



## Spring 2020

<b>Meeting days:</b> Tues. Thurs.	<b>Instructor title and name:</b> Professor Brittany Johnson, MS, RDN, CSSD, CPT
<b>Meeting times:</b> 11-11:55am	<b>Phone:</b> (619) 849-2366 Cell: (951) 282-0650, for emergencies
<b>Meeting location:</b> Evans 114	<b>E-mail:</b> <a href="mailto:brittanyjohnson@pointloma.edu">brittanyjohnson@pointloma.edu</a>
<b>Final Exam:</b> May 7 <sup>th</sup> 10:30am-1:00pm	<b>Office location and hours:</b> Evans 133
	<b>Additional info:</b> open door policy

### Mission Statement To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

#### COURSE DESCRIPTION

A survey of current evidence-based nutrition principles and guidelines corresponding to gender differences in health. Topics include dietary prevention of cardiovascular disease, diabetes, cancers, and osteoporosis in women as well as special needs in pregnancy/lactation, menopause and weight management.

#### COURSE LEARNING OUTCOMES

By the end of the course, students will be able to:

1. compare and contrast the current status of women's health with men's health in the U.S.;
2. explain the value of investigating family health history in the assessment of personal health risks;
3. describe at least three diseases/health conditions related to dietary patterns that significantly effect women's health and mortality;
4. explain how health and well-being in women are optimized or diminished by at least four dietary practices or food patterns;
5. identify at least two nutrients and good food sources of each that are important in a woman's lifecycle stages of pregnancy/lactation, adolescence, and early and late adulthood; and
6. assess your own dietary intake and other lifestyle patterns for areas to maintain and improvements to make.

#### COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a two-unit class delivered over 16 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.



<b>Date</b>	<b>Section Topics</b>	<b>Chapters</b>	<b>Assignments</b>
Wk 1	Introduction to the course; syllabus review		
Wk 2	Being a female in the 21 <sup>st</sup> century Intro to Nutrition	1	
Wk 3	Basics 101 & Digestion	9	
Wk 4	Nutrition Cont. Physical Activity	9	
Wk 5	Selected Lifestyle Behaviors	pp. 374-383	<u>Research Paper</u>
Wk 6	Mindfulness BOOK CLUB	Article on Canvas	
Wk 7	Body Image <b>Exam 1</b>	pp. 254-256	
Wk 8	Pregnancy/Lactation	pp. 140-145	
3/9/2020	<i>NO class- Spring Break</i>		
Wk 9	Adolescence/young adulthood No class 3/19/20 (speaking at conference)	Article on Canvas	<u>Calcium assessment</u>
Wk 10	Late adulthood/menopause BOOK CLUB  <b>Exam 2</b>	8	
Wk 11	Family Tree Presentation  <i>Easter Break 4/9/2020</i>	pp.264-282	<u>Family Tree</u>
Wk 12	Cardiovascular Disease/Osteoporosis		
Wk 13	Cancers: Breast, Skin BOOK CLUB	pp. 282-300  pp. 312-315 pp. 320-322	
Wk 14	Diabetes		
Wk 15	Presentations		<u>Women in Health Presentations</u>
5/7/2020	<b>Final Exam</b>		

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## RECOMENDED TEXT

Alexander, LL; LaRosa, JH; Bader H; Garfield S; Alexander, WJ. New Dimensions in Women's Health, 6th Ed. Sudbury, MA: Jones and Bartlett Publishers, 2014

## ASSESSMENT AND GRADING

Book Club Journal Entries and Participation	100
Research Paper	60
Family Tree	50
Calcium Self Assessment	25
Women in Health Presentation	75
Thought Thursdays	75
Exams (3 @ 75 points each)	225
<b>TOTAL</b>	<b>600</b>

+ In-class "Pop" extra credit (voluntary; to be submitted on day specified; NO "make-ups" nor late submissions accepted) + points vary

A	>93%	C	73-76%
A-	90-92%	C-	70-72%
B+	87-89%	D+	67-69%
B	83-86%	D	63-66%
B-	80-82%	D-	60-62%
C+	77-79%	F	<59%

## COURSE ASSIGNMENT DETAILS

Book Club- Read through a book of your choice relate to women's health, nutrition, mindfulness, body image, etc. and submit journal entries. Book Club discussion will occur three times throughout the semester. Points will be given throughout the semester for active participation.

Research paper-Students will select a topic related to women, such as post-partum depression, maternity leave, or women in CEO position and write a 2-3-page paper including current research and trends.

Family Health Tree- Students will develop a family tree noting their family's health history to identify which chronic disease they are at risk for.

Calcium self assessment: Collect a three day food journal including high calcium foods to determine if you meet the required Calcium for your age group to asses your bone health risk.

Women in Health Presentation- Students will research and present an influential female who is actively changing the health of women. More details will be provided on Canvas.

Thought Thursdays- Every Thursday be prepared to share a peer-reviewed journal article on a specific nutrient and how it impacts women's health

**COURSE POLICIES AND PROCEDURES** *As an instructor*, I have the responsibility to be prepared and conduct the class to facilitate learning and contribute to your growth in the field. IF at any time you do not understand a concept explained in class, please raise your hand and let me know you're struggling to understand. Most likely you are not the only student confused. We don't want to move on to a new topic without mastering the current topic.

*As a student*, you have a responsibility to attend class, motivate yourself to learn, be prepared to participate, complete required assignments and provide a good learning environment for your fellow peers. This includes staying off your cell phone unless it is related to the class discussion.

The following behaviors will help you succeed in this course:

1. Attend class every session.
  2. Be aware of the due dates on assignments---I give you plenty of time to complete them, there is no excuse for late assignments. Plan ahead for potential technological errors.
  3. Come to class and take notes--- I will identify important points to know for quizzes and exams
  4. Communication is important. If you have to miss class let me know, I am more willing to work with those who let me know what is going on.
  5. Check Canvas frequently, I will keep the class updated about upcoming assignments.
  6. Actively engage in class discussion. This is a learning environment....no question asked is dumb. Most likely other students have a similar question. It is OK to make mistakes.
  7. Technology is to be used for learning ONLY—You will lose participation points each day you are on your cell phone or using your computer for non-class purposes.
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## **LATE WORK**

Be prepared to submit all assignments on Canvas on or before the due date. If you choose to turn in your assignment after the due date, each day thereafter will receive 50% less. For example, if the assignment is due 9/10 for a possible score of 100, but the assignment is turned in on 9/11, the highest possible points would be 50. On 9/12, the highest possible points would be 0. In cases where assignments/quizzes/exams are missed, extreme circumstances will be considered but only on a case-by-case basis. To receive a postponement, you **MUST** speak with me to negotiate an arrangement prior to the due date. You can choose if you'd like to receive all the points possible or lose 50 percent each day past the due date.

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## **PLNU CLASS ATTENDANCE POLICY**

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member has the option of filing a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog. See [Academic Policies](#) in the undergrad academic catalog.

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## **ACADEMIC HONESTY**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal also using the procedure in the university catalog. See [Academic Policies](#) for further information.

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## **ACADEMIC ACCOMMODATIONS**

While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may require academic accommodations. At Point Loma Nazarene University, students requesting academic accommodations must file documentation with the [Disability Resource Center \(DRC\)](#), located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student's instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student. See [Academic Policies](#) in the undergrad student catalog.

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## **FERPA**

In compliance with federal law, neither PLNU student ID nor social security number should be used in publicly posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (Note: each faculty member should choose one strategy to use: distributing all grades and papers individually; requesting and filing written student permission; or assigning each student a unique class ID number not identifiable on the alphabetic roster.). Also in compliance with FERPA, you will be the only person given information about your progress in this class unless you have designated others to receive it in the "Information Release" section of the student portal. See [Policy Statements](#) in the undergrad academic catalog.

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## **FINAL EXAMINATION POLICY**

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved. There will be no make-ups for missed exams.

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## **COPYRIGHT POLICY**

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