
* C+ 77-79.99%
* C 73-76.99%
* C- 70-72.99%

**Texts:** The required text for the course is Nutrition Through the Life Cycle, 6th Edition, Judith Brown, Janet S Isaacs, et al., Belmont, CA: Wadsworth, Cengage Learning, ©2016 Belmont, CA

**Materials:** All additional materials for this course will be provided online as needed.

**Technology**: Students in this course will need a working and reliable computer and Internet access that will allow the use of Scholar course site tools, WebEx and any online resources provided. No special software is required but students will need access to MSOffice products.

**Course Structure:** This course will be taught online in Canvas with a recorded introduction to the instructors and description of the course structure. Email with link and instructions on how to access the WebEx course site will be sent prior to the course start date. Our Canvas site will be available on the first day of our first class.

This course will be structured in weekly lessons beginning on Monday of each week at 5:00 PM. Interaction within the lesson will take place from Monday at 5:00 p.m. to the following Monday at 5:00 PM unless indicated otherwise in the course schedule. All work within the lesson must be completed by the close of each lesson and prior to the start of the next lesson.

Some work may span more than one lesson and some activity within a lesson may need to be completed early for additional response or interaction. All due dates for completion will be indicated in the assessment description on the Canvas Site.

This course will be conducted as a learning community.According to Pallof & Pratt (1999), the key elements to the creation of a learning community are honesty, responsiveness, relevance, respect, openness, and empowerment. These will serve as the guides for our community. Therefore, students participating in this course are asked to be ***open*** to all perspectives and ***empowered*** to be ***hones***t in their ***timely responses*** to all questions, conversations, and discussions in a manner that is ***respectful*** and remains ***relevant*** to the topic or topics under discussion. [*Palloff, R. M., & Pratt, K. (1999). Building learning communities in cyberspace. San Francisco, CA: Jossey-Bass Inc., Publishers.]*

**Participation:** Participants in this course should expect to spend about **8-10 hours per week** involved in the activities and completion of assignments over the semester. This is similar to the time one would invest in a course in a traditional classroom setting. This time invested is an average with some weeks requiring more, some less time to complete all assignments and activities. Participation will be evaluated as the completion of all activities assigned within a one-week class during that class week. Tracking of activity completion for each student will be compared to 100% completion to arrive at participation grade points.

**Late assignments:** Assignments that are turned in after the due date will be docked 10 points for each day late. If circumstances prevent participation or timely completion, students must contact the professor to arrange for adjustments in assignment or schedule **in advance of due date and not after completion date has passed.**

**Absences:**

Failure to participate for one full week constitutes an absence in one class in this online course. One unexcused absence will result in lowering of grade by 10 points. Two unexcused absences will result in a failing grade for the course. Extensions on due dates for weekly activities must be made for an excused absence. Students must notify the professor of need for an excused absence by the second day of inactivity and prior to due date for activities or assignments or absence will be considered unexcused.

If circumstances prevent participation or timely completion, students must contact the professor to arrange for adjustments in assignment or schedule **in advance of due date and not after completion date has passed.**

**File-Naming Structure**: To fully participate in this course and to ensure files are not missed or misplaced, participants are asked to follow the file-naming and submission process indicated in instructions for each activity and/or assignment. Refusal to accept submission may result should this file-naming requirement not be met.

# The file-naming structure for this course is:

LastnamefirstinitialHNFE5454assignmentnameSU18

Ex: SerranoEHNFE5454AssignmentOneSU18.doc

In addition to adherence to due dates and time frame for completion of activities and assignments, participation includes contributions to discussions (online or in person) as stated in the guidelines for our course as well as adherence to all stated expectations in the **Expectations** document to be provided at the start of our course.

**Honor Code:** We will be bound by the Graduate Honor Code. Please visit the [Graduate School Honor System’s webpage](http://ghs.graduateschool.vt.edu) for specific information regarding expectations and policies related to the Graduate Honor Code.

**Minimum Technology Requirement:**

Students in this course will need a working and reliable computer and Internet access that will allow the use of Scholar course site tools, WebEx and any online resources provided. No special software is required but students will need access to MSOffice products.

**Minimum Technical Skills**:

**Technical:**  The professor for this course does not provide technical support. Requests for technical support and/or Scholar support can be directed to 4Help by calling (540) 231-HELP (4357)

WebEx orientation is provided by professor, but support can be accessed at online through [Virginia Tech’s WebEx site](http://blogs.lt.vt.edu/webex).

**Classroom Accessibility:** Any student who has been confirmed by the University as having course accommodations must notify me as soon as possible, preferably during the first week of the course. For more information please go to the [Services for Students with Disabilities website](http://www.ssd.vt.edu/).

**Academic Support Services:** Any student requiring academic support should investigate the [University’s services provided by the Academic Affairs office](http://www.undergraduate.vt.edu/about/aca-supp/index.html).

For complete information on student services at Virginia Tech, please visit the [website for the Division of Student Affairs](http://www.dsa.vt.edu/students.php).