



HOEC 104 – Life Span Nutrition & Assessment
CRN #37995 (4 units)

SPRING 2009

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Tues & Thurs 12:30 – 3:15 p.m.
DeAvila school site, Room #103

Office Hours: Available T and Th before or after class, other times by appointment

Course Description

A study of the nutritional needs and special nutrition issues common at different periods of the life cycle from conception, infancy, childhood, adolescence, young middle and late adulthood, including pregnancy and lactation. Nutrition screening parameters to assess nutrition risk for each age group will also be covered.

Prerequisite: HOEC 99 “Nutrition for Health”

Required Text

Nutrition: Real People, Real Choices, Susan J. Hewlings, Denis M. Medeiros,
ISBN-13:978-0-13-061224-4, 2009. Publisher: Pearson Prentice Hall/Pearson Education, Inc.,
Upper Saddle River, New Jersey, 07458.

Companion website for textbook: http://wps.prenhall.com/chet_hewlings_nutrition_1/

California Food Guide. Sacramento, California: California Department of Health Care Services and California Department of Public Health; 2008. Available at <http://www.cafoodguide.ca.gov>. (Download Life Cycle Chapters 7-14; Physical Activity Chapter 15; Body Weight Chapter 21).

Other Materials

Supplemental written materials and activity worksheets provided.

Method of Grading

Activity worksheets/Classwork/Assignments	160
Exams (4)	177
Group project	50
Class participation & attendance	48
Total possible points:	435
(*subject to change)	

Grade Calculation

A = 91-100%

B = 83-90%

C = 75-82%

D = 67-74%

F = <67%

**A grade of C or higher in each course is required to graduate from and continue in the program. For placement in the field experience (HOEC 106) students must have completed HOEC 98, 99, 100, 104, & 105 with a C grade or higher.*

Attendance and Participation

Students are expected to attend class regularly, and be on time. This course is taught in such a way that each class builds on information discussed in the previous session. On occasion, some classroom activities must be completed in class, with points earned for participation. Classroom activity sessions will require working individually or in groups.

Students must report an absence to the instructor via e-mail or phone as promptly as possible, just as you would for any job. Students who are absent will be responsible for all materials discussed, activities completed and/or assignments that are due. If you are absent, assignments may be dropped off, faxed, or emailed by the due date. As a rule, NO make-up quizzes, tests, and/or late assignments will be accepted. Only in extenuating circumstances, make-ups may be allowed only at the discretion of the instructor. It is the student's responsibility, NOT the instructor's, to take the initiative to make an appointment with the instructor, and/or to find out what he/she missed from fellow classmates.

Students with any absence must meet with the instructor for a conference.

Students with **3 absences** (during entire course) will receive a grade of "Incomplete" (if grade so far is C or better) or be withdrawn from the program. If a student is absent for two (2) consecutive days from class due to illness, a physician's note is required before the student is allowed back to the program.

Attendance at all classes is limited to enrolled students only. Others, including children, will not be allowed to attend class sessions. Any student who does not comply with this will be sent home.

Punctuality

Students MUST arrive to class on time. We start and end our classes on time. Any student who arrives more than 10 minutes late is marked "tardy". Three tardies will be counted as one absence. Be sure to call in and leave a message if you are running very late. But realize that calling to say the student will be late does not excuse the tardiness.

Withdrawal Policy Deadlines

The last day to ADD class is January 22, 2009. Last day to drop for refund is January 15, 2009. Last day to drop without a "W" appearing on the record is February 3, 2009. Last day to drop with a "W" is March 12, 2009.

Remember, it is the student's responsibility to drop or withdraw from a class if he/she does not want to be assessed fees or avoid a grade notation. It is an instructor's responsibility to clear his/her class rosters. Note the two different types of responsibilities. Instructors are not responsible for meeting student deadlines.

Class Participation

Classroom activity sessions will require working individually or in groups. A student absent during any activity session will not earn points for the activity worksheet and participation. Activity worksheets are to be completed in the classroom and collected after the class. Anyone who is absent without a valid reason (i.e. unexcused absence) can complete and submit the worksheet but no points will be given.

Homework Assignments

Students are expected to submit assignments on time. Late assignments will not be accepted. All assignments must be completed by the student himself/herself, except for group assignments. No points will be given for work done by someone else.

Since assignments cannot be resubmitted for a better grade, it is important that the student submit his/her best work the first time.

Please print or write legibly. The instructor cannot grade materials that are not readable. All written reports must be typed, double spaced, 1" margins, 12-point font. Please use spell/grammar check.

**HOEC 104: Life Span Nutrition & Assessment
Spring 2009**

Date	Topic	Comments/Reading (CFG: California Food Guide RPRC Text: Real People Real Choices Textbook)
T, Jan 13	Introduction to Nutrition Interview, Assessment & Counseling; Interview & communication skills	Download PDF file "Lesson 1 – Intro & Basic Skills" from course webpage
Th, Jan 15	Nutrition Assessment Documentation of Nutrition Care	
T, Jan 20	Nutrition for Older Adults: Adults 51+ y.o.	CFG: Chp. 14; RPRC Text: P. 503-519
Th, Jan 22	Nutrition for Older Adults, Nutrition screening & assessment	CFG: Chp. 14; RPRC Text: P. 503-519
T, Jan 27	Adult nutrition; Adults 19-50 y.o.	CFG: Chp. 13
Th, Jan 29	Adult nutrition/Nutrition screening & assessment: 19-50 y.o.	CFG: Chp. 13
T, Feb 3	Exam #1 (counseling, elderly, adult nutrition) Prenatal nutrition	CFG: Chp. 7; RPRC Text: P. 452-467
Th, Feb 5	Prenatal nutrition: Nutrition screening, assessment & counseling	CFG: Chp. 7; RPRC Text: P. 452-467
T, Feb 10	Maternal nutrition during lactation	CFG: Chp. 8; RPRC Text: P. 467-474
Th, Feb 12	Maternal nutrition during lactation; Lactation counseling <i>*Possible Guest Lecture*</i>	CFG: Chp. 8; RPRC Text: P. 467-474
T, Feb 17	Exam #2 (pregnancy & lactation) Infant nutrition; 0-12 mos.	CFG: Chp. 9; RPRC Text: P. 474-485
Th, Feb 19	Infant nutrition; Nutrition screening & assessment: 0-12 mos. Group presentation	CFG: Chp. 9; RPRC Text: P. 474-485
T, Feb 24	Child nutrition/Nutrition screening & assessment: 1-3 y.o. Group presentation	CFG: Chp. 10; RPRC Text: P. 486-500
Th, Feb 26	Child nutrition/ Nutrition screening & assessment: 4 to 8 y.o. Group presentation	CFG: Chp. 11; RPRC Text: P. 486-500
T, March 3	Teen nutrition Group presentation	CFG: Chp. 12; RPRC Text: P. 500-503
Th, March 5	Teen nutrition/Nutrition screening & assessment: 9 to 18 y.o. Group presentation	CFG: Chp. 12; RPRC Text: P. 500-503
T, March 10	Exam #3 (Child Nutrition) Eating disorders <i>*Possible Guest Lecture*</i>	RPRC Text: P. 422-451

Date	Topic	Comments/Reading (CFG: California Food Guide RPRC Text: Real People Real Choices Textbook)
Th, March 12	Sports nutrition Group presentation	CFG: Chp. 15; RPRC Text: P. 392-421
T, March 17	Sports nutrition Group presentation	CFG: Chp. 15; RPRC Text: P. 392-421
Th, March 19	Supplements Group presentation	RPRC Text: Chapter 11
T, March 24	Alcohol Group presentation	RPRC Text: P. 338-359
Th, March 26	Health promotion & disease prevention	CFG: Chp. 21
T, March 31	CESAR CHAVEZ HOLIDAY (no class)	
Th, April 2	Health promotion & disease prevention	CFG: Chp. 21
M, April 6 to F, April 10	SPRING BREAK (no classes this week)	
T, April 14	Exam #4 (Eating disorders, sports nutrition, alcohol, health promotion/disease prevention) Class Evaluation	

