USC Dornsife College of Letters, Arts and Sciences

HBIO202Lg – Nutrition for Life (4 units)
Fall 2024
Lecture: T/T 2:00-3:20 p.m.
Location: SOS B2

Lecture Instructor: Gioia Polidori, PhD
Office hours: TBD

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Lab Director: Anh-Khoi Nguyen, PhD
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Lab Instructor: Bara Floyd, MS
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Lab Instructor: Lisa Le, MS
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Lab Instructor: Joshua Carlos, MS
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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 and will be reported accordingly.

- 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/.

- Lab Attendance
  IMPORTANT NOTICE: As laboratory experiential learning is crucial to meeting the learning objectives of this course you must have completed a significant number of the assigned weekly lab activities before the final lecture exam. The number of assigned weekly lab activities that must be completed before the final lecture
  exam will be explained to you in detail by your lab instructor during the first lab meeting of the semester.

- Science and Evolving Language
  As our understanding of science is constantly evolving, so are the terms used in scientific discussions. Therefore, there are terms and concepts that are in the process of being updated by the scientific community but remain outdated, and do not reflect our current values of equity or inclusivity (e.g., the word obesity or that current medical nutritional guidelines utilize a binary dichotomy of men vs women). Despite our own personal values and beliefs, such terms and concepts are part of a global science curriculum and thus will be covered in this class in order to best prepare students professionally. We acknowledge the fact that terms and concepts are in the process of being updated to better reflect our evolving understanding of science and humanity, and hope that you and your colleagues will continue to advocate for and build an equitable academic community in your classrooms and beyond.

- Academic Dialogue
  The foundations of academic learning are rooted in our capacity to listen to each other, learn from each other, and respect each other, particularly when we disagree with each other. Academic dialogue is not about winning, but about learning together. To facilitate our building of a robust academic community in this class, we will be creating a living document of norms and expectations of engagement for respectful dialogue.

- Use of Generative Artificial Intelligence
  Since creating, analytical, and critical thinking skills are part of the learning outcomes of this course, all assignments should be prepared by the student working individually or in groups. Students may not have another person or entity complete any substantive portion of the assignment. Developing strong competencies in these areas will prepare you for a competitive workplace. Therefore, using AI-generated tools is prohibited in this course, will be identified as plagiarism, and will be reported to the Office of Academic Integrity.

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 27	Intro	
Aug 29	Nutrition	Ch. 1
Sept 3	Food Choices	Ch. 1
Sept 5	Nutrition Research & Information	Ch. 1
Sept 10	Healthy Eating	Ch. 2
Sept 12	MyPlate & Food Labels	Ch. 2
Sept 17	Healthy Weight	Ch. 10
Sept 19	Energy balance	Ch. 10
Sept 24	Obesity and Complications	
Sept 26	Review	
Oct 1	**Exam I**	
Oct 3	Eating Disorders	Ch. 10
Oct 8	Digestion	Ch. 3
Oct 15	Carbohydrates	Ch. 4
Oct 17	Carbohydrates	Ch. 4
Oct 22	Celiac Disease and Diabetes	Ch. 4
Oct 24	Proteins	Ch. 6
Oct 29	Proteins	Ch. 6
Oct 31	Review	
Nov 5	**Exam II**	
Nov 7	Fats	Ch. 5
Nov 12	Fats	Ch. 5
Nov 14	Cardiovascular Disease	Ch. 5
Nov 19	Vitamins as antioxidants	Ch. 7
Nov 21	Micronutrients and Anemia	Ch. 7
Nov 26	Minerals & Osteoporosis	Ch. 8
Nov 28	**Thanksgiving**	
Dec 3	Consumerism & Sustainability & Safety	Ch. 12
Dec 5	Review	

FINAL EXAM: See schedule of classes	

•Final grades will **NOT** be posted on Brightspace.

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/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 brightspace, 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. (SeeSection 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.

Our New Learning Platform: Brightspace
USC is making a change in our online learning platform, and we are now using Brightspace.
How to Log In
To access Brightspace today, follow these steps:
1. Go to https://brightspace.usc.edu/d2l/login to login. You can also find Brightspace on myUSC.
2. Enter your USC Net ID to access
3. Begin navigating through Brightspace.

I also encourage you to download the mobile app, Brightspace Pulse, available in both the Apple App Store and Google Play.

What to Expect

Brightspace provides an enhanced learning experience with detailed class progress reports. With Brightspace, you can easily see all assignment due dates in one place. Upon opening Brightspace, you will find the following:
• The HBIO-202 Course: We will use this course to complete work for this course throughout the semester.

Support Resources

Do you want to learn more about Brightspace? Check out training and resources in the Brightspace Student Tutorials. Find technical support information below:
• Student Guides: Brightspace Student Guides
• Brightspace Technical Support Line: 888-895-2812
• Brightspace Email Support: usc@d2l.com

Description and Assessment of Assignments

Assessment and Assignments are meant to guide and embrace your learning