

City University of New York (CUNY)

## CUNY Academic Works

---

Open Educational Resources

Kingsborough Community College

---

2023

### HE-4200 Health and Nutrition Syllabus

Mary Lou Fierle Ms.

*CUNY Kingsborough Community College*

[How does access to this work benefit you? Let us know!](#)

More information about this work at: [https://academicworks.cuny.edu/kb\\_oers/47](https://academicworks.cuny.edu/kb_oers/47)

Discover additional works at: <https://academicworks.cuny.edu>

---

This work is made publicly available by the City University of New York (CUNY).

Contact: [AcademicWorks@cuny.edu](mailto:AcademicWorks@cuny.edu)

# **HE 4200 Health and Nutrition Syllabus**

## **Course Information:**

**Course #:** HE4200() Fall 2020

Hybrid/Additional hour online weekly

**Credits:** 3

**Instructor:** Professor Mary Lou Fierle MA CTRS

**Meeting time:** Wednesday 10:20am-12:30pm

**Room:** T2 262

**Office:** G-302

**Phone:** 718-368-5514

**Email:** [marylou.fierle@kbcc.cuny.edu](mailto:marylou.fierle@kbcc.cuny.edu)

**Office hours:** Wed. 3:15-4:30PM

## **Required Textbook:**

No textbook is required for this course. All reading material will be provided to you from various sources such as OER (Open Educational Resources), supplemental handouts, and videos. You must read the articles, watch the videos, and refer to any other resources as assigned as they are necessary for completion of each week's assignments as well as preparing you for the final exam. Please note some videos will be shown in face to face class sessions and discussed while others will be posted in weekly announcements on Blackboard for your review.

## **Course Description (from catalog):**

The role of nutrition in disease prevention and health promotion as outlined in the Surgeon General's report to the nation, Healthy People 2010. Students analyze the research linking foods, nutrients, phytochemicals, supplements, and herbs to the leading causes of morbidity in the United States. Students will design an optimal nutritional plan for lifelong wellness.

*The food choices we make everyday play a major role in the prevention and management of the leading causes of morbidity and mortality in the United States, including cancers, cardiovascular diseases, obesity, osteoporosis, and diabetes mellitus. This course will explore the role of food, nutrition, herbs, supplements, and phytonutrients in health promotion and disease prevention. Students will examine and analyze their own eating habits and reflect on their personal nutrition plan, as a result. Students will leave this introductory nutrition course with a better understanding of the nutrition*

*principles and concepts needed to improve their health. This course will help students become better informed consumers, particularly as it relates to food and nutrition, providing them with practical information, critical thinking skills and a scientific foundation needed to make better informed choices about their diet and health.*

## **Learning Objectives:**

1. At the conclusion of this course students will be able to:
2. Identify factors that influence personal food choices along with lifestyle factors that contribute to the leading causes of death in the United States by completing two reflective writing assignments about their own personal food history as well as that of a selected "client" integrating the information learned from class and including cultural, social, and economic factors influencing one's dietary preferences.
3. Demonstrate knowledge of reliable sources of nutritional information.
4. List the major food groups and identify foods that are typically classified in each group.
5. Develop nutritionally adequate daily menus through the utilization of the *MyPlate* Plan.
6. Describe the role of cultural, ethnic, and religious groups in influencing Americans' food choices.
7. Demonstrate knowledge of the overall processes of digestion and absorption along with common gastrointestinal problems as well as preventive measures and treatments for these problems.
8. Define the function of macro and micro nutrients in a healthy diet.
9. Evaluate the pros and cons of a vegetarian diet by synthesizing information from the text, on line resources, and direct personal experience (if applicable).
10. List dietary and other lifestyle actions that can reduce the risk of cardiovascular disease.
11. Define health benefits of a physically active lifestyle.
12. Identify common types of microbes that can cause food-borne illnesses and describe various food preservation methods.

## **Methodology:**

- Lectures and video presentations
- Small group work
- On line and in class discussions
- Writing assignments, critical thinking questions, oral and blog presentations
- Site Visits

## Hybrid Class Information:

HE-42 is a three credit class offered in a hybrid format. The class will meet face to face for two hours from 10:20AM-12:30PM every Wednesday in room T2-262. The other hour will consist of assignments and discussion forum activities that will take place on Blackboard. Most of these assignments and activities are due on Tuesday evenings at midnight. (See the class schedule below which includes due dates for readings and assignments listed for each week.)

During the first session of the class there will be an overview of all assignments as well as a review of the Blackboard tools and forums that will be used in this course. To be successful in a hybrid or online course you will need to be proficient in the use of Blackboard and have regular access to a computer and the internet as well as knowing how to utilize Microsoft Word.

There are 5 quizzes that take place throughout the semester. Please note these will replace a midterm for this course. These quizzes are based on chapter readings from the text as well as in class lectures and guest speaker presentations. These quizzes will consist of multiple choice and true and false questions which will be answered in class as well as critical thinking questions that you will answer and post in Blackboard. Both the in class portion of the quizzes and the critical thinking questions must be completed on time in order to receive full credit for the entire quiz.

I will be available for support by appointment during office hours listed above and via the Q&A forum online. I will do my best to answer all online questions within 36 to 48 hours.

## Class Schedule:

<b>Week/Date</b>	<b>Topic</b>	<b>Assignment Due</b>
Week 1 <u>9/16</u> Online	<b><u>The Basics of Nutrition</u></b> Introduction to course Post your own introduction in Discussion Board	<b>Due Sept. 22nd midnight</b>
Week 2 <u>9/23</u> Online	<b><u>Evaluating Nutritional Information</u></b> Site Visit to Campus Seaside Café  Reaction to Seaside café visit posted on discussion board along with response to two classmates	<b><u>Chapters 1&amp; 12</u></b>  <b>Due Sept. 29th midnight</b>

<p>Week 3 <u>9/30</u></p> <p>Online</p>	<p><b><u>KBCC FARM VISIT</u></b>  <i>Choose Public Service Project topics/                  Review Wellness Goal initiative &amp;                  choose "coaches"</i></p> <p><b><i>Critical Thinking Question                  Chapters 1-12.</i></b></p>	<p><b><u>In class Quiz                  #1(Chapters 1 &amp;                  12)</u></b></p> <p><b>Due Oct. 6th                  midnight</b></p>
<p>Week 4 <u>10/7</u></p> <p>Online</p>	<p><b><u>Body Basics</u></b></p> <p>Post your introduction to your                  wellness partner along with your goal                  and first objective in small group                  forum</p>	<p><b><u>Chapter 2</u></b>                  Additional Reading:  <u>Chapter 18 GERD                  and Irritable Bowel                  Disease</u>  <b>Due Oct 13<sup>th</sup>                  midnight</b></p>
<p>Week 5 10/14</p> <p>Online</p>	<p><b><u>Carbohydrates</u></b></p> <p><b><i>Critical Thinking Questions                  Chapters 2-4</i></b></p>	<p><b><u>Chapter 4</u></b>                  Additional Reading:  <u>Chapter 18 diabetes</u>  <b>Due Oct. 20<sup>th</sup>                  midnight</b></p>
<p>Week 6 10/21</p> <p>Online</p>	<p><b><u>Fats and Other Lipids</u></b></p> <p>Post your progress toward wellness                  goal in small group forum along with                  response to your partner's progress</p>	<p><b><u>Chapter 5</u></b>  <b><u>In Class Quiz #2                  (Chapters 2 &amp;4)</u></b></p> <p><b>Due Oct. 27<sup>th</sup>                  midnight</b></p>
<p>Week 7 <u>10/28</u></p> <p>Online</p>	<p><b><u>KBCC Farm Visit: Harvesting                  Microgreens/Water</u></b></p> <p>Reaction response to site visit to                  KBCC farm</p>	<p><b><u>Chapter 3</u></b></p> <p><b>Nov 3rd Midnight</b></p>
<p>Week 8 <u>11/4</u></p> <p>Online</p>	<p><b><u>Proteins</u></b></p> <p><i>Critical Thinking Question Chapters 3-                  5</i></p>	<p><b><u>Chapter 6</u></b>  <b><u>In class Quiz #3                  (Chapters 3 &amp; 5)</u></b>  <b>November 10<sup>th</sup>                  midnight</b></p>

Kingsborough Community College of the City University of New York  
 Department of Health, Physical Education, and Recreation

Week 9 <u>11/11</u>  Online	<b><u>Guest presenter: Eating Disorders</u></b>  Guest presenter eval. due.	<b>November 17<sup>th</sup> midnight</b>
Week 10 <u>11/18</u>  Online	<b><u>Vitamins and Minerals</u></b>  Post your progress toward wellness goal with new objective in small group forum along with response to your partner's progress	<b><u>Chapters 9,10&amp;11</u></b> Additional Reading: <u>Chapter 18</u> <u>Osteoporosis</u>  <b>Nov. 24th Midnight</b>
<b><u>11/25</u></b>  Online	<b><i>No Class: Friday Schedule Happy Thanksgiving!</i></b> <i>Critical Thinking Question Chapters - 9,10,11</i>	<b>December 1<sup>st</sup> Midnight</b>
Week 11 <u>12/2</u>  Online	<b><u>Energy Balance and Weight Control/Nutrition for Physically Active Lifestyles</u></b>  Post your <b>final</b> progress toward wellness goal with new objective in small group forum along with response to your partner's progress	<b><u>Chapters 8 and 16</u></b> <b><u>In Class Quiz #4</u></b> <b><u>(Chapters 9,10,11)</u></b>  <b>Dec 8th Midnight</b>
Week 12 <u>12/9</u>  Online	<b><u>Nutrition for a Lifetime and Current Trends/Class discussion: Overview of Public Service Project(s) posted on Course Blog/Review for Final</u></b>  <b><i>Critical Thinking Questions due Chapters 9-10.</i></b>	<b><u>Test# 5 (Chapters 8 &amp; 16)</u></b> <b><u>Wellness Project Due</u></b>  <b>December 12th</b>
Week 13 <u>Final TBA</u>		

## OER Resources:

Readings used in this course include, but are not limited to:

### **eBook:**

Fialkowski Revilla, M.K., Titchenal, A, Calabrese, A., Gibby,C.  
(2019) *Human Nutrition*. Chapters 1-12, 16 &18.

Retrieved from: [pressbooks.oer.hawaii.edu/humannutrition/](http://pressbooks.oer.hawaii.edu/humannutrition/)

CC Attribution 4.0 International License

**Human Nutrition by the University of Hawai'i at Mānoa Food Science and Human Nutrition Program. Download this book for free at:**

<http://pressbooks.oer.hawaii.edu/humannutrition/>

### **Videos:**

**Week 1:** "New York State WIC Together Growing Stronger Families"

[https://www.youtube.com/watch?v=hQOXD0fvZ\\_A](https://www.youtube.com/watch?v=hQOXD0fvZ_A)

"SNAP Myths vs. Facts"

<https://www.youtube.com/watch?v=Jw7uT1jOt0o>

**Week 2:** Meal Planning and Healthy Weight and Nutrition January 30, 2018

<https://www.youtube.com/watch?v=Dmc1GSKvv0s>

**Week 3:** "Farm to Table Special Topics in Urban Agriculture at KBCC" June 10, 2013

<https://www.youtube.com/watch?v=Af-jwGmEHZk>

"Paul Quinn College Transforms Football Field into a Farm" May 19, 2017

<https://www.youtube.com/watch?v=ueieR-KZq5o>

**Week 4:** "Human Digestive System" November 11, 2014

<https://www.youtube.com/watch?v=4dG2PYD94es>

**Week 5:** "Carbohydrate Digestion and Absorption" November 15, 2015

[https://www.youtube.com/watch?v=9HNz\\_QW838Q](https://www.youtube.com/watch?v=9HNz_QW838Q)

"Added Sugar on the Nutritional Facts Label, Sweet!" USDA June 18, 2019

<https://www.youtube.com/watch?v=I5a7E8HCvG4&t=1s>

"Diabetes Mellitus: Symptoms, Complications, Pathology of Type 1 and Type 2 December 4, 2018

<https://www.youtube.com/watch?v=qn2dhw0NJxo>

**Week 6:** "Lipids Digestion and Absorption Process" November 15, 2015

<https://www.youtube.com/watch?v=3J5pNwLYZ7w>

"TED Ed: What is Fat George Zaiden" May 22, 2013

<https://www.youtube.com/watch?v=QhUrc4BnPgg>

"Unsaturated vs. Saturated vs. Transfats October 1, 2018

<https://www.youtube.com/watch?v=brs2nMubr84>

"Atherosclerosis Explained - What Is Atherosclerosis - What Is Artery Plaque?" July 6, 2016

<https://www.youtube.com/watch?v=ENbjHLSFNbo>

**Week 7:** "GMO vs. Organic What's the Difference" August 12, 2016

<https://www.youtube.com/watch?v=3bmp38bZoa4>

: "How Much Water Should You Drink", December 15, 2015

<https://www.youtube.com/watch?v=81QHxWBJyFg>

TEDed "What Would Happen if You Didn't Drink Water", March 19, 2016

<https://www.youtube.com/watch?v=9iMGFqMmUFs>

**Week 8:** "Protein Digestion and Absorption Process" October 29, 2015

<https://www.youtube.com/watch?v=EYfB6g3GI0c>

"Protein-Structure of Protein-What is Protein Made of-Structure of Amino Acids Building Blocks" November 19, 2017

<https://www.youtube.com/watch?v=Gi9A56nu01E&t=1s>

TED-Ed "Why am I a Weekly Vegetarian" Feb 22, 2013

<https://www.youtube.com/watch?v=aUJD3sGppUo&t=18s>

**WEEK 9:** "TEDXColumbia Eating Disorders from the Inside Out" October 31, 2012

<https://www.youtube.com/watch?v=UEysOExcwrE`>



**Week 10:** "TED Ed: How do Vitamins Work Ginnie Trinh Nguyen" October 6, 2014

<https://www.youtube.com/watch?v=ISZLTJH5IYg>

"Vitamins and Minerals Nancy O'Sullivan" April 17, 2013

<https://www.youtube.com/watch?v=ORmO23Ui5E4>

"Minerals-What are Minerals-What do Minerals Do", May 29, 2016

<https://www.youtube.com/watch?v=i3GfrZR2DUE>

"Electrolytes-What are Electrolytes-Functions of Electrolytes", October 31, 2016

<https://www.youtube.com/watch?v=LWrYdNzx93Y>

"Why is Too Much Salt Bad for You", June 30, 2017

<https://www.youtube.com/watch?v=uM8yQNZ0x10>

"The Health Benefits of Iron", October 10, 2016

[https://www.youtube.com/watch?v=Q10\\_f3aTQm4](https://www.youtube.com/watch?v=Q10_f3aTQm4)

"The Benefits of Magnesium", May 27, 2018

<https://www.youtube.com/watch?v=SZwHoJOqRhc>

"How Much Calcium Does the Body Need-Why Does the Body Need Calcium", June 29, 2016

[https://www.youtube.com/watch?v=9f\\_-AxN5JPc](https://www.youtube.com/watch?v=9f_-AxN5JPc)

"5 Foods that are High in Potassium that are not Bananas", April 28, 2016

<https://www.youtube.com/watch?v=xcGsl4UQpRg>

**Week11:** "Nutrition Steps 3.1 Energy Balance" January 18, 2015

<https://www.youtube.com/watch?v=URAJzOjYjDo>

"Nutrition Steps 3.4 Optimal Body Weight and Body Fat Distribution" November 11, 2014

<https://www.youtube.com/watch?v=lRe7w62yd9E>

## Grading and Course Evaluation:

Course work	Percentage Value
Public Service Project and supportive paper	20%
Quizzes (Total of 5)	20%
Writing Assignments & discussion board postings	20%
Final	20%
Attendance and participation (In class and online)	5%
Health and Wellness Project	15%

### GRADING SCALE:

A (100-93), A- (92-90), B+ (89- 86), B (85-83), B- (82-80), C+ (79-77), C (76-73), C- (72-70), D+ (69-67), D (66-63), F (62 and below).

## Overview of Course Assignments:

Please refer to Assignment Guidelines for a more detailed description of requirements for all assignments.

1. Your personal introduction posted on the Discussion Forum (5pts.)
2. Seaside Café response posted in the Discussion Forum along with responses to two classmates (10pts)
3. Response to Urban Farm visit posted on Blackboard (5pts.)
4. Response to Guest Speaker posted on Blackboard (5pts.)
5. Oral or Blog presentation and paper on a research topic of your choice related to a particular area of interest regarding health and nutrition. Topics will be discussed and assigned on Sept. 30<sup>th</sup>. This project may take many forms based on our class discussion. (20pts.)
6. Health and Wellness Project consists of developing a nutritional goal for the semester along with biweekly online "coaching meetings" with a classmate to support one another in reaching your goals. The final summary paper is due on the last day of class. (15pts.)

## Expectations for Students in HE 42:

Your attendance in class and your active participation in all class activities including class presentations, site visits, in class and online discussions, will count toward your final grade.

**Four or more hours of absence from class may result in a “WU” or “F” grade at the discretion of the instructor. Two lateness’s of 20 minutes or leaving class early will count as 1 absence.**

Students are expected to come to class prepared, having read the assigned readings and completed and posted written assignments on the dates they are due. If there is a compelling reason why class work cannot be completed by the due date, this should be discussed with Professor **IN ADVANCE** of the due date. Work submitted late may receive a lower grade at the discretion of the Professor.

All assignments must be typed and printed for in class assignments or posted in the appropriate Blackboard forum as directed.

A grade of “INC” will be given if ALL required assignments have not been submitted by the date indicated at the end of the semester. A grade for the course will be given only when ALL assigned work has been received and graded. Note that an “INC” grade must be changed no later than the following semester (check Official Academic Calendar for date) or a grade of “F” will be assigned. Students are responsible for all that transpires in class even if they are absent.

**Please respect the learning environment of other students and faculty**

Use of cell phones, or other electronic equipment not related to class work is prohibited while you are in the classroom. **ALL ELECTRONICS MUST BE SHUT OFF BEFORE ENTERING THE CLASSROOM.** Failure to abide by these rules may result in your being asked to leave the class for the day and the lowering of your final grade at the discretion of the instructor.

Some of the material in this course will touch on sensitive subjects. While we may engage in informal discussions both in the face to face classroom and online via discussion forums always speak/post to others in the class in a respectful manner, and avoid comments and behaviors that disparage individuals. Speaking and writing informally but respectfully about sensitive topics are important skills and this course will afford you the opportunity to develop these skills.

## **Accommodating Disabilities:**

Kingsborough Community College is committed to providing access to all programs and curricula to all students. Students with disabilities who may need classroom accommodations are encouraged to register with the Office of Access-Ability Services D-205.