



蘇州大學
Soochow University

HLT 200 Basic Human Nutrition

Summer 2024

Course Credits: 4

Contact Hours: 56 hours

Instructor: TBA

Email: TBA

COURSE OBJECTIVES

This course explores fundamental principles of human nutrition as they relate to overall health and disease. It covers topics such as macronutrients, micronutrients, energy metabolism, nutritional considerations during different life stages, and the role of nutrition in health and disease prevention. Students will gain insight into the importance of balanced nutrition and dietary strategies for optimal health.

Upon completion of this course, students will be able to:

1. Identify the various nutrients essential for human health, including carbohydrates, proteins, fats, vitamins, and minerals;
2. Evaluate dietary patterns and strategies for planning a balanced and nutritious diet;
3. Identify common nutrition-related issues and challenges faced by the general population;
4. Evaluate the quality of evidence in nutrition research and recommendations.

PREREQUISITES

N/A

GRADING

Grades will be determined by accumulating points, with 100 points being the maximum, as follows:

ITEM

POINTS



Class Discussion	10 Points
Quizzes	10 Points
Assignments	20 Points
Midterm Test	15 Points
Group Project	20 Points
Final Exam	25 Points
Total	100 Points

Late submissions will be graded at the end of the course. Grades will be assigned according to the following rule:

$A \geq 90 > B \geq 80 > C \geq 70 > D \geq 60 > F$.

We reserve the right to make adjustments to the overall grading policy.

COURSE MATERIALS

Required Texts:

Enghel, F., & Noske-Turner, J. (2013). *Understanding Nutrition*, 13th Edition, Cengage Learning.

Recommended (Optional) Texts or Other Materials:

Articles, research papers, and online resources as assigned by the instructor.

COURSE TOPICS

MODULE	TASKS
Module 1	Topics: Topic 1: An Overview of Nutrition Topic 2: Planning a Nutritious Diet: Strategies for Healthy Eating Topic 3: The Journey of Nutrients: Digestion, Absorption, and Transport Topic 4: Exploring Carbohydrates: Sugars, Starches, and Fibers Assessments: Quiz#1
Module 2	Topics: Topic 5: The Lipids: Triglycerides, Phospholipids, and Sterols Topic 6: Proteins and Amino Acids Topic 7: Energy Metabolism: How the Body Uses Energy Topic 8: Balancing Act: Energy Balance and Body Composition Assessments:



	Assignment#1
Module 3	Topics: Topic 9: Managing Weight: Overweight, Obesity, and Underweight Concerns Topic 10: Water-Soluble Vitamins: B Vitamins and Vitamin C Topic 11: Fat-Soluble Vitamins: A, D, E, and K Topic 12: The Role of Water and Major Minerals Assessments: Midterm Test
Module 4	Topics: Topic 13: Trace Minerals Topic 14: Fitness: Understanding Physical Activity and Adaptations Topic 15: Nutrition during Pregnancy and Lactation Topic 16: Childhood and Adolescent Nutrition Assessments: Quiz#2 Assignment#2
Module 5	Topics: Topic 17: Nutrition in Adulthood and the Later Years Topic 18: Diet and Disease Topic 19: Addressing Consumer Concerns: Food Safety and Quality Topic 20: Hunger, Sustainability, and Environmental Impact: Global Perspectives Assessments: Group Project Final Exam

ATTENDANCE

1) Class attendance is required. Missing classes without permission will lead to decrease in overall grade.

Missing less than two classes: no penalty.

Missing more than two classes: 7% will be taken off from the overall grade.

If the instructor reports a student's frequent missing of class to the Soochow University Academic Administration Office, the student might get a written warning and might be prohibited from attending final exam.

2) Participants in this course are expected to arrive in class promptly and adequately prepared. The primary objective of this course is to critically engage with the readings and the subject matter. Therefore, course participants are expected to have completed the reading prior to class and prepare thoughtful reflections/commentaries to share



with fellow colleagues.

LEARNING REQUIREMENTS

- 1) Late assignments are not acceptable and are subjected to grade deductions.
- 2) Assignments submitted in the wrong format will be counted as not submitted.
- 3) Failure to submit or fulfill any required course component results in failure of the class.
- 4) Make-up for midterm and final exams only with valid excuses, as defined by the University.
- 5) In order to earn a Certificate of Completion, participants must thoughtfully complete all assignments by stated deadlines and earn an average quiz score of 50% or greater.

TECHNOLOGY POLICY

The use of electronic devices in class is distracting, both for the user and for the rest of the class. Only non-programmable calculators can be used in the tests and exam. Any attempts to use cell phones and other electronic communication devices will be seemed as cheating. Laptops are discouraged, unless you use them for activities DIRECTLY related to the course (e.g., note taking, reading course documents).

ACADEMIC INTEGRITY POLICY

Soochow University highly values the academic integrity and aims to promote the academic fairness, honesty and responsibility. Any academic dishonesty behaviors and any attempts to cheats and plagiarism will be reported to the university administration office. A written warning and the relevant penalties will be imposed. The record might be shown on the official university transcript.

DISABILITY ACCOMMODATION

Soochow University is committed to maintaining a barrier-free environment so that students with disabilities can fully access programs, courses, services, and activities at Soochow University. Students with disabilities who require accommodations for access to and/or participation in this course are welcome.



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Note:

Please contact the University Administrative Office immediately if you have a learning disability, a medical issue, or any other type of problem that prevents professors from seeing you have learned the course material.