

Course at a Glance Spring 2018

Course Title: Nutrition: Concepts and Controversies

Course Number: HUN 2201

Dept: CFH

Credits: 3

Section 311 **Reference Number:** 58250 **Instructor:** Dr. Preston Mercer pmercer@usf.edu

Course Description: This course explores nutrition in the enhancement of health and fitness. Discussion includes nutrient requirements for attainment and maintenance of health, disease prevention and sports performance. The appropriate use of dietary supplements, popular diets, and claims targeted to exercise will be evaluated.

Format of content presentation, activities and/or instructional methods: Web-based. Text, exams, diet analysis.

Course content organization: Text, weekly reading, short videos online, narrated PowerPoints

Textbook and Ordering materials: *Required Text:*

Nutrition: Concepts and Controversies, 14th Edition,Sizer and Whitney, includes Nutrition Connections CD-ROM, InfoTrac® and Online text companion site for course resources

<https://www.cengagebrain.com/shop/ProductDisplay?langId=-1&storeId=10151&catalogId=10057&productId=743707>

You can rent or get an eBook at this site

If you decide to RENT the book or get the ebook, it does not come with Diet Analysis. You can buy Diet Analysis online separately.

Optional for this course (for completing the Diet Analysis assignment):

Diet Analysis Plus 10.0 Windows/Macintosh CD-ROM or access (or latest edition)

<http://www.cengagebrain.com/shop/en/US/storefront/US?cmd=catProductDetail&ISBN=978-0-538-49509-7>

HSC Bookstore <http://usfhsc.bkstore.com>.

Please Note: The information on this document is subject to change. The course instructor has the right to change any information posted in this document. Students should check the official course syllabus released during the first week of classes for any updates to this document.