

UNIVERSITY OF NORTHERN COLORADO
School of Human Sciences

PREVIEW SYLLABUS

Date: Variable, starting Spring 2009

Instructor: Judy Stauter M.S., R.D.
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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, 3rd 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

Topic	Chapter
Unit 1	
Nutrition Basics	1
Preconception Nutrition	2
Preconception Nutrition C & I	3
Nutrition During Pregnancy	4
Nutrition During Pregnancy C & I	5
Exam 1	
Unit 2	
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
Exam 2	
Unit 3	
Child and Preadolescent Nutrition	12
Child and Preadolescent Nutrition C & I	13
Adolescent Nutrition	14
Adolescent Nutrition C & I	15
Exam 3	
Unit 4	
Adult Nutrition	16
Adult Nutrition C & I	17
Nutrition and the Elderly	18
Nutrition and the Elderly C & I	19

Exam 4