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# **JINAN UNIVERSITY**

## **Principles of Nutrition**

**Lecturer:** Dr. Marcia Magnus

**Time:** Monday through Friday (June 18, 2018-July 20, 2018)

**Office hours:** 2 hours (according to the teaching schedule)

**Contact Hours:** 60 (50 minutes each)

**Credits:** 4

**Location:** Huiquan Building

**Office:** Huiquan Building 518

**E-mail:** [caramervoter@gmail.com](mailto:caramervoter@gmail.com)

### **Course Description**

Nutrients and their interrelationships, requirements of individuals, and food sources. Investigates current controversies, fads/fallacies, and health related issues.

### **Course Objectives**

By the end of the course, students will be able to:

1. describe the relationship between diet and health,
2. compare how macronutrients are used by the body,
3. assess how vitamins and minerals can enhance or impair health,
4. describe the barriers and strategies for weight management,
5. compare symptoms, treatment options between eating disorders,
6. describe the barriers and strategies to optimal nutrition in sports,
7. summarize how national food safety could be improved and
8. list strategies on how good nutrition can improve pregnancy outcomes.

### **Required Text**

*Understanding Nutrition* 14<sup>th</sup> edition. Whitney and Rolfes.

### **Course Hours**

The course has 25 sessions in total. Each class session is 120 minutes in length. The course meets from Monday to Friday.

### **Grading Policy**

Midterm	30%
Diet Analysis	30%
Final exam	30%
Attendance	10%

### Grading Scale

The instructor will use the grading system as applied by JNU:

Definition	Letter Grade	Score
Excellent	A	90-100
Good	B	80-89
Satisfactory	C	70-79
Poor	D	60-69
Failed	E	Below 60

### Misconduct includes:

Cheating – The unauthorized use of books, notes, aids, electronic sources; or assistance from another person with respect to examinations, course assignments, field service reports, class recitations; or the unauthorized possession of examination papers or course materials, whether originally authorized or not. Plagiarism – is the use and appropriation of another’s work without any indication of the source and the representation of such work as the student’s own. Any student, who fails to give credit for ideas, expressions or materials taken from another source, including internet sources, is responsible for plagiarism.

### Course Schedule

Date	Topics	Readings (Chapter)
18 Jun	Diet and Disease, The Digestive System	1, 2, 3
19,20 Jun	Carbohydrates	4
21,22, 25 Jun	Lipids	5,18

26,27 Jun	Proteins	6
28, 29 Jun, 2 Jul	Vitamins	10, 11
3,4 Jul	Minerals	12, 13
5,6, 9 Jul	Energy Balance, Weight Control, Eating Disorders	8, 9
10,11,12 Jul	Nutrition and Fitness	14
13,16,17 Jul	Pregnancy and Breastfeeding	15
18,19,20 Jul	Food Safety	19

### Academic Honesty

Jinan University defines academic misconduct as any act by a student that misrepresents the students' own academic work or that compromises the academic work of another. Scholastic misconduct includes (but is not limited to) cheating on assignments or examinations; plagiarizing, (i.e., misrepresenting as one's own work any work done by another; submitting the same paper or substantially similar papers to meet the requirements of more than one course without the approval and consent of the instructors concerned; or sabotaging another's work within these general definitions). Within these general definitions, however, instructors determine what constitutes academic misconduct in the courses they teach. Students found guilty of academic misconduct in any portion of the academic work face penalties ranging from lowering of their course grade to awarding a grade of E for the entire course.