

USC Dornsife
College of Letters,
Arts and Sciences

HBIO202Lg – Nutrition for Life (4 units)
Fall 2018
Lecture: M/W/F 8:00-8:50 a.m.
Location: THH 212

Lecture Instructor: Gioia Polidori, PhD
Office: AHF B40
Office Hours: Tue 10-12 & by appointment
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Lab Instructor: Helaine Lopes, PhD
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Office Hours: TBD
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Course Description

To develop an understanding of Nutrition, especially as it pertains to optimal health and prevention of diseases. A study of macro and micronutrients.

Learning Objectives

- To understand the process by which the body digests and assimilates the micronutrients contained in food in order to support normal body functions
- To acquire a basic understanding of the central and cross-disciplinary concepts of human biology, which include, but are not limited to bioenergetics, physiological homeostasis, and metabolic dysfunction.
- To acquire a basic understanding of the role of macro and micronutrients in determining homeostasis of organ systems with a cross-disciplinary approach that includes aspects of human nutrition, anatomy, physiology and pathology.
- To place biological, nutritional and physiopathological knowledge into an applicable and ethical context, especially how biology, physiology and nutrition can contribute to the resolution of sociocultural issues.

Readings:

Nutrition & You: Core Concepts for Good Health. Joan S. Blake, Pearson Education, Inc. 2013

Additional Policies

- The grading scale is based on the traditional scale as follows:

	A (≥93%)	A- (≥90%)
B+ (≥87%)	B (≥83%)	B- (≥80%)
C+ (≥77%)	C (≥73%)	C- (≥70%)
D+ (≥67%)	D (≥63%)	D- (≥60%)
F (≤59.9%)		

- A request to take a make-up exam must be accompanied by evidence of necessity (ie: letter from a doctor) and must be made before the date of the scheduled exam. Make-up exams will be different from the scheduled exam and may be proctored by personnel who do not have extensive knowledge in the area being tested.

Grading Breakdown

Assignment	Points	% of Grade
Midterm 1	250	25
Midterm 2	250	25
Laboratory	250	25
Final Exam	250	25
TOTAL	1000	100
JEP (Extra Credit)	25	2.5

Tentative Lecture Schedule

Date	Lecture Topic	Reading
Aug 20	Intro	
Aug 22	Nutrition	Ch. 1
Aug 24	Nutrition & Healthy Eating	Ch. 1/2
Aug 27	Healthy Eating	Ch. 2
Aug 29	Digestion	Ch. 3
Aug 31	Digestion	Ch. 3
Sep 5	GERD & Celiac Disease	Ch. 3/slides
Sep 7	Carbohydrates	Ch. 4
Sep 10	Carbohydrates	Ch. 4
Sep 12	Diabetes	Ch. 4/slides
Sep 14	Diabetes	Ch. 4/slides
Sep 17	Diabetes	Ch. 4/slides
Sep 19	Review	
Sep 21	Midterm I	

Sep 24	Proteins	Ch. 6
Sep 26	Proteins	Ch. 6
Sep 28	Fats	Ch. 5
Oct 1	Fats	Ch. 5
Oct 3	Body weight & energy balance	Ch. 10
Oct 5	Obesity	Ch. 10
Oct 8	Fatty Liver disease	Slides
Oct 10	Lipoproteins	Ch. 5/slides
Oct 12	Atherosclerosis (No class, watch lecture recording)	Ch. 5/Slides
Oct 15	Water, Electrolytes & fluid balance	Ch. 8
Oct 17	Hypertension	Slides
Oct 19	Myocardial Infarction	Slides
Oct 22	Review	
Oct 24	Midterm II	
Oct 26	Vitamins - Introduction	Ch. 7
Oct 29	Vitamin A and Vision	Ch. 7/slides
Oct 31	Thiamin, Riboflavin, Niacin & Metabolism	Ch. 7/slides
Nov 2	Anemia	
Nov 5	Anemia & micronutrients	Ch. 7/slides
Nov 7	Vitamin K and clotting cascade	Ch. 7/slides
Nov 9	Cancer	Ch. 7/slides
Nov 12	Cancer	Ch. 7/slides
Nov 14	Antioxidants	Ch. 7/slides
Nov 16	Bone health	slides
Nov 19	Bone health & Micronutrients	Ch. 7/8/ slides
Nov 26	Thanksgiving	
Nov 28	Folate and Neural Tube defects	Ch. 7/slides
Nov 30	Review	
Dec 2-5	Study Days	
	FINAL EXAM: See schedule of classes	

Statement on Academic Conduct and Support Systems

Academic Conduct

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in *SCampus* in Section 11, *Behavior Violating University Standards* <https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>. Other forms of academic dishonesty are equally unacceptable. See additional information in

SCampus and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct/>.

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the *Office of Equity and Diversity* <http://equity.usc.edu/> or to the *Department of Public Safety* <http://capsnet.usc.edu/department/department-public-safety/online-forms/contact-us>. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. *The Center for Women and Men* <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center webpage sarc@usc.edu describes reporting options and other resources.

Support Systems

A number of USC's schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the *American Language Institute* <http://dornsife.usc.edu/ali>, which sponsors courses and workshops specifically for international graduate students. *The Office of Disability Services and Programs* http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html provides certification for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency makes travel to campus infeasible, *USC Emergency Information* <http://emergency.usc.edu/> will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.