

**UNIVERSITY OF NORTHERN COLORADO
COLLEGE OF NATURAL AND HEALTH SCIENCES
OFFICE OF EXTENDED STUDIES
FND 420-930: Maternal and Child Nutrition (3 credits)**

Independent Study

Dr. Alena Clark, RD – Assistant Professor

Office: Gunter Hall at the University of Northern Colorado, Room 2240

Office Hours: Vary each semester; please email me or call me if you would like to set up a time to meet in person or via the phone.

Email: alena.clark@unco.edu

Office Phone: 970-351-2879

Prerequisites: FND 252

Course Description:

Study of nutrition for the pregnant and lactating woman; nutrition concerns for women; the development, nutrient requirements, appropriate diet and eating behaviors of infants; common nutrition related conditions of children. This course will cover hot topics and new research in maternal and child nutrition.

Course Objectives:

1. Recognize basic concepts of normal nutrition specific to pregnancy, lactation and early childhood.
2. Identify the stages of growth and development in pregnancy, lactation and early childhood and the relationship to nutrition.
3. Determine nutrient requirements with appropriate diet during pregnancy, lactation, and childhood.
4. Understand the implications of nutrition-related problems/concerns of pregnancy, lactation and childhood and their management.

Required Text:

- There is no required text for this course.
- Journal articles and papers will be available on Blackboard for this course; these are the required readings.

Recommended Text:

- Nutrition Through the Life Cycle, 4th Edition, Brown et al. Wadsworth, Thomson Learning, Inc. (2011)

Course Assignments/Requirements:

One Exam – 25 points

Nutrition During Pregnancy Review Case Study – 25 points

Feeding Observation Paper – 25 points

Children with Special Health Care Needs Presentation – 50 points

Journal – 50 points

Grant Proposal Paper/Presentation – 100 points

Total: 275 points

Method of Evaluation (Grading):

A standard percentage system of total points earned will be used to determine your final course grade:

Grade	%	Points
A	90-100	248-275
B	80-89	220-247
C	70-79	193-219
D	60-69	165-192
F	≤59	≤164

You may access your PowerPoint slides, assignments and exam scores on Blackboard. To calculate the course grade during the semester take the total earned points divided by the total points attempted.

Policies:

Readings – It is very important that you read all assigned materials for each unit so that you understand the material and do well in the course.

Communication – I highly encourage you to have open communication with me regarding course concerns. The only way that I can be of assistance to you is if I know that you need help with something in this course.

Assignments – To receive full points, assignments must be typed with proper format and correct grammar, spelling and punctuation. Please note that written assignments may be discussed with me to assure that you are on the right track.

Library Services for Distance Education and Off-Campus Students: Obtaining Materials from UNC Libraries

Off-campus students residing within 50 miles of the UNC campus are required to come to the library and borrow materials in person. Students residing more than 50 miles from campus may request that materials be delivered to them. All requests must include complete citations. We will supply materials from the UNC Libraries, as well as materials from other libraries obtained via Interlibrary Loan. Articles will be delivered via email. Books will be mailed first class. Delivery time by U.S. postal service is approximately 1 week. It is the responsibility of the student to return books by the date due. UNC does not pay return postage on books. For information on document delivery, call (970) 351-1446.

Requests for materials may be made through the following methods:

Online: <http://www.unco.edu/library/forms/distancerequest.htm>

By email: library.ocp@unco.edu

By fax: (970) 351-2540

Students with Disabilities

Any student requesting disability accommodation for this class must inform the instructor giving appropriate notice. Students are encouraged to contact Disability Support Services at (970) 351-2289 to certify documentation of disability and to ensure appropriate accommodations are implemented in a timely manner.

Honor Code

All members of the University of Northern Colorado community are entrusted with the responsibility to uphold and promote five fundamental values: *Honesty, Trust, Respect, Fairness, and Responsibility*. These core elements foster an atmosphere, inside and outside of the classroom, which serves as a foundation and guides the UNC community's academic, professional, and personal growth. Endorsement of these core elements by students, faculty, staff, administration, and trustees strengthens the integrity and value of our academic climate.

UNC's Policies

UNC's policies and recommendations for academic misconduct will be followed. For additional information, please see the Dean of Student's website, Student Handbook link <http://www.unco.edu/dos/handbook/index.html>

Student Satisfaction Evaluation

Participants will be asked to evaluate the workshop for instructors' knowledge, interest and enthusiasm as well as providing additional information on classes or topics which you would like to see developed as a future offering from UNC.