

USC Dornsife  
College of Letters,  
Arts and Sciences

**HBIO202Lg – Nutrition for Life (4 units)**

**Fall 2019**

**Lecture:** T/T 9:30-10:50 a.m.

**Location:** THH 116

**Lecture Instructor: Gioia Polidori, PhD**

**Office:** AHF B40

**Office Hours:** Tuesday and Thursday 2 - 4pm

**Contact Info:** [gpolidor@usc.edu](mailto:gpolidor@usc.edu)

**Lab Instructor: Helaine Lopes, PhD**

**Office:** PED 107

**Office Hours:** TBD

**Contact Info:** [lopes@usc.edu](mailto:lopes@usc.edu)

**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 classify micro and macronutrients, identify their dietary sources and their function in the body.
- To understand the process by which the body digests and assimilates the nutrients contained in food.
- To understand the role of diet in determining health and longevity.
- To recognize the relationship between nutritional imbalances and disease.
- To discuss how nutritional concepts may be used for the resolution of sociocultural issues

**Required Readings:**

- Nutrition & You: Core Concepts for Good Health. Joan S. Blake, Pearson Education, Inc. 2013
- Laboratory Manual, available at the bookstore

**Additional Policies**

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

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

- 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

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

### Tentative Lecture Schedule

<b>Date</b>	<b>Lecture Topic</b>	<b>Reading</b>
Aug 27	Intro	
Aug 29	Nutrition	Ch. 1
Sep 3	Food Choices	Ch. 1
Sep 5	Nutrition Research & Information	Ch. 1
Sep 10	Healthy Eating	Ch. 2
Sept 12	MyPlate & Food Labels	Ch. 2
Sep 17	Healthy Weight	Ch. 10
Sep 19	Energy balance	Ch. 10
Sep 24	Review	
Sep 26	<b>Exam I</b>	
Oct 1	Obesity	Ch. 10
Oct 3	Obesity and Complications	Ch. 10
Oct 8	Eating Disorders	Ch. 10
Oct 10	Digestion	Ch. 3

Oct 15	Disorders of the GI tract	Ch. 3
Oct 22	Carbohydrates	Ch. 4
Oct 29	Carbohydrates	Ch. 4
Oct 31	Diabetes	Ch. 4
Nov 5	Review	
Nov 7	<b>Exam II</b>	
Nov 12	Proteins	Ch. 6
Nov 14	Proteins	Ch. 6
Nov 19	Fats	Ch. 5
Nov 21	Fats	Ch. 5
Nov 26	Cardiovascular Disease	Ch. 5
Nov 26	Vitamins	Ch. 7
Nov 28	Minerals	Ch. 8
Dec 3	Consumerism & Sustainability	Ch. 12
Dec 5	<b>Review</b>	
Dec 10	<b>Study Days</b>	
	<b>FINAL EXAM: See schedule of classes</b>	

## Statement on Academic Conduct and Support Systems

### Academic Conduct

#### 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 Part B, Section 11, “Behavior Violating University Standards” [policy.usc.edu/scampus-part-b](http://policy.usc.edu/scampus-part-b). Other forms of academic dishonesty are equally unacceptable. See additional information in SCampus and university policies on scientific misconduct, [policy.usc.edu/scientific-misconduct](http://policy.usc.edu/scientific-misconduct).

#### Support Systems:

*Student Health Counseling Services - (213) 740-7711 – 24/7 on call*  
[engemannshc.usc.edu/counseling](http://engemannshc.usc.edu/counseling)

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

*National Suicide Prevention Lifeline - 1 (800) 273-8255 – 24/7 on call*  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

*Relationship and Sexual Violence Prevention Services (RSVP) - (213) 740-4900 – 24/7 on call*  
[engemannshc.usc.edu/rsvp](http://engemannshc.usc.edu/rsvp)

Free and confidential therapy services, workshops, and training for situations related to gender-based harm.

*Office of Equity and Diversity (OED) | Title IX - (213) 740-5086*  
[equity.usc.edu](http://equity.usc.edu), [titleix.usc.edu](http://titleix.usc.edu)

Information about how to get help or help a survivor of harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants. The university prohibits discrimination or harassment based on the following protected characteristics: race, color, national origin, ancestry, religion, sex, gender, gender identity, gender expression, sexual orientation, age, physical disability, medical condition, mental disability, marital status, pregnancy, veteran status, genetic information, and any other characteristic which may be specified in applicable laws and governmental regulations.

*Bias Assessment Response and Support - (213) 740-2421*  
[studentaffairs.usc.edu/bias-assessment-response-support](http://studentaffairs.usc.edu/bias-assessment-response-support)

Avenue to report incidents of bias, hate crimes, and microaggressions for appropriate investigation and response.

*The Office of Disability Services and Programs - (213) 740-0776*  
[dsp.usc.edu](http://dsp.usc.edu)

Support and accommodations for students with disabilities. Services include assistance in providing readers/notetakers/interpreters, special accommodations for test taking needs, assistance with architectural barriers, assistive technology, and support for individual needs.

*USC Support and Advocacy - (213) 821-4710*  
[studentaffairs.usc.edu/ssu](http://studentaffairs.usc.edu/ssu)

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

*Diversity at USC - (213) 740-2101*  
[diversity.usc.edu](http://diversity.usc.edu)

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

*USC Emergency - UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call*  
[dps.usc.edu](http://dps.usc.edu), [emergency.usc.edu](http://emergency.usc.edu)

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

*USC Department of Public Safety - UPC: (213) 740-6000, HSC: (323) 442-120 – 24/7 on call*  
[dps.usc.edu](http://dps.usc.edu)

Non-emergency assistance or information.

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](mailto: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](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.