

USC Dornsife
College of Letters,
Arts and Sciences

**HBIO202Lg – Nutrition for Life (4 units)
Maymester Summer 2025**

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

Location: HED 103

Lab: T/W/Th or T/Th 2:00-3:50 p.m (schedule below)

Lecture Instructor: Gioia Polidori, PhD

Office hours: TBy appointment

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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

Contact Info: gbfloyd@usc.edu

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:

	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.
- 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.

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

Tentative Lecture Schedule

Date	Lecture Topic	Reading	Lab
May 19	Intro		
May 20	Nutrition & Food Choices	Ch. 1	Intro (5/20)
May 21	Healthy Eating	Ch. 1	Body Comp I
May 22	Nutrition Research & Information	Ch. 1	Body Comp II
May 26	MyPlate & Food Labels	Ch. 2	
May 27	Healthy weight	Ch. 2	Caloric Exp I
May 28	Exam 1		Caloric Exp II

May 29	Energy balance	Ch. 2	Caloric Exp III
June 2	Memorial Day		
June 3	Obesity	Ch. 10	Glycemia/Lipids I
June 4	Obesity & complications	Ch. 10	Glycemia/Lipids II
June 5	Digestion & Celiac disease	Ch. 3	
June 9	Carbohydrates & Diabetes	Ch. 4	
June 10	Exam II		Food Diary
June 11	Proteins & Eating disorders	Ch. 6	Understanding Food
June 12	Fats & Heart Disease	Ch. 5	
June 16	Vitamins & Cancer	Ch. 7	
June 17	Minerals & Osteoporosis	Ch. 8	Presentations/Review
June 18	Consumerism, Sustainability & Xenobiotics	Ch. 12	Lab Final
June 19	Final Exam		

Statement of inclusivity and science

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

Statement on AI use

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.

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

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*

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).