

UNIVERSITY OF NORTHERN COLORADO  
School of Human Sciences

**PREVIEW SYLLABUS**

**Date:** Variable, starting Spring 2009

**Instructor:** Judy Stauter M.S., R.D.  
Office: Gunter 2370  
Telephone: (970) 351-2745  
Email: judy.stauter@unco.edu

**Course Prefix and Number:** FND 252-931

**Title:** Nutrition in the Life Cycle

**Credits:** 3

**Prerequisites:** FND 250 or FND 357

**Course Description:** Nutrition applied to the various stages of life, from conception to the later years. Socioeconomic, psychological, physiological factors affecting food intake.

**Text:** *Nutrition Through the Life Cycle, 3<sup>rd</sup> edition*, Judith E. Brown. Wadsworth, Thomson Learning Inc. (2008).

**Course Objectives:**

At the completion of the course, the student will be able to:

1. Identify the physiological changes associated with pregnancy, infancy, childhood, adolescence, adulthood and older adulthood, and the associated basis for nutrition intervention.
2. Describe the energy and nutrient requirements for healthy pregnant and lactating women, infants, children, adolescents, and adults.
3. Recognize food related problems specific to various stages of the life cycle.
4. Understand nutritional considerations for adults in special circumstances and declining health.
5. Discuss the nutritional risk factors for common chronic diseases.
6. Become familiar with various methods of nutrition assessment to determine the nutrition needs for various age groups and conditions.

**Method of Grading:** Letter Grade

**Course Requirements:**

1. ***Exams:*** (4) at 50 points each.....**200 points**

2. *Life Cycle Nutrition Project*..... 50 points  
 3. *Unit Assignments (4 @ 10 points each)* ..... 40 points  
 4. *Discussion Board Postings (4 @ 10 points each)*..... 40 points  
**TOTAL POINTS POSSIBLE**.....330 points

**Life Cycle Nutrition**

| <b>Topic</b>                            | <b>Chapter</b> |
|---|----------------|
| <b>Unit 1</b>                           |                |
| Nutrition Basics                        | 1              |
| Preconception Nutrition                 | 2              |
| Preconception Nutrition C & I           | 3              |
| Nutrition During Pregnancy              | 4              |
| Nutrition During Pregnancy C & I        | 5              |
| <b>Exam 1</b>                           |                |
| <b>Unit 2</b>                           |                |
| Nutrition During Lactation              | 6              |
| Nutrition During Lactation C & I        | 7              |
| Infant Nutrition                        | 8              |
| Infant Nutrition C & I                  | 9              |
| Toddler and Preschooler                 | 10             |
| Toddler and Preschooler C & I           | 11             |
| <b>Exam 2</b>                           |                |
| <b>Unit 3</b>                           |                |
| Child and Preadolescent Nutrition       | 12             |
| Child and Preadolescent Nutrition C & I | 13             |
| Adolescent Nutrition                    | 14             |
| Adolescent Nutrition C & I              | 15             |
| <b>Exam 3</b>                           |                |
| <b>Unit 4</b>                           |                |
| Adult Nutrition                         | 16             |
| Adult Nutrition C & I                   | 17             |
| Nutrition and the Elderly               | 18             |
| Nutrition and the Elderly C & I         | 19             |

## Exam 4