

USC Dornsife  
College of Letters,  
Arts and Sciences

**HBIO202Lg – Nutrition for Life (4 units)  
Fall 2020**

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

Lecture Instructor: Gioia Polidori, PhD  
Office hours: 11:00-12:30 pm Tuesday and Thursday + by  
appointment  
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Lab Director: Anh-Khoi Nguyen, PhD  
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Lab Instructor: Bara Floyd  
Office hours: TBA  
Contact Info: [gbfloyd@usc.edu](mailto:gbfloyd@usc.edu)  
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Lab Instructor: Helaine Lopes, PhD  
Office hours: TBA  
Contact Info: [lopes@usc.edu](mailto:lopes@usc.edu)  
Office: PED 107

**For fall 2020, both lectures and labs for this class will be taught online.**

**I. Description of Online Teaching Modality**

- Material will be delivered with:
  - asynchronous video lectures (under one hour in total and available prior to the module)
  - in-class activities (under 30 minutes on Tuesday and on Thursday)
  - in-class lecturing segments (under 30 minutes on Tuesday and on Thursday)
- All lectures and activities will be available asynchronously on blackboard.

**II. 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.

**III. Learning Objectives**

- To classify micro and macronutrients, identify their dietary sources and their function in the body
- To explain the process by which the body digests and assimilates the nutrients contained in food
- To explain the role of diet in determining health and longevity
- To recognize the relationship between nutritional imbalances and disease
- To apply knowledge of energy intake and energy expenditure to make food choices that promote maximal health

- To utilize discipline-related criteria to decide which nutrition-related opinions can be accepted, rejected or need further study
- To take measures of height, weight, BMI, body composition, caloric expenditure, blood lipid panel and oral glucose tolerance test
- To perform a dietary analysis and develop a balanced dietary plan for a healthy subject
- To discuss the interplay of genetics, sociocultural status, sex, ethnicity, body diversity and their influence on diet and ultimately health

#### **IV. Description and Assessment of Assignments/Exams**

- Class material will be evaluated via quizzes, laboratory practicals, and exams.
- Quizzes will be given at the end of each module on blackboard and will be based on the material presented in the lecture recordings.
- Exams will include a variety of question formats, such as short answers, fill-in, true/false and multiple-choice questions. Exams will be taken remotely using Respondus Monitor and Lockdown Browser.

#### **V. Required Readings:**

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

#### **VI. 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>		

- Blackboard will be used to post video lectures, announcements, handouts, articles, rubrics, deadlines, feedback to quizzes and midterm exams so check this site periodically.
- 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.

#### **VII. Grading Breakdown**

<b>Assignment</b>	<b>Points</b>	<b>% of Grade</b>
Midterm 1	200	20
Midterm 2	250	25
Laboratory	250	25
Final Exam	250	25

Quizzes	50	5
<b>TOTAL</b>	1000	100
JEP		2 extra credit

### VIII. Tentative Lecture Schedule

<b>Date</b>	<b>Lecture Topic</b>	<b>Chapter Reading</b>
Aug 18	Module I: Nutrition Food Choices	1
Aug 20		
Aug 25	Module II: Healthy Eating & Food Labels	2
Aug 27		
Sept 1	Module III: Healthy weight and energy balance	10
Sept 3		
Sept 8		
Sept 10	Review & <b>Exam I</b>	
Sept 15	Module IV: Obesity and Complications	10
Sept 17		
Sept 22	Module V: Eating Disorders & Digestion	3
Sept 24		
Sept 29	Module VI: Carbohydrates	4
Oct 1		
Oct 6		
Oct 8	Module VII: Celiac Disease and Diabetes	4
Oct 13		
Oct 15	Review & <b>Exam II</b>	
Oct 20	Module VIII: Proteins	6
Oct 22		
Oct 27	Module IX: Fats	5
Oct 29		
Nov 3	Module X: Cardiovascular Disease	5
Nov 5		
Nov 10	Module XI: Consumerism & Sustainability	12
Nov 12		
Nov 12		
	<b>Review</b>	
	<b>Study Days</b>	
	<b>FINAL EXAM: See schedule of classes</b>	

## **IX. 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 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/ssa](http://studentaffairs.usc.edu/ssa)

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/academicssupport/centerprograms/dsp/home\\_index.html](http://sait.usc.edu/academicssupport/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.