

PDP NT 102 Nutrition Essentials

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Meets once per week: 1.0 Credit

Course Description

Just as every person is unique, every person's healthy diet must also be unique. In this course students will learn the fundamentals of nutrition and be guided through an assessment of their individual nutritional needs. Participants will develop skills and strategies to apply course concepts to their day-to-day lives and work toward their personal health and nutrition goals. Emphasis will be placed on separating nutrition fact from fiction and examining products and marketing with a critical eye. Skills and strategies for meal planning, dining out, food shopping, and recipe modification will be introduced through interactive sessions and cooking demonstrations. This class is for non-nutrition majors only.

Grading Policy

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances, such as violating the BU student code of conduct.

Attendance Policy & Make-Up Classes

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 3 unexcused absences. Excused absences (such as illness or injury with a doctor's note or death of a family member) will not count against your attendance record. If you have more than 3 unexcused absences, you will need to arrange to make up the classes you have

missed. You can do this by attending a section of Healthy Cooking on a Budget or Nutrition Essentials.

Please contact Jordan Badger, Nutrition Essentials Instructor, if you plan on attending a section of Healthy Cooking on a Budget or Nutrition Essentials so that she can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

Assignments

1. Participation. This class is largely discussion based so your participation will help make the class more fun, and allow you to get the most out of it as possible. Food and nutrition can be highly charged topics for some individuals. I expect all students to help create a non-judgmental environment for open discussion about all aspects of food and nutrition. If you ever feel uncomfortable with the content or class discussion please feel free to contact the instructor to speak individually.
2. Worksheets. Throughout the semester, you will be given worksheets to complete at home to implement concepts learned in class. If you miss class it will be your responsibility to contact the instructor and obtain any worksheets to complete for the following week.
3. Assigned Readings. Throughout the semester, you will be given articles to read to supplement course material. It will be expected that you have read this article by the week after the article is passed out. If you miss class it will be your responsibility to contact the instructor and obtain any articles to read for the following week.

Course Schedule

Week 1 (9/5) – Introduction and Factors that Impact our Eating Behaviors

Introduction to instructor and course objectives/expectations

Review syllabus

Sargent Choice Nutrition Center resources

Factors that impact eating behaviors

Hunger/Fullness

Introduction to Meal Planning 123

Homework: Determining your baseline diet – 2-Day Food Record

Week 2 (9/12) - The Building Blocks of Nutrition: Carbohydrates

Discussion – What are the current messages about carbohydrates?

Carbohydrate nutrition facts

Dietary reference intakes

Nutrition and health implications: Whole grains vs. refined grains

Identifying whole grains on a label

Week 3 (9/19) – The Building Blocks of Nutrition: Protein

Discussion – What are the current messages about protein?

Protein nutrition facts

In class activity: Evaluating types of meats

Vegetarian Protein Considerations

Week 4 (9/26) – The Building Blocks of Nutrition: Fats

Discussion – What are the current messages about fats?

Fat nutrition facts

Comparison of dietary fats

When is low fat better?

Week 5 (10/3) – Energy Balance and Estimating Energy Needs

Estimating energy needs

Energy balance

Considerations for physical activity & healthy weight loss, maintenance, or gain

In class activity: 24 hour recall

Week 6 (10/10) – Meal Planning Practice and Considerations

Determining your healthy meal pattern using meal planning exchanges

Meal planning ingredients (6 food groups + elective calories)

In class activity: reviewing food groups and portion sizes

Goal Setting

Week 7 (10/17) – Elective Calories

Where do elective calories come from?

In class activity: Elective calorie assessment

Identifying added sugar on a label

Thoughtful eating discussion

In class activity: Review of a nutrition label for processed foods

Week 8 (10/24) – Meal Planning Workshop

Meal planning guidelines

In class activity: Practice creating realistic meals

Creating small changes

Discussion – Thoughts on meal planning

Week 9 (10/31) – Getting Enough: Nutrients of Concern

Do you need a multivitamin?

Nutrients of concern for young adults

Review of calcium, vitamin D, and iron

In class activity: Assessing your intake of calcium

Week 10 (11/7) – Eating for Physical Activity

How do your body's needs increase with increased physical activity?

Fueling your body for physical activity & sports – before, during, and after

Hydration

In class activity: Meal planning for an athlete

Week 11 (11/14) – Challenges to Thoughtful Eating & Behavior Change

Discussion – What are some of the challenges to achieving your food-related goals?

Strategies for overcoming the challenges to thoughtful eating

Habit change guide

In class activity: Building awareness of your current habits

Week 12 (11/21) – NO CLASS. Have a great Thanksgiving Holiday!

Week 13 (11/28) – Healthy Eating as a Lifestyle

Recipe modification

Strategies for eating out

In class activity: Putting these concepts into practice

Week 14 (12/5) – Additional Topics and Course Review

Additional topics of interest as they arise

Course Review

Q&A

Final Evaluations

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site is available for this class online at <http://learn.bu.edu> and can be accessed by entering your username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec's website:

<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time fill these out – your feedback is very important to us!

Student Conduct:

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).