

## Course at a Glance

**Course Title:** Nutrition and Disease

**Course Number:** HUN3296

**Dept:** CFH

**Credits:** 3

**Traditional Section:** 310

**Reference Number:**

**Sponsored Institute Section:**

**Reference Number:**

**State Employee Section:**

**Reference Number:**

**Format of content presentation, activities and/or instructional methods:**

Online

**Instructor Name:** L. Preston Mercer

**Instructor Email:** pmercer@usf.edu

**Day of Class** (this is the day of the week new information is made available):

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday

**How is the course content organized?**

☐ by Session ☐ by Week ☐ by Unit ☒ by Module

**Other:**

**What is the length of one of your lessons/modules/units?**

☐ One Day ☒ 5 Day Work Week ☐ 7 Day Week ☐ 2 Weeks ☐ 3 Weeks ☐ 4 Weeks

**How many lessons/modules/units are there in your entire course?**

**Number:** 16

**More Details about time/day content is available or about how the content is organized:**

Syllabus has due dates.

**Course Description:**

HUN 3296 is a nutrition course for those wishing to increase their nutrition knowledge in the areas of health care, diet and disease, and therapeutic nutrition.

**Textbook and Ordering materials:****Required Text:**

Nutrition for Health and Health Care, 6th Edition Linda Kelly DeBruyne, Kathryn Pinna ISBN13: 978-1-133-59911-1

<http://www.cengagebrain.com/shop/search/9781133599111>

**Recommended Text (optional):**

Diet Analysis Plus 2-Semester Printed Access Card, 10th Edition

<http://www.cengagebrain.com/shop/isbn/978-0-538-49509-7>

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**How to Order:**

A link will be provided to the HSC bookstore online order form.

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**Other Required Materials:**

none

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**List the topics covered in your course:**

Week	Topic	Text Chapter
Week 1	COURSE INTRO VIDEO	
	Overview of Nutrition and Health	
	Digestion and Absorption	
	SYLLABUS EXAM! DUE 5/18 I, 2	
Week 2	Carbohydrates	
	Lipids 3, 4	
Week 3	Proteins and Amino Acids	
	Energy Balance and Body Composition	
	Weight Management: Obesity, Overweight and Underweight 5, 6, 7	
	EXAM 1 (Chapters 1-7) Online 6/1-6/4	
Week 4	Vitamins	
	Water, and Minerals	
	VIDEO – inductive logic 8, 9	
Week 5	Nutrition through the Life Span	
	10, 11, 12	
Week 6	Nutrition Care and Assessment	
	Nutrition Intervention and Diet-Drug Interactions	
	Enteral and Parenteral Nutrition Support 13, 14, 15	

EXAM 2 (Chapters 8-15) Online 6/22-6/25

Week 7            Nutrition in Metabolic and Respiratory Stress

Video - Preparing for diet analysis

Starve – feed cycle        16

Week 8            Nutrition and Upper Gastrointestinal Disorders Nutrition and Lower Gastrointestinal Disorders

Nutrition and Liver Diseases        17, 18, 19

Analyze your personal diet    Due 7/6 5:00 PM

Week 9            Nutrition and Diabetes Mellitus

Nutrition and Disorders of the Heart and Blood Vessels    20, 21

Week 10           Nutrition and Renal Diseases

Nutrition, Cancer, and HIV Infection        22, 23

BONUS PAPERS DUE! 7/18 5:00 PM

FINAL EXAM (Chapters 16-23) Online 7/19-7/20

**What types of assessments and activities are incorporated into your course?**

Exams, Term Papers, Diet analysis

**What do you expect out of the students taking your course? [What do they have to do to be successful in your course?]**

I believe that you will find Nutrition an interesting course. It is both personally and professionally relevant. Everyone eats so it is a discipline needed everywhere! Nutrition can be challenging to learn. It integrates principles from biology, chemistry, biochemistry, anatomy, physiology, sociology and psychiatry. The Appendices in the text are a nice review of concepts that you may be rusty on. Usually, to learn nutrition, you have to “unlearn” some bad ideas about nutrition that you might have. My family, for example, thought it would make you sick to drink milk with a tuna fish sandwich. I don’t know where the idea came from, but you’ll never see anyone in my family doing it! These types of stories (called “anecdotal evidence”) are common and you will be faced with dealing with them in any field that uses nutrition assessment/counseling. Nutrition is complex and we don’t have all the answers. But we must apply scientific principles and analytical, critical thinking in learning or conveying nutrition information. Those are skills you need to develop as you study.

I am interested in seeing you be successful in this course. This course is for students majoring in many areas - dietetics, food science, nursing, pre-med, pre-dent, pharmacy, physicians assistant, physical therapy, agriculture, etc, or just those wishing to improve their health and lifestyle. The class is interesting and people usually feel that they have learned a lot at the end of the semester. I believe that if you display a professional attitude, you will be successful and be rewarded for your efforts.

**Required Dates to be online or on campus (if applicable):**

*(for example: an exam is only available on one day for a 4 hour period)*

1. Date: 1/1/05	Between:	Time: 6:00 PM	and	Time: 9:00 PM	Online or On Campus
2. Date: 1/1/05	Between:	Time: 6:00 PM	and	Time: 9:00 PM	Online or On Campus
3. Date: 1/1/05	Between:	Time: 6:00 PM	and	Time: 9:00 PM	Online or On Campus
4. Date: 1/1/05	Between:	Time: 6:00 PM	and	Time: 9:00 PM	Online or On Campus
5. Date: 1/1/05	Between:	Time: 6:00 PM	and	Time: 9:00 PM	Online or On Campus
6. Date: 1/1/05	Between:	Time: 6:00 PM	and	Time: 9:00 PM	Online or On Campus

**Who should students contact for more information about your course?**

Name: Dr. L. Preston Mercer

Contact Info: Canvas

**Are there any other contacts? If so, please list below**

Note: For problems accessing the course materials and other computer technical problems, click the **Tech Assistance** button in your course website and fill out a "Technical Problem Report Form". Tech Assistance button links to the Technical Assistance page of the Office of Educational Technology & Assessment website at: <http://health.usf.edu/publichealth/eta/techsupport.html>. Students can also receive assistance via telephone at 813-974-6666, Mon-Fri 8:30am-5pm, or via email at [eta@health.usf.edu](mailto:eta@health.usf.edu).

**Technology Requirements (e.g. software or hardware):**

Are there any specific technology requirements (hardware and software) for your course?

See text Diet Analysis

Note: These are in addition to the basic technology requirements for all online courses.

**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.