

LSC Use Only
Number: _____
Action: _____
Date: _____

UWUCC Use Only
Number: _____
Action: _____
Date: _____

CURRICULUM PROPOSAL COVER SHEET
University-Wide Undergraduate Curriculum Committee

I. Title/Author of Change

Course/Program Title: FN 213
Suggested 20 Character Course Title: Life Cycle Nutrition
Department: Food and Nutrition
Contact Person: Mary Ann Cessna and Susan S. Dahlheimer

II. If a course, is it being Proposed for:

XX Course Revision/Approval Only
_____ Course Revision/Approval and Liberal Studies Approval
_____ Liberal Studies Approval Only (course previously has been approved by the University Senate)

III. Approvals

James B. Steiner Department Curriculum Committee
James B. Steiner Department Chairperson
Mary Ann Cessna College Curriculum Committee
Harold E. Wingard College Dean *

Director of Liberal Studies
(where applicable)

Provost (where applicable)

*College Dean must consult with Provost before approving curriculum changes. Approval by College Dean indicates that the proposed change is consistent with long range planning documents, that all requests for resources made as part of the proposal can be met, and that the proposal has the support of the university administration.

IV. Timetable

Date Submitted
to LSC: _____

Semester to be
implemented: _____

Date to be
published
in Catalog: _____

to UWUCC: _____

FN 213 Life Cycle Nutrition

1
3 credits
3 lecture hours

Catalog Description

A detailed study of nutrition which applies information from FN 212 Nutrition to all stages of the life cycle; current issues and research as they impact on these developmental stages.

Prerequisites: FN 212 Nutrition

FN 213 Life Cycle Nutrition**3 credits****3 lecture hours****I. Catalog Description**

A detailed study of nutrition which applies information from FN 212 Nutrition to all stages of the life cycle; current issues and research as they impact on these developmental stages.

Prerequisites: FN 212 Nutrition

II. Course Objectives

Relate the concepts learned in FN 212 Nutrition to the principles of growth and development and apply them to pregnancy, infancy, childhood, pubescence/adolescence, middle and late adulthood.

Analyze nutrient needs and deficiencies during pregnancy, lactation, infancy, childhood, pubescence/adolescence, and adulthood.

Investigate and evaluate nutrition issues and research.

III. Course Outline

1. Overview of Growth and Development (3 lectures)
 - A. Stages of development
 - B. Prenatal growth and development
 - C. Postnatal
 1. Height
 2. Weight
 3. Body systems--nervous, cardiovascular, respiratory, digestive, excretory, endocrine
 4. Norms for human growth and development
2. Nutrition during pregnancy and lactation (9 lectures)
 - A. Effects of malnutrition on brain growth and learning capacity
 - B. Nutrition during pregnancy
 - C. Nutrition during lactation
 - D. Breast feeding vs. bottle feeding
3. Nutrition in Infancy and Childhood (9 lectures)
 - A. Infant feeding and nutrition
 - B. Development of food patterns in young children
 - C. Management of mealtime behaviors
 - D. The Pre-school child
 - E. Kindergarten to pubescence
 - F. Pubescence

4. Nutrition during pubescence/adolescence (6 lectures)
 - A. Developmental changes occurring during pubescence/adolescence
 - B. Nutrient needs
 - C. Dietary trends of adolescents
 - D. Adolescent concerns and their relationship to nutrition
 1. Acne
 2. Alcohol
 3. Anorexia nervosa and bulimia
 4. Nutrition for athletes/food faddism
 5. Pregnant adolescents
 6. Drugs
 7. Weight control

5. Nutrition during adulthood (12 lectures)
 - A. Health promotion
 - B. Disease prevention
 - C. The aging process
 - D. Nutrition assessment in the elderly
 - E. Nutrition needs in the elderly

6. Nutrition education (3 lectures)
 - A. During pregnancy and lactation
 - B. Infancy and pre-school years
 - C. In the public schools
 - D. For adults

7. Selected issues (integrated with relevant life stage)
 - A. Oral contraceptive agents
 - B. Baby foods
 - C. Allergies
 - D. Lactose intolerance
 - E. Vitamin supplementation
 - F. Hyperactivity
 - G. Vegetarian diets for children
 - H. Osteoporosis
 - I. Atherosclerosis
 - J. Cancer
 - K. Alzheimer's disease

This course will be taught in a traditional lecture manner making use of audiovisuals such as films and videotapes. Small group discussion may be used to provide variety.

IV. Evaluation

3 written examinations @ 100 points	300
There will be three exams consisting of a combination of multiple choice, matching, completion, true/false, and/or essay questions.	
Term project	100
Perinatal project	50
Rating sheets for oral presentations and research paper are attached.	
Class participation	<u>50</u>
	500 points
A = 90 - 100% (450-500 points)	
B = 80 - 89% (400-449 points)	
C = 70 - 79% (350-399 points)	
D = 60 - 69% (300-349 points)	
F = below 60% (less than 300 points)	

V. -Texts

Rolfes, S.R., L.K. DeBruyne, and E.N. Whitney. Life Span Nutrition: Conception Through Life. St. Paul, West Publishing, 1990.

VI. Special Resource Requirements

Several relevant videotapes are owned by the instructor and The Department of Food and Nutrition. Others will be borrowed from the Dairy and Nutrition Council Mid East, located in Pittsburgh.

VII. Bibliography

Adolescent Health: Vol. I - Summary and Policy Options. Superintendent of Documents, U.S. GOP # 052-003-01234-1, Washington, DC, 1991.

Alford, B.B., M.L. Bogle. Nutrition During the Life Cycle, NJ: Prentice Hall, 1982.

Beal, V.B. Nutrition in the Life Span, NY: John Wiley & Sons, 1980.

Brakhane Endres, J. and R.D. Rockwell. Food, Nutrition, and the Young Child, 3rd ed., Columbus: Merrill Publishing Co., 1990.

Children's Defense Fund, A Vision for America's Future, an Agenda for the 1990s: A Children's Defense Fund Budget, ISBN 938008-67-6, 1989.

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Clarke-Stewart, A. and J.B. Koch. Children: Development through Adolescence, NY: John Wiley & Sons, 1983.

Endres, J.B. and R.E. Rockwell. Food, Nutrition and the Young Child, 3rd ed., Columbus: Merrill Publishing, 1990.

Final Report of the National Commission on Children, Beyond Rhetoric: A New American Agenda for Children and Families, Washington, DC, 1991.

Fleck, H. Introduction to Nutrition, 4th ed., NY: Macmillan Publishing Company, 1981.

Fomon, Samuel J., Infant Nutrition, 2nd edition, Saunders Publishing, 1974.

Guthrie, H.A., Introductory Nutrition, 7th ed., St. Louis: The C.V. Mosby Company, 1989.

Hamilton, E.M. and E. Whitney, Nutrition Concepts and Controversies, 5th ed., St. Paul: West Publishing Company, 1991.

Hess, M.A., A. Hunt, and B. Motenko Stone. A Healthy Head Start, Henry Holt & Co., Inc., 1990. (guide to feeding young children)

Hurley, L.S., Developmental Nutrition, NJ: Prentice-Hall, Inc., 1980.

Ikeda, J. Winning Weight Loss for Teens, Palo Alto, CA: Bull Publishing Co., 1987.

Kart, C.S. and S.P. Metress, Nutrition, the Aged and Society, New Jersey: Prentice-Hall, Inc., 1984.

Long, P.J. and B. Shannon, Nutrition: An Inquiry into the Issues, NJ: Prentice-Hall, Inc., 1983.

Mahan, L.K. and J.M. Rees, Nutrition in Adolescence, St. Louis: Times Mirror/Mosby College Publishing, 1984.

McWilliams, Margaret, Nutrition for the Growing Years, 4th edition, NY: John Wiley and Sons, 1986.

National Cholesterol Education Program Coordinating Committee, Report of the Expert Panel on Blood Cholesterol Levels in Children, April 7, 1991.

National Research Council. Diet and Health, Washington, DC: National Academy Press, 1989.

Natow, A.B. and J.A. Heslin, Nutritional Care of the Older Adult, New York: Macmillan Publishing Company, 1986.

Pipes, P.L. Nutrition in Infancy and Childhood, 4th ed., St. Louis: Times Mirror/Mosby College Publishing, 1989.

Recommended Dietary Allowances, 10th ed., Food and Nutrition Board, Commission on Life Sciences, National Research Council, Washington, D.C.: National Academy Press, 1989.

Satter, E. Child of Mine: Feeding with Love and Good Sense, Bull Publishing Co.: Palo Alto, CA, 1986.

Satter, E. How to Get Your Kid to Eat...But Not Too Much, Bull Publishing Co.: Palo Alto, CA, 1986.

Schlenker, E.D., Nutrition in Aging, Missouri: Times Mirror/Mosby College Publishing, 1984.

U.S.D.A. National Agricultural Library. Childhood Obesity and Cardiovascular Disease January 1985-May 1990. Quick Bibliography Series QB 90-59, Beltsville, MD, June 1990.

U.S. Department of Health and Human Services, The Surgeon General's Report on Nutrition and Health, D.H.S. Pub. No. 88-50210, U.S. Government Printing Office, Washington, DC, 1988.

Williams, S.R. and B.S. Worthington-Roberts (eds.). Nutrition Through the Life Cycle, St. Louis: Times Mirror/Mosby College Publishing, 1988.

Worthington-Roberts, B.S., Contemporary Developments in Nutrition, St. Louis: The C.V. Mosby Co., 1981.

Worthington-Roberts, B.S., J. Vermeersch, S. Rodwell Williams, Nutrition in Pregnancy and Lactation, St. Louis: The C. V. Mosby Co., 1985.

Evaluation of Student Oral Presentation*
Department of Food and Nutrition

Presenter _____

Date _____

1. Introduction and approach interesting.
2. Objectives: stated or otherwise conveyed at beginning of presentation to audience
3. Appearance: appropriate to situation; professional
4. Voice: speaks clearly, loud enough, poised, and at an appropriate rate for audience to comprehend subject matter; creates interest
5. Subject matter: organized, informative, appropriate, accurate, important points emphasized
6. Use of audio-visuals: supplies, necessary equipment on hand
Use of handouts (as necessary): typewritten, clear, grammatically correct, quality photocopying
7. Opportunity for questions and discussion
8. Achieved the objectives stated in #2 above
9. Summary and conclusions, length of presentation appropriate for time allotted

Evaluated by _____

*Intern or evaluator to return completed form to internship supervisor if supervisor did not attend presentation.

Evaluation of Research Paper*

Score in %

I. CONTENT - 40%

- a. Introduction, purpose(s) of paper clearly stated
- b. Body
 - paper is honest -- not plagerized; though it may draw on ideas of others, the combination & treatment of those ideas are the original work of the author.
 - paper has an idea or conclusion as its thesis that effectively synthesizes (not re-states) the material it covers
 - paper develops its thesis not with listed items or random thoughts, but with a subthesis structure that:
 - _____ is a comprehensive investigation/analysis
 - _____ is a coherent piece of reasoning, linked by logical transitions
 - thorough, appropriate kind & number or references
 - current research for the topic
 - accurate -- contains no errors of fact, interpretation, or omission
 - well-organized, sections labeled with headings
 - evidence of original thought by the author (grad. students only)
- c. Summary
- d. Conclusion(s) -- thoughtful, convincing

II. CLARITY - 20%

- a. Prose is clear.
- b. Prose is concise (not wordy) yet comprehensive for this topic.
- c. Vocabulary is appropriate. No jargon or colloquialism.

III. ENGLISH USAGE - 20%

- a. Paper is paragraphed appropriately.
Each paragraph begins with a thesis statement.
- b. Paper is free of mechanical errors in:
 - _____ grammar
 - Subj./verb agreement
 - Punctuation
 - Others
 - _____ Spelling
 - _____ Typing

IV. RESEARCH FORMAT - 20%

Paper conforms to the recommended format for:

- a. Title page
- b. Table of contents
- c. Endnotes/footnotes
- d. References/bibliography

Total Score

* A check mark (✓) indicates weakness in this area. MAC: 1/91

Course Analysis Questionnaire

Section A: Details of the Course

- A1. This course ensures that our program meets the following knowledge requirements of the American Dietetic Association (ADA) in order to be an approved program:
- Knows principles of behavioral and social sciences
 - Knows nutrient needs for various stages of the life cycle
 - Knows the influence of socioeconomic, cultural, and psychological factors on food and nutrition behavior.
- It is a required course for Dietetics majors. The course is not intended for inclusion in the Liberal Studies course list.
- A2. One-fifth of the course content (elderly nutrition) overlaps content in FN 410/510 Food, Nutrition and Aging. FN 410/510 needs to remain intact for the Gerontology Certificate Program. FN 213 Life Cycle Nutrition replaces FN 312 Maternal, Childhood, and Adolescent Nutrition.
- A3. This course follows the traditional type of offering by the department.
- A4. This course is a revision of FN 312 Maternal, Childhood, and Adolescent Nutrition (3 cr.) which has been offered at IUP since Spring 1984 as a free elective. ADA now mandates knowledge requirements throughout the life cycle for Plan V approval. Therefore, nutrition throughout the adult years has been added.
- A5. This is not a dual level course.
- A6. This course may not be taken for variable credit.
- A7. Other universities offering this course are:
- University of Oklahoma--CLD 4250 Nutrition During the Life Cycle
 - Texas A&M--Nutrition 444 Nutrition Through Life
 - Marymount College--HEC 306 Nutrition and Life Cycle
 - University of Georgia--FDN 500 Nutrition Life Cycle
 - University of Wisconsin--NutrSci 431 Nutrition in Life Span
 - Texas Christian University--NTDT 3123 Life Cycle
- A8. This course is required by ADA for Plan V approval (documentation is attached--ADA Knowledge Requirements 6, 7 and 24).

Section B: Interdisciplinary Implications

B1. This course will be team taught. Susan S. Dahlheimer will teach perinatal and infant sections; Mary Ann Cessna will teach childhood, adolescent, and adulthood units.

Rationale: This plan matches the research expertise of both faculty.

B2. No additional or corollary courses are needed.

B3. Because of the emphasis on nutrition, this course does not duplicate content or any other course taught by another department.

B4. Seats in this course will not be made available to students in the School of Continuing Education.

Section C: Implementation

- C1. Resources are adequate to teach this course. Adequate faculty complement exists to teach this course; adequate space and equipment exist; laboratory supplies/NA; library materials are adequate, an annual library order is submitted to update all curricula in the department; travel funds are adequate.
- C2. None of the resources for this course are funded by a grant.
- C3. This course will be offered one semester each year (Spring only).
- C4. One section of this course will be offered every other semester.
- C5. Thirty students will be accommodated in each section of this course. This planned number is not limited by the availability of any resources.
- C6. No professional society recommends enrollment limits or parameters for a course of this nature.
- C7. This course will be a requirement for dietetics majors. This is presented as part of a package revision of the Dietetics curriculum which will result in 7 credits of free electives. Program requirements have been increased to 127 credits.

91-57

approved
3/24/92

Indiana University of Pennsylvania
Department of Food and Nutrition

March 4, 1992

Subject: FN 213 Life Cycle Nutrition course proposal

To: Nelson Bormann, UWUCC

From: Mary Ann Cessna, D.Ed. *M. A. Cessna*

The Department of Food and Nutrition wishes to retain the inclusion of FN 212 in the catalogue description because we have two introductory nutrition courses, FN 212 for majors and FN 145 for nonmajors. Although the overall content of these courses is similiar, there are 8 cr. of chemistry prerequisites (CH 101, CH 102) for FN 212 and the content is explained in more depth than in FN 145 which has no chemistry prerequisites. Specifying FN 212 in the Life Cycle course description will clarify which of the introductory nutrition courses is required.



Curricular Offering/Change Authorization

Please Check One For Each Form

- New Course Addition
- Course Deletion
- Course Number Change
- Course Descriptive Title Change
- Semester Hours Change

List only one entry per form.
Submit this form to College Dean.

Food and Nutrition

Department

- Undergraduate
- Graduate

Please list below the full information requested for the course to be added/dropped or changed.

Action	Dept.	Number	Descriptive Title	Semester Hours	Remarks
Add					
Drop	FN	312	Maternal, Childhood, and Adolescent Nutrition	3	
Change From					
To					

My signature on this form signifies that I, or the approving agency which I chair on the following date approved the inclusion/deletion or changes listed above to the appropriate Master Course File.

- Sign and route as follows
1. Scheduling - White
 2. Chairperson - Canary
 3. College Dean - Pink

Jeanne B. Steiner _____ Date 12-20-91
 Chairperson
Harold C. Woodard _____ Date 1-21-92
 Dean of College

Chairperson of Curr. Comm/Grad Council

Date



Curricular Offering/Change Authorization

Please Check One For Each Form

- New Course Addition
- Course Deletion
- Course Number Change
- Course Descriptive Title Change
- Semester Hours Change

List only one entry per form.
Submit this form to College Dean.

Food and Nutrition

Department

- Undergraduate
- Graduate

Please list below the full information requested for the course to be added/dropped or changed.

Action	Dept.	Number	Descriptive Title	Semester Hours	Remarks
Add	FN	213	Life Cycle Nutrition	3	
Drop					
Change From					
To					

My signature on this form signifies that I, or the approving agency which I chair on the following date approved the inclusion/deletion or changes listed above to the appropriate Master Course File.

Sign and route as follows

1. Scheduling - White
2. Chairperson - Canary
3. College Dean - Pink

Jane B. Steiner
Chairperson

12-20-91
Date

Harold E. Mays
Dean of College

1-21-92
Date

Chairperson of Curr. Comm/Grad Council

Date