

USC Dornsife
College of Letters,
Arts and Sciences

**HBIO202Lg – Nutrition for Life (4 units)
Spring 2024**

Lecture: T/T 2:00-3:20 p.m.
Location: SGM 101

Lecture Instructor: Gioia Polidori, PhD
Office hours: Thu 3:30-5:00 pm in AHF 259 and
Fri 2:30-4pm online – this session is flexible, so we can
arrange a different time as long as we plan it ahead of time
and I can notify the class.

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Lab Director: Anh-Khoi Nguyen, PhD
Office hours: by appointment
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Office: PED 109

Lab Instructor: Bara Floyd, MS
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Lab Instructor: Lisa Le, MS
Office hours: TBA
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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 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 (e.g. interview letter or athlete excuse form) 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.
- Quiz submission: quizzes are in-class activities so will only be available during class time for students present in class. Students who have to miss class should notify the instructor to request an exemption. Submitting quizzes when not present in class will be considered an violation of academic integrity.
- The only extra credit offered for this course is JEP. This is a semester-long commitment and you will receive extra credit in the class based on your performance in the program. JEP is the oldest and largest university service-learning program in the country. It offers students the unique opportunity to combine academic coursework with experiences in the community surrounding the campus. JEP assignments will be relevant to the course content and unique to HBIO 370. At the beginning of the semester, a JEP representative will visit our class and tell you more about the program. Deadline for registration is usually during the first two weeks of classes so make sure you register on time and notify the instructor. JEP assignments must be completed before the scheduled final examination. To register for JEP, visit <http://dornsife.usc.edu/joint-educational-project/>.

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
Jan. 9	Intro	
Jan. 11	Nutrition	Ch. 1
Jan. 16	Food Choices	Ch. 1
Jan. 18	Nutrition Research & Information	Ch. 1
Jan. 23	Healthy Eating	Ch. 2
Jan. 25	MyPlate & Food Labels	Ch. 2
Jan. 30	Healthy Weight	Ch. 10
Feb. 1	Energy balance	Ch. 10
Feb. 6	Obesity	
Feb. 8	Obesity and Complications	
Feb. 13	Review	
Feb. 15	Exam II	
Feb. 20	Eating Disorders	Ch. 10
Feb. 21	Digestion	Ch. 3
Feb. 27	Carbohydrates	Ch. 4
Feb. 29	Carbohydrates	Ch. 4
Mar. 5	Celiac Disease and Diabetes	Ch. 4
Mar. 7	Proteins	Ch. 6
Mar. 19	Proteins	Ch. 6
Mar. 21	Review	
Mar. 26	Exam II	
Mar. 28	Fats	Ch. 5
Apr. 2	Fats	Ch. 5
Apr. 4	Cardiovascular Disease	Ch. 5
Apr. 9	Vitamins & Scurvy	Ch. 7
Apr. 11	Minerals and Iron Deficiency	Ch. 8
Apr. 16	Minerals & Osteoporosis	Ch. 8
Apr. 18	Consumerism & Sustainability	Ch. 12
Apr. 23	Food Safety	Ch. 13
Apr. 25	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/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

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/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.

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.