

USC Dornsife
College of Letters,
Arts and Sciences

**HBIO360 – Nutrition and Disease (4 units)
Fall 2020**

Lectures: Tuesday and Thursday 3:30-4:50pm

Location: online

Instructor: Gioia Polidori, PhD

Office: AHF B40

Office Hours: Tuesday and Thursday 11:00-12:30pm + by appointment

Contact Info

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For fall 2020, both lectures and discussion sessions for this class will be taught online.

Course Description

Principles of diet therapy for the prevention and treatment of human disease.

Prerequisite: BISC 220L

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. Learning Objectives

- Identify, locate, and describe the structure/function of major organ systems of the human body
- Illustrate the relationship between nutritional imbalances and disease
- Correlate molecular, cytological and histological changes with manifestations of selected human diseases
- Compile relevant sources of scientific evidence to solve case studies and effectively present to peers selected topics in human disease
- Evaluate how nutritional concepts may be used for the resolution of sociocultural issues
- Determine and discuss nutrient needs for diverse populations taking into account the various dimensions of human diversity such as age, disability, ethnicity, ancestry, gender, language, religion, social status and body diversity.

III. Text Required

Nutrition Therapy & Pathophysiology; Nelms M, Sucher KP, Lacey K, Roth SL (eds). Wadsworth Cengage Learning. 3rd Edition.

IV. Description and Assessment of Assignments

- Class material will be evaluated via quizzes, exams and case studies.
- **Quizzes** will be given at the end of each module on blackboard and will be based on the material presented in the lecture recordings.
- **Case studies:** Case studies will be completed throughout the semester and will focus on the pathophysiology and nutritional requirements in different diseases. Students will be guided to perform literature searches to discover and develop their own solutions to real case problems related to human disease and placed within sociocultural contexts. Students will work on case studies in groups of 3-5 and each group will submit the answers at the end of class.
- **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. Grading Breakdown

Assignment	Points	% of Grade
Midterm 1	200	20
Midterm 2	250	25
Discussions	250	25
Final Exam	250	25
Quizzes	50	5
TOTAL	1000	100
JEP	20	2

VI. 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 midterm exam can be taken after the specified date **ONLY** if the student has a **documented** medical excuse.
- A request to take a make-up exam must be accompanied by evidence of necessity (ie: letter from a doctor, interview email...) and must be made before the date of the scheduled exam.
- Lecture slides and recordings will be posted on blackboard. Class notes and textbook information will form the basis of the material that will be on the exams. Blackboard

will be used regularly to post video lectures, slides, assignments, announcements, grades, etc. therefore make sure you receive notifications.

- **Case Studies:** Attendance to case studies is mandatory. Students should contact the course instructor via email if they have to miss a case study. If a student has to miss a case study because of medical reason, interviews, or for any other reasonable excuse, he/she may be allowed to submit the work from home. If the student misses a case study without a reasonable excuse there will be a 20% penalty (first offense) 40% penalty (second offense) and 60% penalty (third offense). Students that arrive more than 15 minutes late on case study days will be considered absent for the case study.
- **Late Work Policy:** Case studies are due at the end of class period. No late work will be accepted unless the student receives prior approval from the course instructor.

VII. Tentative Lecture Schedule

Date	Lecture Topic	Nelms	Case Studies
Aug 18	Module 1: Nutrition Care Process	2	Intro
Aug 20		3	
Aug 25	Module 2: Nutrition Intervention	4	Dietary Assessment
Aug 27		5	
Sept 1	Module 3: Energy Balance	12	Dietary Intervention
Sept 3		12	
Sept 8	Review and Exam 1		Obesity
Sept 10			
Sept 15	Module 4: Diabetes	17	T1DM
Sept 17		17	
Sept 22	Module 5: Cardiovascular System I	13	Hypertension
Sept 24		13	
Sept 29	Module 6: Cardiovascular System II	13	Heart Failure
Oct 1		13	
Oct 6	Module 7: Upper GI tract	14	GERD
Oct 8		14	
Oct 13	Review & Exam 2		Peptic Ulcer Disease
Oct 15			
Oct 20	Module 8: Lower GI tract	15	Celiac Disease
Oct 22		15	
Oct 27	Module 9: Liver and Gallbladder	16	Steatohepatitis
Oct 29		16	
Nov 3	Module 10: Hematological System	19	Anemia
Nov 5		19	
Nov 10	Module 11 : Cancer	23	Cancer
Nov 12		23	

Study Days		
Final Exam (see schedule of classes)		

VIII. 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.

IX. 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. Other forms of academic dishonesty are equally unacceptable. See additional information in SCampus and university policies on scientific misconduct, policy.usc.edu/scientific-misconduct.

X. Academic Integrity Violations

Students who violate University standards of academic integrity are subject to disciplinary sanctions, including failure in the course and suspension from the University. Since dishonesty in any form harms the individual, other students and the University, academic integrity policies will be strictly enforced.

XI. Disruptive and Threatening Behavior

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.

XII. Support Systems:

Student Health Counseling Services - (213) 740-7711 – 24/7 on call

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

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

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, 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

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

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

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

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, 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

Non-emergency assistance or information.