

**Applied Human Nutrition**

Kinesiology 311

Section: D100

Term: 2006 Summer

Instructor: Dr. A. Vieira

Email: avvieira@sfu.ca

Office: K9634

Discussion Topics: Basic principles regarding nutrients and human nutrition (covered in introductory nutrition courses such as KIN 110) are expanded into more specialized topics and applications: the role of nutrition in health during the human life cycle, and the role of nutrition in association with disease states, disease prevention, and disease treatment. Basic knowledge of human physiology is required for this course.

TOPICS AND SECTIONS:

Introduction:

-nutrition and health, historical perspectives, brief review of nutrients

Nutrition and energy balance:

-implications for obesity and fitness

Nutrition and disease:

-cancer

-diabetes

-cardiovascular diseases

-neurological disorders

Nutrition and health during the life cycle:

-pregnancy and lactation

-infancy, childhood, adolescence

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-adulthood and aging

Other topics are integrated into the above sections:

-phytochemicals, antioxidants, detoxification, and drug-nutrient interactions

Grading: EVALUATION:

Topic presentation & Quiz: - 15%

Midterm: - 40%

Final exam (cumulative): - 45%

Required Texts: Mahan, L., & Escott-Stump, S., Krause's Food, Nutrition, and Diet Therapy, 11th Ed., 2004

Recommended Texts:

Materials/Supplies:

Prerequisite/Corequisite: PREREQUISITES:

Introductory nutrition, and human physiology: KIN. 110, and KIN. 205 (or KIN. 105)

Notes: Lectures begin on Wednesday, May 10;

Tutorials begin on Wednesday, May 17.

Failure to attend an examination

Students who miss examinations due to exceptional circumstances (such as serious illness or compassionate reasons) are required to obtain a physician's certificate, whereby the physician states that you were unable to write your midterm or final on the set date due to a medical condition beyond your control, or other supporting documents in order to obtain consideration in the course. Such documents must be filed with the School Director (via the Kinesiology office) or Registrar within four calendar days of the date on which the examination was to have been written. Exceptional circumstances must be approved by the Undergraduate Program Committee in order for a student to receive consideration.

Students must check the exam schedule when making course selections. Students are reminded that final examinations may be scheduled at any time during the examination period and that students should avoid making travel or employment arrangements for this period.

Academic honesty and student conduct

## **Applied Human Nutrition**

Academic honesty is a condition of continued membership in the University community.

Academic dishonesty, including plagiarism or any other form of cheating is subject to serious academic penalty, i.e. failure on an assignment, failure in a course, suspension or expulsion from the University.

The University codes of student conduct and academic honesty are contained in policies T10.01 and T10.02 which are available in the Course Timetable and on the Web via <http://www.reg.sfu.ca>.

July 2000

This outline is derived from a course outline repository database that was maintained by SFU Student Services and the University's IT Services Department. The database was retired in 2014 and the data migrated to SFU Archives in 2015.