

***SYLLABUS***  
**Human Nutrition**  
**NS 15, Section 1062**  
**M/W/F 10:30 – 11:30 PM Units: 3.0**

**Instructor:** Wendy Bowers-Gachesa, MPH, RD  
**Telephone Number:** 408/741-4003 or 408/741-2045, ext. 4003 to access voice mail  
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**Office Hours:** M-10:00-10:30, 5:30 – 6:00; T-1:30-2:30; W-12:30-1:00; Th-10:00-10:30  
**Location:** Physical Education Division Offices, 1U

**Course Description:**

Basic scientific principles as they apply to human nutrition maintaining health and preventing disease are discussed. Concentration is on the nutrient requirements of the human body throughout life. Biochemical functions and interrelationships of nutrients are examined. Current nutritional controversies are evaluated. Students gain practical experience in evaluation nutritional data by completing a self-study project. This course is designed for the student who has no science background. Meets nutrition requirement for nursing majors at San Jose State University. ***Credit/No-Credit option.***

**Prerequisite(s):** none

**Recommended Eligibility for:**

Basic skills reading level: reading 170, 53 or ESL 50 or equivalent test score

Basic skills English/ESL level: English 1A or equivalent test score

Basic skills math level: 102

**Required:** Technology Center Card; cost, \$5.00 (for assignments). Bring receipt for \$5 from bookstore, along with student ID card to Tech Center in order to purchase card.

**Course Objectives:**

- 1) Recognize when the scientific method of investigation has been used to evaluate information and evidence concerning nutrition.
- 2) List the basic nutrients.
- 3) Differentiate the structure of the macronutrients.
- 4) Identify the physiological pathways and functions of the basic nutrients in the body.
- 5) Select foods according to their basic nutrient content and to their order of usefulness to the human body.
- 6) Identify the relative amounts of nutrients required by individuals in different life stages by using the RDA table and the dietary goals.
- 7) Identify problems related to dietary practices.
- 8) Use the food composition table to determine the nutrient content of foods.
- 9) Select appropriate processing and handling practices in order to retain nutrient content of foods.
- 10) Recognize interrelationships among nutrients.
- 11) Assess nutritional status by correlating food/activity records with standards.
- 12) Evaluate nutritional claims.
- 13) Select appropriate foods for different periods and activities of life.

**Required and Recommended Texts:**

Required: Understanding Nutrition, 9th Edition, Whitney and Rolfes  
**NS 15 Lecture Notes**, Wendy Bowers-Gachesa, MPH, RD at bookstore

Recommended: Child of Mine, Ellyn Satter, RD, ACSW  
Wellness Letter, UC Berkeley  
Nutrition Action Health Letter, Center for Science in the Public Interest  
Sports Nutrition Guidebook, Nancy Clark, MS, RD

**Required Assignments****Grading Scale:**

Attendance	100 points	90 – 100% =A (922-1025)
Recipe Makeover	100 points	80 - 89% = B (820-921)
3 Day Diet Computer Analysis	150 points	70 - 79% = C (717-819)
Tests x 3 150 points each	450 points	60 - 69% = D (615-716)
Final Exam	<u>225 points</u> 1025 points	< 60% = F (<614)

**Test Make-up Policy**

If your absence is planned, you have the option of taking a test EARLY. If absence is unplanned, you must call instructor to arrange test time within instructor's office hours. **Test must be made up prior to next class meeting. NO EXCEPTIONS. If test is not made up prior to next class meeting, student will receive ZERO credit for test.**

**Important Dates: (Test dates subject to change.)**

Tests:                      Assignments: 3 Day Diet Analysis:    Recipe Makeover:

Class Number	Topic	Date	Required Reading
1	Introduction Scientific Method	8/20	Chapter 1
2	Recommended Dietary Allowances	8/22	Chapter 1 Chapter 2
3	Food Pyramid & Meal Planning	8/24	Chapter 2
4	Food Labels Basic Chemistry Concepts	8/27	Chapter 2 Appendix B
5	Basic Chemistry Concepts	8/29	Appendix B
6	Carbohydrates: Sugars, Starches & Fibers	8/31	Chapter 4
	Labor Day Holiday	9/3	
7	Carbs, cont'.	9/5	Chapter 4
8	Carb's, cont'. Fats & Lipids	9/7	Chapter 4 Chapter 5
9	Fats & Lipids, cont'.	9/10	Chapter 5
10	Fats & Lipids, cont'.	9/12	Chapter 5
11	<b>TEST #1</b>	<b>9/14</b>	

12	Review Test #1 Protein: Amino Acids	9/17	Chapter 6
13	Proteins, cont'.	9/19	Chapter 6
14	Proteins, cont'. Vegetarian Diets	9/21	Chapter 6, Highlight
15	Digestion, Absorption & Transport	9/24	Chapter 3
16	Digestion, cont'.	9/26	Chapter 3
17	Digestion, cont'. Metabolism: Transformations & Interactions	9/28	Chapter 3 Chapter 7
18	Metabolism, cont'.	10/1	Chapter 7
19	Metabolism, cont'.	10/3	Chapter 7
20	Alcohol Metabolism	10/5	Chapter 7, Highlight
21	Alcohol Metabolism, cont'.	10/8	Chapter 7, Highlight
22	Energy Balance & Body Composition	10/10	Chapter 8
23	Energy Balance, cont'.	10/12	Chapter 8
24	Energy Balance, cont'. Fad Diets	10/15	Chapter 8, Highlight
25	<b>TEST #2</b>	<b>10/17</b>	
26	Review Test #2 Weight Management: Overweight & Underweight	10/19	Chapter 9
27	Weight Management: Overweight & Underweight	10/22	Chapter 9
28	Weight Management, cont'. Eating Disorders	10/24	Chapter 9, Highlight
29	Fat Soluble Vitamins	10/26	Chapter 11
30	Fat Soluble Vitamins, cont'.	10/29	Chapter 11
31	Fat Soluble Vitamins, cont'. Water Soluble Vitamins	10/31	Chapter 11 Chapter 10
32	Water Soluble Vitamins, cont'.	11/2	Chapter 10
33	Water Soluble Vitamins, cont'	11/5	Chapter 10
34	Water & Major Minerals	11/7	Chapter 12

35	Water & Major Minerals, cont'.	11/9	Chapter 12
	Veterans' Day Holiday	11/12	
36	Water & Major Minerals, cont'.	11/14	Chapter 12
37	Trace Minerals	11/16	Chapter 13
38	Trace Minerals, cont.	11/19	Chapter 13
39	<b>TEST #3</b>	<b>11/21</b>	
	Thanksgiving Holiday	11/23	
40	Review Test #3 Sports Nutrition	11/26	Chapter 14
41	Sports Nutrition, cont.	11/28	Chapter 14
42	Sports Nutrition, cont. Life Cycle Nutrition: Pregnancy & Lactation	11/30	Chapter 14 Chapter 15
43	Pregnancy & Lactation, cont'.	12/3	Chapter 15
44	Pregnancy & Lactation, cont'. Life Cycle Nutrition: Infancy, Childhood & Adolescence	12/5	Chapter 16
45	Infancy, Childhood & Adolescence, cont'.	12/7	Chapter 16
46	Diet & Health: Chronic Disease	12/10	Chapter 18
47	Chronic Disease, cont'.	12/12	Chapter 18
48	<b>FINAL EXAM 9:40 – 11:40</b>	12/17	