

USC Dornsife  
College of Letters,  
Arts and Sciences

**HBIO202Lg – Nutrition for Life (4 units)  
Maymester Summer 2024**

Lecture: M/T/W/Th 11:00-1:15 p.m.

Location: HED 103

Lecture Instructor: Gioia Polidori, PhD

Office hours: TBD

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

Office: AHF B40

Lab Director: Anh-Khoi Nguyen, PhD

Office hours: by appointment

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Office: PED 109

Lab Instructor: Bara Floyd

Office hours: TBA

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Office: PED 109

**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:

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

<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

### Tentative Lecture Schedule

<b>Date</b>	<b>Lecture Topic</b>	<b>Reading</b>	<b>Lab</b>
May 13	Intro		Intro Body Comp I Body Comp II
May 14	Nutrition & Food Choices	Ch. 1	
May 15	Healthy Eating	Ch. 1	
May 16	Nutrition Research & Information	Ch. 1	
May 20	MyPlate & Food Labels	Ch. 2	Caloric Exp I Caloric Exp II Caloric Exp III
May 21	Healthy weight	Ch. 2	
May 22	<b>Exam 1</b>		
May 23	Energy balance	Ch. 2	
May 27	<b>Memorial Day</b>		Glycemia/Lipids I Glycemia/Lipids II
May 28	Obesity	Ch. 10	
May 29	Obesity & complications	Ch. 10	

May 30	Digestion & Celiac disease	Ch. 3	Lifestyle & Family Understanding Food Presentation
June 3	Carbohydrates & Diabetes	Ch. 4	
June 4	<b>Exam I</b>		
June 5	Proteins & Eating disorders	Ch. 6	
June 6	Fats & Heart Disease	Ch. 5	
June 10	Vitamins & Cancer	Ch. 7	Lab Review Lab Final
June 11	Minerals & Osteoporosis	Ch. 8	
June 12	Consumerism, Sustainability & Xenobiotics	Ch. 12	
June 13	<b>Final Exam</b>		