Course: Nutrition 2420 Childhood and Adolescent Nutrition - Fall 2015

Credits: 2

Prerequisites: Nutrition LS1020

Professor: Julie Hansen, M.S., R.D., C.D.

(see the instructor’s office from the online course home page for more details & contact information)


NUTR 2420. Childhood and Adolescent Nutrition (2) (available online only)
The effects of nutrition and diet on child growth, health and behavior are explored from toddler through adolescence. The processes of growth and puberty provide the foundations for understanding nutritional support. Common nutritionally-related problems such as obesity, anemia, and eating disorders are also addressed. Prerequisite: NUTR LS1020.

Major Content Areas

1. Child Nutrition
2. Adolescent Nutrition
3. Nutritional Issues and Community Resources
4. Developmental Milestones and Nutritional Assessment

Measurable Learning Outcomes

Upon completion of NUTR 2420 students will have demonstrated their abilities to:

1) Detail the growth and development in children and adolescents.
2) Describe the role of nutrition and how to assess nutritional status during growth and development.

3) Calculate nutrient needs and assess nutrition status of children and adolescents.

4) Identify factors that influence food choices and mealtime management.

5) Identify and define predominate health problems in children and adolescents.

6) Recognize and describe eating behaviors and eating disorders in adolescents.

7) Development of research and writing skills.

8) Understand the role of nutrition and lifestyle leading to predominate health problems.

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**Important Class Dates**

- Classes start: August 31
- Classes end: December 11
- Finals: 12/14-12/17

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**Course Requirements**

- 2 Exams (100 points each): 200 points
- Quizzes (4 worth 25 points each): 100 points
- Childhood Community Activity & Reaction Paper: 20 points
- Adolescent Case Study Report: 20 points
- Short Paper/Book report (2 worth 50 points each): 100 points
- Class Discussions (14 week=4 points each): 56 points
- **Total: 496 points**
- Extra credit: 20 points available

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**Grading**

Grades are based on a percentage of the total possible points earned in the class using the grade scale below.

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# Assignment & Exam Schedule

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<thead>
<tr>
<th>Homework/Exam</th>
<th>Area</th>
<th>Submission Mode</th>
<th>Points</th>
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<tbody>
<tr>
<td><strong>Module 1: CHILDHOOD NUTRITION</strong></td>
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| Quiz 1 | Chapter 10  
Chapter 11 (pg 308-316 only) | | 25 | 9/12 |
| Quiz 2 | Chapter 12 | | 25 | 9/19 |
| Exam 1 | All of module 1 content listed above | WSU testing center or approved proctor* | 100 | 10/01-10/06 |
| Assignment 3 | Childhood Nutrition Community Activity & Reaction Paper | | 20 | 10/10 |
| Assignment 4 | Childhood Nutrition Book Report* | | 50 | 10/17 |
| **Module 2: Adolescent NUTRITION** | | | |
| Quiz 5 | Chapter 14 | | 25 | 10/31 |
| Quiz 6 | Chapter 15 | | 25 | 11/07 |
| Exam 2 | All of module 2 content listed above | WSU testing center or approved proctor* | 100 | 11/12-11/17 |
| Assignment 7 | Adolescent Case Study Report | | 20 | 12/05 |
| Assignment 8 | Adolescent Nutrition Short Research Paper | | 50 | 12/12 |
| **Class Participation** | | | |
| Class Discussions | Weekly Posts to Discussion Board | Discussion topic host/response | 4/week 56 total | Saturday’s by 5PM |
| **Extra Credit** | | | |
| Chat sessions-10-14 pts | Obesity program review-10 pts | Course evaluation-5 pts | 20 pts allowed |
*Proctors are used by out-of-area students only. See Exam information below.

**Summary of Projects:**

**Assignment 3- Community site visit:**

Visit a childhood (2-12 years) nutrition related community site: Preschool or Elementary School (School Lunch or Breakfast Program), this could be private or public schools, Government Program (Women Infants & Children, Food Assistance Programs), or Hospital/Clinical (Children’s hospital and focus on obesity or cancer treatment or childhood health and nutrition related site). Use your local phone book to identify a specific organization that you want to visit. Make arrangements with the organization for your visit. Plan to spend about 1 hour there. In general, plan for a meaningful “insider” experience

1) **Reaction Paper:** After your Community Activity/Field Trip submit a type written summary reaction paper using the assignment tool. Use proper English and grammar in your writing. You do not need to write your reaction papers in 3rd person. But, please express yourself in a professional manner. Organize your paper in 400-600 words as follows:

- **Introduction**: State the name of the school, organization or institution that was visited as well as your contact person. Include a brief overview of the topics to be described that relate to your experience and interaction with those who received the nutrition and health message or items (students, patients, etc).

- **Main Body**: Describe in detail your community experience especially the items from your introduction. Explain how they related to your learning experience and the health and wellbeing of the audience visited. Tie in the interaction that you had with professionals, staff members, and students/patients/ those who received the nutrition and health message or items. Make sure to limit this paper to one particular program.

- **Summary & Conclusion**: Provide a brief professional summary of the experience as described in the main body. Include the overall learning outcome that was achieved and the impact that the field trip had on you.

2) **Discussion post**: You will post your paper in the discussion area to share with your fellow students. You are required to ask questions of other students on their site visits and you will respond to other student’s questions on your assignment.

**Assignment 4- Book Report**

1) **Choose a book title from the topic list below.** It is recommended that you select and purchase your book within the first week or two of the semester. Books can be searched, ordered, and purchased through [http://amazon.com](http://amazon.com). There is a good chance you will not find
them at the library so do not wait too long to order one. Choose a book you would like to keep in your own library as a reference.

**Childhood book report topics:**
- Healthy Eating For Kids. 2002 Jodie Shield, MED, RD.
- Healthy Foods, Healthy Kids. 2002 Elizabeth Ward, MS, RD.
- How to Get Your Kid to Eat but not too much. 1987 Ellyn Satter, RD, ACSW
- Overcoming Childhood Obesity. 2004 Colleen Thompson, MS, RD and Ellen Shanley, MBA, RD, CD-N.
- Underage and Overweight: America’s Childhood Obesity Epidemic-What Every Parent needs to Know. 2005 Frances Berg, MS, LN
- Your Child’s Weight: Helping without Harming. 2005 Ellyn Satter, RD, ACSW
- Secrets of Feeding a Healthy Family. 2005 Ellyn Satter, RD, ACSW.

**Childhood or Adolescent book report topics:**
- Consuming Kids: Protecting our Children from the Onslaught of Marketing and Advertising. 2005 Susan Linn, EdD.
- Healthy Eating, Healthy Weight for kids and teens. 2011 Jodie Shield, MEd, RD, and Mary Catherine Mullen, MS, RD

**Adolescent book report topics:**
- Fueling the Teen Machine. 2001 Ellen Shanley, MBA, RD, CD-N
- Weight Loss Confidential: How Teens Lose Weight and Keep it Off and What They wish Parents Knew. 2007 Anne Fletcher, MS, RD, LD.
- Help Your Teenager Beat an Eating Disorder. 2005 James Lock, MD, PhD, Daniel Le Grange, PhD

2) **Write a 3-4 page paper, the main body should address each of the following topics:**

- What is the focus of this book and how broadly is it covered?
- What are its themes or features?
- What point of view does it highlight?
- Does it bring to light new aspects or does it propose new solutions to specific problems?
- What goals does the author expect to achieve?
- Is it a contribution to culture or to one field of knowledge, or to fill a need for information in an area?

3) **References:** There is a research component to this assignment. A minimum of 4 current references (published within the last 5 years) must be cited in APA format. This includes proper citation in the bibliography or reference list and proper citation of facts, table, and figures in the written paper. Of the 4 minimum required references you can include journal articles (minimum of 2 full-text peer-reviewed articles are required), credible organizations and pertinent book sources (including your textbook).
Scientific articles can be searched online through the WSU databases or medline/pubmed. These references can be used to support themes you want to highlight in the book.

**Assignment 8- Research paper:**

This assignment will allow us to explore current research within the field of child and adolescent nutrition. The literature is constantly changing as we are learning that there are new ways to manage chronic disease, change behavior or treat a mental disorder such as eating disorders. An important objective of this class is to help develop the skills needed to objectively evaluate nutrition information. Your assignment for this project is to write a short research paper and show a nice depth of knowledge on the topic you choose. Make sure to obtain good peer reviewed journal article references. There is a link in the class showing you how to utilize the WSU library and find references specific to this class.

1) **Overview:** The paper should be typed (word processed) and approximately 4 pages in length (double spaced, not counting title page, tables, figures, or references). Please submit using the assignment tool.

2) **Select a topic:** (to be shown on the Title Page with your name). This should be an area you are interested in or want to learn more about.

   1. Anorexia in Adolescence
   2. Anemia in Adolescence
   3. Bulimia in Adolescence
   4. Body Image and the Adolescent
   5. Eating Behavior in Adolescence
   6. Eating Disorders in Adolescent Athletes
   7. Obesity in Adolescence
   8. Weight loss practices in Adolescents, what is safe? What is Effective?
   9. Sports and Fitness in Adolescence
   10. Vegetarian Eating During Adolescence (if you chose Vegetarian Eating During Childhood for your Childhood Nutrition short paper then you must choose a different topic)

   Any other topic requires instructor approval (petition via “Mail”)

3) **Organization of your paper:**

   ✓ **Introduction: 5 points.**
     - Background information on the subject. All facts must be referenced using APA 5.0 format 1/2 page in length. Include one sentence that will explain what your paper is about. The reader should know what your paper is about after reading this.

   ✓ **The Body: 25 points.**
     - Research findings without personal opinion. Text should be broken into confluent sections all providing new information. All facts must be referenced using APA 5.0 format. Any new information presented which is not an original idea should be
referenced. 2-3 pages in length. Points will be deducted for papers which exceed 5 pages in length and papers which do not stay focused on the specific topic chosen.

✓ **Summary and/or Conclusions: 5 points.**
  · What does the information presented in the body of the text mean? What are your own personal reactions to the subject? 1/2 page in length. This is not the time to present new ideas!

✓ **Tables and Figures: optional**
  · If needed. Presented in numerical order throughout the paper or at the end of the paper with reference made to the table or figure in the text portion of the paper (use APA 5.0 format). Tables and figures do not count toward the written portion of your paper in terms of page length. When you include tables and/or figures, then you must discuss their meaning in the paper and reference the data.

✓ **References: 5 points**
  · A minimum of 5 current references (published within the last 5 years) must be cited in APA 5.0 format. This includes proper citation in the bibliography or reference list and proper citation of facts, table, and figures in the written paper. Of the 5 minimum required references you can include journal articles (minimum of 3 full-text peer-reviewed articles are required), credible organizations and pertinent book sources (including your textbook). Scientific articles can be searched online through the WSU databases or medline/pubmed (links are found in the “resources” folder on the homepage of the class).
  · The WSU library can be accessed online using the weblink in the resources folder. This gives you access to: interlibrary loan (ordering full text articles usually free through the WSU library), APA guidelines, and database searches (such as Pubmed for peer-reviewed full text articles). There is also an APA 5.0 short guide in PDF format in the “resources” folder.
  · Reference citations must include the Author Name(s), date, title, source (journal, book publisher, website), and in some cases editors, volumes, issues and page numbers. Sources of information that do not provide these details can be viewed as unreliable and should not be cited. If you cite information that is not credible in your paper, then your paper is not credible and will receive a failing grade.

✓ **Other important components of the paper: 10 points**
  · The paper must be organized, written with proper grammar & spelling, be smooth flowing with content transitions, professional (written in 3rd person), and demonstrate depth of knowledge.

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**Assignment Information & Policies**

- In the first week of class, please review foundation information on energy, carbohydrates, proteins, fats, vitamins, minerals, water and electrolytes in Chapter 1 of the textbook if needed. Then begin the “Childhood Nutrition” module. Also, get familiar with the online class, its navigation & tools; get set up to use “Chat”, and start communicating by posting a welcome message on the discussion board.
• All assessments are found in the course work learning modules from the homepage. Homework will consist of knowledge assessments, community activity field trips with reaction papers, research papers, and class participation.
• Due means when the assignment must be submitted on or before the date indicate otherwise a “0” grade will be issued. No late homework is accepted. If you have a schedule conflict then you need to communicate with the instructor and make alternative submission arrangements at least 2 days prior to the homework due date. **This is not a self-paced course.**
• Homework due dates are cross-listed in the course calendar. When a WSU technology related issues causes a homework submission problem, then the due date will be extended per instructor’s communication via “Mail” and/or “Announcements”.
• Always use Discussions and Chats to help improve your performance on course work and exams. Also, communicate via “Mail” with your instructor and other students in the class.
• Assessments to be submitted using the "Assessment tool" can be accessed from the course work folder (displayed on the home page), or from the "Assessment" tool in the navigation bar and will be graded immediately.
• Assignments to be submitted using the "Assignment tool" can be accessed from the course work folder (displayed on the home page), or from the "Assignment" tool in the navigation bar. Assignments are graded within 1 week after the submission due date. You can view the feedback on your graded work by clicking on the graded tab within the assignment tool.
• Graded homework submissions will appear in “My Grades”.
• You can submit each assignment or assessment only once.

### Class Discussion Information

• Discussions will be held each week on the online class discussion topic boards.
• The first week of discussion posts (**August 31-September 5**) will be for introduction of yourself.
• After the first week, the initial discussion post will include an article or website to review. You are required to read the material and post a paragraph or more on what you learned.
• There will be some discussions that you are required to post on other students posts, asking questions or providing a comment on their post.
• The discussion post content may assist in preparing students for quizzes, research paper topics or expanding knowledge in the area of childhood and adolescent nutrition.
• After the initial discussion post the class should earn their weekly participation points by responding to the discussion topic, asking appropriate questions, or sharing valuable and accurate information about the issue at hand. To obtain full credit for each reply
post it should be more than one sentence showing interest and knowledge and there should be another reply post to another student’s post. Points will be deducted for inadequate responses.

- Four points per week will be assigned for discussion posts posted on or before Saturdays at 5:00 pm.

### Exam Information

- All exams will be given according to the dates listed in the table. Exams will consist of 50 true/false and multiple choice questions that are developed to measure students’ application of knowledge related to the information in the learning modules. Each question is worth 2 points.
- The exam schedule is also cross-listed in the course calendar.
- You will be required to take exams at WSU Testing Centers (Student Services, Social Science, West, or Davis Campus), OR if you are 50 miles or more away from a WSU testing center, you may arrange for an approved proctor to administer these exams. Go to the testing information page at [http://wsuonline.weber.edu/gettingstarted/testinfo.htm](http://wsuonline.weber.edu/gettingstarted/testinfo.htm) to submit a Proctor Agreement form and to Request-a-Test. It is required that you have your proctor submit the form within the first week of the semester.
- Students must arrive in the testing center at least 1 hour prior to closing with a valid picture I.D. Students need to know their W number and their professor’s name to take exams. Students may use a calculator on all exams.
- You can take each exam only once. There are no late or make-up exams. If you have schedule conflicts then you need to communicate with the instructor and make alternative submission arrangements at least 2 days prior to the start of the exam run.

### Additional Course Information

- **Late Work:** No late assignments, assessments or exams are accepted in this class. If the student knows prior to the homework due date or exam date that there will be a schedule conflict, s/he may not lose points if arrangements are made at least 2-days prior to the due date.
- **Extra Credit:** The anonymous completion of the End of Course Evaluation is worth +5 points and is done using the WSU online Chi-tester file. You will be notified through the WSU online when it is available. Chat sessions will be held weekly and are worth 1 point each week you attend. There is also a 10 point paper on obesity programs for children and adolescents which is worth 10 points. There is a maximum of 20 points extra credit in this class.
• **Student Portfolio Piece**: All students should keep a portfolio. This is an organized collection of your skills and accomplishments related to your college work. It can include: a sample resume, certifications, organization memberships, transcripts, scholarships, honors and awards, reference people, letters of reference, and polished pieces of course work that demonstrate knowledge, skill, and ability. The short research papers in this class should serve as your portfolio pieces for childhood and adolescent nutrition. Write these with care to demonstrate that you are able to professionally write and accurately research nutrition and health topics related to childhood and adolescent nutrition.

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**WSU Course policies**

• **Student Code of Ethics**
  Students enrolled in this class will adhere to the Athletic Training and Nutrition (ATN) Student Conduct Policy available online at [http://www.weber.edu/atn/ATN_Student_Code.html](http://www.weber.edu/atn/ATN_Student_Code.html). Students should follow the "student code" ([http://documents.weber.edu/ppm/6-22.htm](http://documents.weber.edu/ppm/6-22.htm)) regarding academic honesty. It is unacceptable to give students’ information about exam questions, their answers or correct answers on homework assessments. Any individual caught cheating on examinations and/or assessments; such as plagiarizing or copying another person's homework will receive an automatic "E" for their final grade. In addition, a letter will go into the student's file documenting the crime.

• **Students with Disabilities**
  "Any student requiring accommodations or services due to a disability must contact Services for Students with Disabilities (SSD) in room 181 of the Student Services Center. SSD can also arrange to provide course materials (including the syllabus) in alternative formats if necessary." For more information contact SSD at 801-626-6413, ssd@weber.edu, or [http://departments.weber.edu/ssid/](http://departments.weber.edu/ssid/).

• **In the Case of a Campus Closure**
  In the event that the WSU campus is closed for face to face classes, the class will continue to meet at WSU Online [http://canvas.weber.edu](http://canvas.weber.edu).

• **Academic Dishonesty**:
  Any individual caught cheating on examinations, plagiarizing or copying another's homework assignments will receive an automatic "E" for their final grade. Furthermore, a letter will go into the student's file describing the situation.