



**HOEC 104 – Life Span Nutrition & Assessment**  
CRN #32364 (4 units)

**SPRING 2012**

**Instructor:** Jill Tarver, MS, RD  
(415) 561-1971 (messages)  
Email: [jtarver@ccsf.edu](mailto:jtarver@ccsf.edu)

Tues & Thurs 12:30 – 3:15 p.m.  
John Adams Campus: Rm #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 & You, 2<sup>nd</sup> Edition by Joan Salge Blake, ISBN-10: 0-321-69658-1, ISBN-13: 978-0-321-69658-8.

Publisher: Pearson Benjamin Cummings, Copyright: 2012, Available from the John Adams Campus Bookstore.

Companion website for textbook: [http://wps.aw.com/bc\\_blake\\_nutrition\\_2/](http://wps.aw.com/bc_blake_nutrition_2/)

**Other Materials**

Supplemental written materials and activity worksheets will be provided in class.

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, and Physical Activity Chapter 15).

**Method of Grading**

Activity worksheets/Classwork/Assignments	112
Exams (4)	250
SuperTracker Project	40
Class participation & attendance	<u>48</u>
<b>Total possible points:</b>	<b>450</b>
(*subject to change)	

## Course Learning Objectives for HOEC 104:

Upon completion of this course a student will be able to:

- A. Assess nutrition risk of clients from different age groups using acceptable nutrition screening parameters.
- B. Demonstrate correct interviewing techniques to obtain accurate dietary information.
- C. Provide nutrition counseling to clients at low or intermediate nutrition risk.
- D. Document nutrition screening results and care plan using accepted format.
- E. Explain the physiologic changes that occur during pregnancy and how these affect nutritional needs and prenatal weight gain.
- F. Explain the nutritional needs during pregnancy and the rationale for these needs.
- G. Summarize how health conditions/medical disorders affect nutritional needs and the outcome of pregnancy.
- H. Explain the physiologic adaptations and related nutritional needs that occur during lactation.
- I. Weigh the benefits of breast feeding for the infant and mother versus formula.
- J. Evaluate how growth changes and developmental patterns from birth through adolescence affect nutritional needs and eating behaviors.
- K. Evaluate effective techniques for teaching nutrition to school-age children.
- L. Explain measures to prevent common nutrition and health problems in infancy, childhood, and adolescence.
- M. Compare the nutritional needs, dietary recommendations, and special nutrition/health concerns for the adult male and adult female.
- N. Recommend measures for promoting healthy lifestyles in the adult and for achieving recommended behavior changes.
- O. Explain the physical and physiologic changes, and the social and psychological aspects of aging that affect the nutritional status of older adults.
- P. Evaluate the nutritional needs and other factors that influence the health, nutrition, and quality of life of older adults.

### 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. 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.

**Students with 3 absences will need to withdraw or be dropped from the program. Our attendance policy is strictly adhered to.**

Please DO NOT come to class if you are ill and risk passing it on to others – you will be sent home.

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.

### **Academic Integrity:**

See CCSF's policy on academic integrity/cheating.

### **Registration/Withdrawal Policy Deadlines**

The last day to ADD class is February 3, 2012. Last day to DROP for 100% full refund is January 31, 2012. Last day to drop without a "W" appearing on the record is February 9, 2012.

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. On occasion, some classroom activities must be completed in class, with points earned for participation. Missing a guest speaker presentation will also result in a loss of participation points (at least 5 pts/speaker). Classroom activity sessions will require working individually or in groups.

NO texting or cell phone use during class session.

### **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 2012**

<b>Date</b>	<b>Topic</b>	<b>Comments/Reading</b> (CFG: California Food Guide NY Text: <u>Nutrition &amp; You</u> )
T, Jan 17	Introduction to Nutrition Interview, Assessment & Counseling; Interview & communication skills	Download PDF file "Lesson 1 – Intro & Basic Skills" from course webpage
Th, Jan 19	Nutrition Assessment Documentation of Nutrition Care	
T, Jan 24	Nutrition for Older Adults: Adults 51+ y.o.	CFG: Chp. 14; NY Text: P. 469-487
Th, Jan 26	Nutrition for Older Adults, Nutrition screening & assessment	CFG: Chp. 14; NY Text: P. 469-487
T, Jan 31	Adult nutrition: Adults 19-50 y.o.	CFG: Chp. 13
Th, Feb 2	Nutrition screening & assessment: Adults 19-50 y.o.	CFG: Chp. 13
T, Feb 7	<b>Exam #1 (Counseling, Nutrition Assessment Older Adult Nutrition,+ Adult Nutrition)</b> Eating disorders	NY Text: P. 369-381
Th, Feb 9	Eating disorders <i>* Possible Guest Lecture: Eating Disorders*</i>	NY Text: P. 369-381
T, Feb 14	Sports nutrition	CFG: Chp. 15; NY Text: P. 382-405
Th, Feb 16	Sports nutrition/MyPlate Practice	CFG: Chp. 15; NY Text: P. 382-405
T, Feb 21	Supplements	NY Text: P. 406-415
Th, Feb 23	Supplements	NY Text: P. 406-415
T, Feb 28	Health promotion & disease prevention	
Th, March 1	Health promotion & disease prevention	
T, March 6	<b>Exam #2 (Eating Disorders, Sports Nutrition, +Health Promotion/Disease Prevention)</b> Prenatal nutrition	CFG: Chp. 7; NY Text: P. 416-432
Th, March 8	Prenatal nutrition: Nutrition screening, assessment & counseling	CFG: Chp. 7; NY Text: P. 416-432
T, March 13	Maternal nutrition during lactation	CFG: Chp. 8; NY Text: P. 432-438
Th, March 15	Maternal nutrition during lactation; Lactation counseling <i>*Possible Guest Lecture : Lactation*</i>	CFG: Chp. 8; NY Text: P. 432-438
T, March 20	<b>Exam #3 (Pregnancy+Lactation)</b> Infant nutrition; 0-12 mos.	CFG: Chp. 9; NY Text: P. 438-453
Th, March 22	Infant nutrition; 0-12 mos.	CFG: Chp. 9;

Date	Topic	Comments/Reading (CFG: California Food Guide NY Text: <u>Nutrition &amp; You</u> )
		NY Text: P. 438-453
T, March 27	<b>SPRING BREAK☺</b>	
Th, March 29	<b>SPRING BREAK☺</b>	
T, April 3	Child nutrition/Nutrition screening & assessment: 1-3 y.o.	CFG: Chp. 10; NY Text: P. 454-460
Th, April 5	Child nutrition/ Nutrition screening & assessment: 4 to 8 y.o.	CFG: Chp. 11; NY Text: P. 461-467
T, April 10	Teen nutrition/Nutrition screening & assessment: 9 to18 y.o.	CFG: Chp. 12; NY Text: P. 467-469
Th, April 12	<b>Exam #4 (Child+Teen Nutrition)</b> Class Evaluation	