

USC Dornsife
College of Letters,
Arts and Sciences

**HBIO202Lg – Nutrition for Life (4 units)
Fall 2021**

Lecture: T/T 9:30-10:50 a.m.
Location: WPH B28

Lecture Instructor: Gioia Polidori, PhD
Office hours: 8:50-9:20 and 10:50-12:20 pm T/Th
Office hours will be held ONLINE
A google doc will be used to sign up for office hours
Contact Info: gpolidor@usc.edu
Office: AHF B40

Lab Director: Anh-Khoi Nguyen, PhD
Office hours: by appointment
Contact Info: agnguyen@usc.edu
Office: PED 109

Lab Instructor: Bara Floyd
Office hours: TBA
Contact Info: gbfloyd@usc.edu
Office: PED 109

Lab Instructor: Helaine Lopes, PhD
Office hours: TBA
Contact Info: lopes@usc.edu
Office: PED 107

Course Modality

This course is offered in person and lectures will also be offered with virtual synchronous modality (i.e. students can attend lectures online at the scheduled time). Labs will be offered in person only.

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 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

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:

	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	200	20
Midterm 2	250	25
Laboratory	250	25
Final Exam	250	25
Quizzes	50	5
TOTAL	1000	100
JEP	25	2.5

Tentative Lecture Schedule

Date	Lecture Topic	Reading
Aug 24	Intro	
Aug 26	Nutrition	Ch. 1
Aug 31	Food Choices	Ch. 1
Sept 2	Nutrition Research & Information	Ch. 1

Sept 7	Healthy Eating	Ch. 2
Sept 9	MyPlate & Food Labels	Ch. 2
Sept 14	Healthy Weight	Ch. 10
Sept 16	Energy balance	Ch. 10
Sept 21	Review	
Sept 23	Exam I	
Sept 28	Obesity	Ch. 10
Sept 30	Obesity and Complications	Ch. 10
Oct 5	Eating Disorders	Ch. 10
Oct 7	Digestion	Ch. 3
Oct 12	Carbohydrates	Ch. 3
Oct 19	Carbohydrates	Ch. 4
Oct 21	Celiac Disease and Diabetes	Ch. 4
Oct 26	Review	Ch. 4
Oct 28	Exam II	
Nov 2	Proteins	
Nov 4	Proteins	Ch. 6
Nov 9	Fats	Ch. 6
Nov 11	Fats	Ch. 5
Nov 16	Cardiovascular Disease	Ch. 5
Nov 18	Vitamins & Scurvy	Ch. 7
Nov 23	Minerals and Iron Deficiency	Ch. 8
Nov 30	Consumerism & Sustainability	Ch. 12
Dec 2	Review	
	FINAL EXAM: See schedule of classes	

- Final grades will **NOT** be posted on Blackboard.

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

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.

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/departments/departments-public-safety/online-forms/contact-us>. This is important for the safety of the 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.

Intellectual property Statement

Distribution or use of notes or recordings based on university classes or lectures without the express permission of the instructor for purposes other than individual or group study is a violation of the USC Student Conduct Code. This includes, but is not limited to, providing materials for distribution by services publishing class notes. This restriction on unauthorized use also applies to all information, which had been distributed to students or in any way had been displayed for use in relationship to the class, whether obtained in class, via email, on the Internet or via any other media. (See Section C.1 Class Notes Policy).

USC technology rental program

We realize that attending classes online and completing coursework remotely requires access to technology that not all students possess. If you need resources to successfully participate in

your classes, such as a laptop or internet hotspot, you may be eligible for the university's equipment rental program. To apply, please submit an application. The Student Basic Needs team will contact all applicants in early August and distribute equipment to eligible applicants prior to the start of the fall semester.

USC Technology Support Links

[Zoom information for students](#)

[Blackboard help for students](#)

[Software available to USC Campus](#)

Asynchronous sessions

This course All lecture material and in-class activities will be recorded and available on Blackboard for asynchronous . Let students know that the synchronous sessions will be recorded and provided to all students asynchronously.