University of Pittsburgh

Kenneth P. Dietrich School of Arts and Sciences

College in High School

2024-2025

Intro. to Human Nutrition

NUTR 1006--3 Credits

Description: This course will cover an overview of the scientific principles of nutrition and their applications to humans throughout the lifecycle. Topics include classification and function of the six major nutrients, review of current nutrition standards, safety of the food supply, and nutrition misinformation.

Prerequisites: None.

Grading: Formative student assessment of learning will be based on completion of readings and performance on quizzes, online discussions, and assignments. Summative student assessment of learning will be based on performance of the Midterm (chapters 1-7) and Final (chapters 8-13).

Textbook: *Human Nutrition: Science for Healthy Living*, Stephenson, T. 3rd ed. 2021. McGraw-Hill.

Learning Outcomes:

Upon completion of this course, the student will have knowledge of:

1. The role of nutrition in promotion of a healthy lifestyle.
2. Health promotion and disease prevention theories and guidelines.
3. The various nutrition standards and how they can be utilized to evaluate the adequacy of nutrient intake in individuals in various populations.
4. The six categories of nutrients with respect to function, recommended amounts, major food sources, guidelines for intake, and digestive pathways.
5. MyPlate, by analyzing their own dietary intake or the dietary intake of a friend or family member.
6. Changes in dietary requirements that occur as a result of changes in an individual's health, age, and activity level.
7. Malnutrition: over- and under- nutrition causes, cures & associated health effects.
8. Current issues related to the safety of the food supply, both nationally and globally.
9. How to critically evaluate nutrition information in the popular media.
10. Nutrition recommendations for optimal performance.

Course Expectations:
Any information must be accurate and validated with credible references using Academy of Nutrition and Dietetics citation format.

Quizzes:
You will complete short quizzes to assess your knowledge of the material.

Fad Diet Case Study:
Case Study: Access the Case Study: *Fad Diets – Christian Johnson* and follow the directions provided on the assignment – you will use NutritionCalc Plus (NutriCalc) to generate a "MyPlate Report"

Dietary Analysis:
Utilize NutriCalc to complete a 3-day food log for your own dietary practices. Log all food and beverages, ***including water***, for two weekdays and one weekend day—they do not need to be consecutive. Follow the directions provided on each of the three assignments. You will use the same 3-day food log analysis for your food log assignment as well as your Personal Dietary Analysis assignments on macronutrients and micronutrients. NOTE: if you are uncomfortable completing a log of **your** usual intake, please ask a friend or family member to record their food intake for you to reference and complete the assignments using their information.

Course Grading Scale: [standard rounding rules will be followed]

97.0-100 A+	94.0-96 A	90.0-93 A-
87.0-89 B+	84.0-86 B	80.0-83 B-
77.0-79 C+	74.0-76 C	70.0-73 C-
67.0-69 D+	64.0-66 D	60.0-63 D-
< 60 F		

EVALUATION STRATEGIES:

Exams (2 @75 pts each)	150
Weekly Quizzes (13 @5pts each)	65
LearnSmart Readings & Practice (13 @5pts each)	65
Weekly Group Discussions (12) Leader (1)	50
Fad Diet Case Study (1)	25
Personal Dietary Analysis Assignments (3 @25pts each) 3-day food log, macronutrient, micronutrient	75
TOTAL POINTS	**430**

Schedule:

Chapter	Topic / Assignment
1	Intro to Nutrition
2	Evaluating Nutrition Information
3	Basis of a Healthy Diet
4	Human Digestion, Absorption, and Transport ***Fad Diet Case Study Due***
5	Carbohydrates ***Personal Dietary Analysis: Food Log Due***
6	Fats and Other Lipids
7	Proteins: Amino acids
	Midterm
8	Metabolism ***Personal Dietary Analysis Due: Macronutrients***
9	Vitamins
10	Water and Minerals
11	Obesity, Energy Balance, and Weight Management
12	Special Topics
13	Nutrition for a Lifetime
	Final

Academic Integrity: All College in High School teachers, students, and their parents/guardians are required to review and be familiar with the University of Pittsburgh's Academic Integrity Policy located online at https://www.as.pitt.edu/faculty/policies-and-procedures/academic-integrity-code.

Grades: Grade criteria in the high school course may differ slightly from University of Pittsburgh standards. A CHS student could receive two course grades: one for high school and one for the University transcript. In most cases the grades are the same. These grading standards are explained at the beginning of each course.

Transfer Credit: University of Pittsburgh grades earned in CHS courses appear on an official University of Pittsburgh transcript, and the course credits are likely to be eligible for transfer to other colleges and universities. Students are encouraged to contact potential colleges and universities in advance to ensure their CHS credits would be accepted. If students decide to attend any University of Pittsburgh campuses, the University of Pittsburgh grade earned in the course will count toward the student grade point average at the University. At the University of Pittsburgh, the CHS course supersedes any equivalent AP credit.

Drops and Withdrawals: Students should monitor progress in a course. CHS teacher can obtain a Course Drop/Withdrawal Request form from the CHS office or Aspire. The form must be completed by the student, teacher and parent/guardian and returned to teacher by deadlines listed. Dropping and withdrawing from the CHS course has no effect on enrollment in the high school credits for the course.